

2019 Live Healthy Iowa 5K - Spencer

Saturday April 13th, 2019

5K Divisions	First Name	Last Name	City	Time
5K 60 & Over Male	Alan	Mills	Sioux Rapids	23.24.54
5K 30 - 39 Male	Cole	Levisay	Spencer	24.59.38
5K 20 - 29 Male	Andrew	Miller	Spencer	25.21.61
5K 50 - 59 Female	Sheila	Weaver	Sutherland	25.33.96
5K 20 - 29 Male	John	Bendlin	Spencer	27.11.83
5K 20 - 29 Female	Ashley	Iwen	Cherokee	27.25.49
5K 30 - 39 Male	Brett	Eilts	Spencer	28.04.97
5K 20 - 29 Female	Melissa	Wiesser	Spencer	28.30.06
5K 30 - 39 Female	Yumi	Bringle	Spirit Lake	28.39.93
5K 30 - 39 Female	Wendi	Davis	Primghar	29.20.95
5K 40 - 49 Female	Cheryl	Morton	Greenville	30.25.78
5K 30 - 39 Female	Kori	Lux	Everly	30.43.50
5K 50 - 59 Female	Jill	Kramer	Spencer	30.59.11
5K 30 - 39 Female	Ashley	Tessum	Everly	33.21.19
5K 60 & Over Male	Rick	Houseman	Estherville	33.46.06
5K 13 - 15 Male	Owen	Manwarren	Spencer	36.59.38
5K 30 - 39 Female	Patricia	Manwarren	Spencer	36.59.62
5K 30 - 39 Female	Brandy	Van Otterloo	Spencer	39.49.61
5K 60 & Over Female	Greg	Harburn	Esterville	41.49.03
5K 50 - 59 Male	David	Munson	Spencer	48.11.35
5K 40 - 49 Female	Robin	Munson	Spencer	48.11.78
5K 50 - 59 Female	Chris	Clark	Spirit Lake	48.24.47
5K 50 - 59 Female	Stephanie	Guritz	Spirit Lake	48.24.66
5K 13 - 15 Female	Shayler	Van Gelder	Spencer	50.15.61
5K 40 - 49 Female	Shantel	Van Gelder	Spencer	50.15.82
5K 40 - 49 Female	Tracy	Hodge	Sioux City	53.05.06
5K 40 - 49 Female	Kia	Gonnerman	Milford	53.05.43
5K 50 - 59 Female	Robyn	Johnson	Spencer	55.48.35
5K 60 & Over Female	Sandy	Boisen	Sioux Rapids	57.44.58
5K 50 - 59 Female	Gretchen	Funk	Spencer	57.44.85
5K 20 - 29 Female	Kalei	Funk	Spencer	57.50.54
5K 13 - 15 Male	Caleb	Hodge	Sioux City	NS
5K 30 - 39 Female	Kim	Collum	Emmetsburg	NS
5K 30 - 39 Female	Betsy	Schoelerman	Royal	NS
5K 40 - 49 Female	Shawna	Bedard	Lake City	NS
5K 50 - 59 Male	Thomas	Bedard	Lake City	NS
5K 60 & Over Female	Susan	Mills	Sioux Rapids	NS
5K 60 & Over Female	Gail	Poulsen	Spencer	NS
5K 12 & Under Female	Emma	Duhn	Webb	NT
5K 20 - 29 Female	Chyann	Smith	Fremont	NT
5K 20 - 29 Female	Jordon	Weideman	Spencer	NT
5K 20 - 29 Female	Shante	Whalen	Spencer	NT
5K 30 - 39 Female	Hilary	Becker	Spencer	NT
5K 30 - 39 Female	Amber	Otto	Spencer	NT
5K 40 - 49 Female	Mary Beth	Breidinger	Spencer	NT
5K 40 - 49 Female	Amy	Dongweck	Cherokee	NT

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5K Divisions (continued)	First Name	Last Name	City	Time
5K 40 - 49 Female	Samantha	Duhn	Webb	NT
5K 40 - 49 Female	Lori	Huegerich	Sioux Rapids	NT
5K 50 - 59 Female	Merry	Lewis	Granada	NT
5K 50 - 59 Female	Darci	Long	Okoboji	NT
5K 50 - 59 Female	Theresa	Reardon	Spencer	NT
5K 50 - 59 Female	Cindy	Smith	Storm Lake	NT
5K 60 & Over Male	Craig	Poulsen	Spencer	NT

1K Divisions	First Name	Last Name	City
1K 12 & Under Coed	Evelyn	Iwen	Cherokee
1K 12 & Under Coed	Owen	Van Otterloo	Spencer

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