

## 2019 Live Healthy Iowa 5K - Waukee

Saturday April 13th, 2019

5K Divisions	First Name	Last Name	City	Time
5K   30 - 39   Female	Whitney	Noe	Waukee	19:39:00
5K	Bruce	Huckfeldt	Waukee	20:42:00
5K	Quinn	Hilsman	Waukee	21:39:00
5K   20 - 29   Female	Meghan	Gee	West Des Moines	21:58:00
5K   30 - 39   Male	Evan	Zepp	Grimes	22:05:00
5K   20 - 29   Male	Tyler	Finer	Urbandale	22:08:00
5K   13 - 15   Female	Lillian	Sundet	Urbandale	22:26:00
5K   40 - 49   Male	Mark	Sundet	Urbandale	22:26:00
5K   30 - 39   Female	Andrea	Behanish	Ankeny	22:32:00
5K   20 - 29   Male	Mark	Wieneke	Waukee	22:52:00
5K	Jeff	Knutson	Waukee	23:25:00
5K   13 - 15   Male	Milan	Srnic	Johnston	23:32:00
5K   12 & Under   Male	Ben	Plaisance	Waukee	23:52:00
5K   40 - 49   Female	Ann	Clinton	Waukee	23:57:00
5K   30 - 39   Male	Nathan	Paul		23:58:00
5K   40 - 49   Male	Bob	Baumgart	Waukee	24:21:00
5K   13 - 15   Female	Emma	Baumgart	Waukee	24:22:00
5K   20 - 29   Male	Chandler	Thayer	Waukee	25:26:00
5K   30 - 39   Male	Josh	Seddon	Adel	25:26:00
5K   30 - 39   Female	Jessica	Ibanez	Waukee	25:29:00
5K   30 - 39   Male	Ganesh	Thapa	waukee	25:30:00
5K   30 - 39   Male	Eduardo	Ibanez	Waukee	25:40:00
5K   40 - 49   Male	Brian	Hemesath	West Des Moines	26:01:00
5K   13 - 15   Male	Mrithuul	Madan	West Des Moines	26:04:00
5K   30 - 39   Male	Cord	Overton	Van Meter	26:16:00
5K   40 - 49   Male	Michael	Kasal	West Des Moines	26:17:00
5K   50 - 59   Male	Matt	Rousseau	Pleasant Hill	26:40:00
5K   30 - 39   Female	Jaclyn	Overton	Van Meter	26:44:00
5K   40 - 49   Male	Nathan	Boonstra	Urbandale	27:03:00
5K   30 - 39   Male	Marty	McCrary	West Des Moines	27:07:00
5K   40 - 49   Male	Mike	Warmenhoven	Waukee	27:24:00
5K   30 - 39   Male	Derek	Read	Urbandale	28:16:00
5K   16 - 19   Female	Grace	Millsap	Waukee	28:20:00
5K   50 - 59   Male	Mark	Culbertson	Clive	28:21:00
5K   30 - 39   Female	Rachel	Rongstad	Waukee	28:24:00
5K   20 - 29   Male	Nick	Kibby	Indianola	28:26:00
5K   30 - 39   Female	Lacey	Bleich	Waukee	28:33:00
5K   30 - 39   Male	Chet	Pandey	Waukee	28:38:00
5K   40 - 49   Female	Emily	Sundet	Urbandale	28:49:00
5K   20 - 29   Female	Lizzie	Kibby	Indianola	29:40:00
5K   30 - 39   Female	Ashley	Jared	St. Charles	30:27:00
5K   30 - 39   Male	Bret	Eilander	Waukee	31:30:00
5K   30 - 39   Female	Kelly	Nelson	West Des Moines	31:56:00
5K   40 - 49   Female	Stacey	Essary	West Des Moines	31:58:00
5K   20 - 29   Male	Dalton	Fabian	West Des Moines	32:00:00
5K   40 - 49   Female	Stephanie	Greene	Waukee	32:20:00

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5K Divisions (continued)	First Name	Last Name	City	Time
5K   40 - 49   Male	Madan Prasad	Ravindran	West Des Moines	32:32:00
5K   40 - 49   Male	Brian	Thomas	Waukee	32:48:00
5K   30 - 39   Male	Erik	Dominguez	Waukee	32:52:00
5K   30 - 39   Female	Leslie	Grady	West Des Moines	33:08:00
5K   20 - 29   Female	Alicia	King	West Des Moines	33:55:00
5K   50 - 59   Female	Tracy	Crooks	Des Moines	34:19:00
5K   30 - 39   Male	Benjamin	Stimson	Clive	34:31:00
5K   30 - 39   Male	Daniel	White	Clive	34:33:00
5K   40 - 49   Male	Saravanan	Rangarajan	Waukee	34:48:00
5K   30 - 39   Female	Lara	Plaisance	Waukee	35:09:00
5K   40 - 49   Male	Jeremy	Treichel	Clive	35:20:00
5K   12 & Under   Male	Marko	Srnic	Johnston	36:33:00
5K   12 & Under   Female	Mirjana	Srnic	Johnston	36:45:00
5K   40 - 49   Female	Wendy	Srnic	Johnston	36:46:00
5K   50 - 59   Male	Mark	Buzynski	West Des Moines	36:58:00
5K   50 - 59   Male	Dale	Grundmeier	Stuart	37:42:00
5K   12 & Under   Female	Milica	Srnic	Johnston	38:14:00
5K   40 - 49   Male	Goran	Srnic	Johnston	38:16:00
5K   50 - 59   Female	Susan	Hammen	Waukee	38:25:00
5K   40 - 49   Female	Catherine	Thomas	Waukee	38:39:00
5K   40 - 49   Female	Sangeetha	Walajabad	Waukee	40:24:00
5K   30 - 39   Male	Shivon	Pushpan	Waukee	40:41:00
5K   30 - 39   Male	Sreenath	Velappan Valsala	waukee	40:42:00
5K   40 - 49   Male	Shinu	Antony	Waukee	40:47:00
5K   12 & Under   Male	Adwaiyth	Muthuraman	West Des Moines	41:21:00
5K   12 & Under   Female	Laksha	Suresh	Waukee	41:23:00
5K   40 - 49   Male	Suresh	Mani	Waukee	42:14:00
5K   50 - 59   Female	Kari	Dorrian	Grimes	42:29:00
5K   20 - 29   Female	Tabitha	Bleich	Windsor Heights	42:50:00
5K   12 & Under   Male	Seiyon	Ravishankar	Clive	43:42:00
5K   50 - 59   Male	Duwayne	Fink	Waukee	43:42:00
5K   30 - 39   Female	Rebecca	Elmitt	Grimes	43:45:00
5K   60 & Over   Female	Jane	Speck	Urbandale	44:47:00
5K   60 & Over   Male	John	Speck	Urbandale	44:47:00
5K   30 - 39   Female	Dawn	Grittmann	Clive	44:59:00
5K   30 - 39   Male	Derek	Grittmann	Clive	44:59:00
5K   30 - 39   Male	Prem	Pothula	West Des Moines	46:32:00
5K   30 - 39   Male	Vijay	Xavier	West Des Moines	46:46:00
5K   30 - 39   Female	Bibhuti	Rana	Waukee	47:27:00
5K   60 & Over   Female	Diana	Hiatt	West Des Moines	47:55:00
5K   30 - 39   Female	Tasha	Tucker	Bondurant	48:35:00
5K   40 - 49   Female	Rhonda	Maydwell	Des Moines	49:01:00
5K   50 - 59   Female	Michele	Mead	Johnston	49:38:00
5K   20 - 29   Female	Brittney	Kass	Des Moines	49:46:00
5K   30 - 39   Female	Sara	Metzger-Murphy	Waukee	49:48:00

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5K Divisions (continued)	First Name	Last Name	City	Time
5K   40 - 49   Female	Brandi	Warmenhoven	Waukee	49:59:00
5K   30 - 39   Male	Ryan	Murphy	Waukee	50:04:00
5K   50 - 59   Female	Melissa	Hofer	Grimes	50:09:00
5K   30 - 39   Female	Tiffaney	Learn	Des Moines	51:34:00
5K   50 - 59   Female	Kathy	Grundmeier	Stuart	52:33:00
5K   50 - 59   Female	Leighann	LaRocca	Clive	52:45:00
5K   50 - 59   Female	Lori	McClannahan	West Des Moines	52:58:00
5K   50 - 59   Female	Marilyn	Hanson	West Des Moines	53:10:00
5K   20 - 29   Female	Sarah	Gail	Waukee	53:14:00
5K   50 - 59   Male	Mahadevan	Puliadi	Grimes	53:22:00
5K   50 - 59   Female	Ramona	Kirsch	Urbandale	54:34:00
5K   50 - 59   Female	Chithra	Puliadi	Grimes	54:38:00
5K   30 - 39   Female	Paige	Soma	Urbandale	54:45:00
5K   50 - 59   Female	Jodene	DeVault	Indianola	54:45:00
5K   30 - 39   Female	Joni	Ehm	Massena	54:47:00
5K   60 & Over   Female	Connie	Warren	Johnston	55:05:00
5K   60 & Over   Female	Deb	Von Ahsen	West Des Moines	57:28:00
5K   50 - 59   Female	Sheryl	Houston	Urbandale	57:58:00
5K   60 & Over   Female	Jan	Sewright	Ankeny	58:03:00
5K   50 - 59   Female	Kristine	Houston	Urbandale	58:06:00
5K   50 - 59   Female	Diane	McCool	West Des Moines	58:10:00
5K   40 - 49   Female	Rachel	Reichart	Waukee	58:39:00
5K   30 - 39   Male	Michael	Ortiz	Grimes	58:55:00
5K   40 - 49   Female	Rebecca	Boston	Waukee	60:49:00
5K   40 - 49   Female	Michelle	Lockhart	DeSoto	60:49:00
5K   30 - 39   Female	Gokila	Thangavel	Clive	62:06:00
5K   30 - 39   Male	Ravishankar	Natarajan	Clive	62:06:00
5K   20 - 29   Female	Kandice	Knoop	Indianola	62:50:00
5K   20 - 29   Female	Casey	Ortiz	Indianola	62:50:00
5K   20 - 29   Female	Rebekah	Kraber	West Des Moines	72:14:00
5K   30 - 39   Female	Breanna	Castro	Des Moines	72:14:00
5K   40 - 49   Female	Amanda	Barth	Windsor Heights	72:14:00

1K Division	First Name	Last Name	City
1K   12 & Under   Coed	Satvika	Anbukumar	Waukee
1K   12 & Under   Coed	Samanvi	Anbukumar	Waukee
1K   12 & Under   Coed	Carter	Bleich	Waukee
1K   12 & Under   Coed	Lilian	Bleich	Waukee
1K   12 & Under   Coed	Cooper	Bleich	Waukee
1K   12 & Under   Coed	Abhijith	Devi Sreenath	Waukee
1K   12 & Under   Coed	Kalynn	DeWitt	Waukee
1K   12 & Under   Coed	Cooper	DeWitt	Waukee
1K   12 & Under   Coed	Brinley	Greiner	Waukee
1K   12 & Under   Coed	Haley	Hackett	Waukee
1K   12 & Under   Coed	Rachel	Larson	Des moines
1K   12 & Under   Coed	Kinley	Malone	Waukee

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<b>1K Division (continued)</b>	<b>First Name</b>	<b>Last Name</b>	<b>City</b>
1K   12 & Under   Coed	Josie	Millsap	Waukee
1K   12 & Under   Coed	Jenny	Millsap	Waukee
1K   12 & Under   Coed	Jamie	Mock	Des Moines
1K   12 & Under   Coed	Maverick	Noe	Waukee
1K   12 & Under   Coed	Keegan	Noel	Adel
1K   12 & Under   Coed	Esmeralda	Ortiz Mendoza	Des Moines
1K   12 & Under   Coed	Alexis	Ortiz Mendoza	Des Moines
1K   12 & Under   Coed	Ozash	Pandey	Waukee
1K   12 & Under   Coed	Theo	Plaisance	Waukee
1K   12 & Under   Coed	Niranjan	Shivon	Waukee
1K   12 & Under   Coed	Niveditha	Shivon	Waukee
1K   12 & Under   Coed	Adityanarayan	Sv	Waukee