

2018 Live Healthy Iowa 5K - Spencer

Saturday, April 21, 2018

5K Divisions	First Name	Last Name	City	Time
5K Male	Jaden	Rueter		20.38
5K Male	Philip	Ramstack		23.09
5K 60 & Over Male	Alan	Mills	Sioux Rapids	23.17
5K 13 - 15 Male	Noah	Reiman	Spencer	23.55
5K 40 - 49 Female	Sheila	Weaver	Sutherland	25.19
5K 20 - 29 Male	Andrew	Miller	Spencer	26.21
5K 50 - 59 Male	Rich	Harrington	Spencer	27.31
5K 30 - 39 Female	Ashlea	Sonius	Spencer	27.39
5K 30 - 39 Female	Yumi	Bringle	Spirit Lake	28.09
5K Female	Jennifer	Engle		28.24
5K 30 - 39 Female	Ashley	Tessum	Everly	28.39
5K 13 - 15 Female	Olivia	Lorenzen	Milford	30.55
5K 30 - 39 Male	Jeremy	Voit	Spencer	31.03
5K 30 - 39 Male	Matthew	Kirts	Murfreesboro	31.07
5K Male	Aaron	Ferguson		31.2
5K 30 - 39 Female	Roxy	Harrington	Spencer	33.25
5K 30 - 39 Female	Allison	Goyette	Royal	34.11
5K 30 - 39 Female	Kori	Lux	Everly	34.12
5K Female	Heide	Tjossen		34.23
5K Female	Kara	Exline		34.23
5K 40 - 49 Female	Lisa	Krieger	Rossie	34.24
5K 30 - 39 Female	Kelli	Larsen	Spencer	34.43
5K 12 & Under Male	Tate	Zinn	Spencer	36.54
5K 50 - 59 Female	Merry	Lewis	Granada	38.39
5K 30 - 39 Female	Brandy	Van Otterloo	Spencer	40.36
5K 40 - 49 Female	Samantha	Duhn	Webb	43.01
5K 13 - 15 Female	Shayler	Van Gelder	Spencer	45.28
5K 20 - 29 Male	Wyatt	Sachen	Ankeny	45.36
5K 40 - 49 Female	Shantel	Van Gelder	Spencer	45.39
5K 30 - 39 Female	Kylee	Zinn	Spencer	45.53
5K 30 - 39 Female	Keri	Voit	Spencer	46.38
5K 50 - 59 Female	Stephanie	Guritz	Spirit Lake	47.21
5K 50 - 59 Female	Chris	Clark	Spirit Lake	47.21
5K 40 - 49 Female	Lori	Huegerich	Sioux Rapids	48.04
5K 40 - 49 Female	Amy	Dongweck	Cherokee	48.04
5K 40 - 49 Female	Angie	Moore	Ayrshire	51.26
5K 40 - 49 Female	Jennifer	Williams	Spencer	57.05
5K 20 - 29 Female	Stephanie	Moermond	Spencer	57.05
5K Female	Sara	Swanson		1.00.13
5K 30 - 39 Female	Megan	Jones	Sioux Rapids	1.00.21
5K 50 - 59 Female	Lisa	Hess	Spencer	1.00.25