

2016 Live Healthy Iowa 5K - Bondurant

Division			First Name	Last Name	City	Time
5K	50 - 59	Male	Jim	Robidoux	Ankeny	18:19
5K	16 - 19	Male	Taylor	Ramus	Des Moines	18:31
5K	13 - 15	Male	Cael	Cox	Ankeny	19:07
5K	13 - 15	Male	Justin	Seifrig	Altoona	19:14
5K	40 - 49	Male	Ronald	Crees	Bondurant	19:37
5K	20 - 29	Male	Muhammad	Shamsuddin	Ames	19:56
5K	13 - 15	Male	Lucas	George	Altoona	20:23
5K	16 - 19	Male	Oleg	Cameron	Des Moines	20:49
5K	13 - 15	Male	Matt	Stueckradt	Ankeny	21:01
5K	13 - 15	Male	Gavin	Crees	Bondurant	21:46
5K	13 - 15	Male	Vitalijs	Cameron	Des Moines	22:48
5K	13 - 15	Male	Carson	Duinink	Monroe	23:03
5K	20 - 29	Male	Luke	Alessio	Polk City	23:53
5K	30 - 39	Male	Nathan	Paul	Waukee	24:03
5K	20 - 29	Male	Mohammad	Jamsari	Ames	24:27
5K	12 & Under	Coed	Joey	George	Altoona	24:30
5K	12 & Under	Coed	Hudson	McConnell	Bondurant	24:32
5K	20 - 29	Male	Mohamad	Samsudin	Ames	24:48
5K	12 & Under	Female	Hailey	Seifrig	Altoona	24:51
5K	20 - 29	Male	Ryan	Reynolds	Ankeny	24:55
5K	40 - 49	Male	Chris	Schmidt	Ankeny	25:21
5K	20 - 29	Male	Abdullah	Hasanuddin	Ames	25:37
5K	30 - 39	Male	Cory	Black	Bondurant	25:58
5K	40 - 49	Male	Kevin	Lazard	State Center	26:00
5K	20 - 29	Female	Jamie	Leichty	Ankeny	26:07
5K	40 - 49	Female	Karen	Junko	Ankeny	26:36
5K	30 - 39	Female	Carrie	Naber	Des Moines	26:47
5K	40 - 49	Male	Sean	Watkins	Plymouth	26:48
5K	30 - 39	Female	Megan	Barber	Bondurant	27:05
5K	20 - 29	Male	Amir	Yusof	Ames	27:30
5K	30 - 39	Female	Melissa	Krumm	Urbandale	27:40
5K	20 - 29	Male	Ahmad Fadirul Hasnan	Samsudin	Ames	27:40
5K	20 - 29	Male	Mohsin	Burhanudin	Ames	27:45
5K	20 - 29	Male	Rizzuan	Rahmat	Ames	27:54
5K	50 - 59	Female	Connie	Hildebrandt	Norwalk	28:02
5K	50 - 59	Male	Paul	Hutchins	Bondurant	28:03
5K	30 - 39	Female	Lon	Reha	Bondurant	28:28
5K	30 - 39	Male	Steve	Naber	Des Moines	28:38
5K	20 - 29	Female	Kelsey	Choquette	Ames	28:53
5K	30 - 39	Female	Lisa	Johnson	Ankeny	29:03
5K	30 - 39	Female	Dawn	Ortiguerra	Ankeny	29:04
5K	20 - 29	Male	Ahmad Ekram Bin	Othman	Ames	29:19
5K	30 - 39	Female	Elicia	Watson	Polk City	29:22
5K	20 - 29	Male	Muhammad Azhan	Ab Aziz	Ames	29:36
5K	60 - 69	Male	Mark	Arentsen	Bondurant	29:55
5K	50 - 59	Female	Karen	Alessio	Polk City	30:13

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Division			First Name	Last Name	City	Time
5K	30 - 39	Female	Lori	Larsen	Bondurant	30:14
5K	20 - 29	Female	Dorothy	Tate	Ankeny	30:19
5K	50 - 59	Male	John	Rowen	Altoona	30:32
5K	12 & Under	Male	Roman	Keahna-Harris	Ankeny	31:02
5K	40 - 49	Female	Joleen	Cox	Ankeny	31:31
5K	60 - 69	Female	Carol	Vogel	Ankeny	31:37
5K	40 - 49	Female	Tracy	Gibson	Ankeny	31:55
5K	50 - 59	Male	Jeff	Swanson	Marshalltown	32:13
5K	30 - 39	Male	Andrew	Nutting	Altoona	32:17
5K	40 - 49	Female	Karen	Hudson	Bondurant	32:32
5K	30 - 39	Female	Tiffany	Tran	Bondurant	32:34
5K	30 - 39	Female	Brooke	Brinkmeier	Altoona	32:58
5K	30 - 39	Male	Brad	Watkins	Cedar Falls	32:58
5K	20 - 29	Female	Allie	Arp	Ankeny	33:21
5K	30 - 39	Female	Andrea	Eslick	Cedar Falls	33:43
5K	12 & Under	Male	Sven	Lindsey	Pleasant Hill	34:07
5K	40 - 49	Male	Brandon	Lindsey	Pleasant Hill	34:09
5K	30 - 39	Female	Julie	Brousard	Ames	34:43
5K	30 - 39	Female	Keira	Stuart	Gilbert	34:59
5K	30 - 39	Female	Dani	Trammell	Bondurant	35:19
5K	40 - 49	Female	Kara	Lindsey	Pleasant Hill	35:34
5K	40 - 49	Male	Jason	Kurth	Altoona	35:38
5K	40 - 49	Female	Michelle	Gossard	Bondurant	35:41
5K	40 - 49	Male	Keith	Lyles	Ankeny	35:41
5K	20 - 29	Female	Hannah	Klein	Reasnor	36:16
5K	30 - 39	Female	Rachel	Ackerman	Bondurant	36:29
5K	40 - 49	Female	Becky	DeCarlo	Des Moines	36:39
5K	40 - 49	Female	Danielle	Golden	Bondurant	36:40
5K	30 - 39	Female	Julie	Eslick	Altoona	36:59
5K	30 - 39	Female	Laurie	Fredenburt	W. Des Moines	37:01
5K	30 - 39	Female	Traci	Sharr	Bondurant	37:02
5K	12 & Under	Coed	Garrett	Von Stein	Bondurant	37:04
5K	50 - 59	Female	Jenni	Noel	Granger	38:42
5K	30 - 39	Female	Julie	Klocke	Ankeny	40:58
5K	70 & Over	Female	Patty	Duinink	Monroe	41:05
5K	12 & Under	Female	Addelinn	Rickertsen	Altoona	42:11
5K	30 - 39	Female	Marsha	Rickertsen	Altoona	42:11
5K	30 - 39	Female	Alisha	Mayfield	Altoona	43:36
5K	30 - 39	Female	Crystal	Brillhart	Ankeny	43:48
5K	20 - 29	Female	Courtney	Millard	Ankeny	44:01
5K	50 - 59	Female	Laura	Millard	Ankeny	44:01
5K	30 - 39	Female	Jill	Black	Bondurant	44:53
5K	50 - 59	Female	Sharon	Campbell	Pella	45:15
5K	30 - 39	Female	Kelly	Gerling	Bondurant	45:16
5K	50 - 59	Female	Susan	Flack	Des Moines	45:33
5K	50 - 59	Female	Pamela	Giles	Des Moines	45:33

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5K	50 - 59	Female	Teresa	Hutchins	Bondurant	45:44
5K	20 - 29	Female	Katelyn	Mathews	Marshalltown	46:10
5K	20 - 29	Female	Diane	Eddie	Marshalltown	46:52
5K	40 - 49	Male	Tom	Davis	Ankeny	48:35
5K	40 - 49	Female	Jenny	Bethurem	Ames	48:54
5K	50 - 59	Female	Marci	Davis	Ankeny	48:54
5K	50 - 59	Female	Shellee	Sesker	Bondurant	49:10
5K	50 - 59	Male	Tom	Budd	Ames	49:13
5K	30 - 39	Female	Randi	Kleinendorst	Bondurant	49:48
5K	40 - 49	Female	Stephanie	Petrich	Bondurant	50:17
5K	20 - 29	Female	Angela	Burton	Altoona	50:19
5K	50 - 59	Female	Linda	Swanson	Marshalltown	50:19
5K	50 - 59	Female	Kimberly	Stephen	Marshalltown	50.24
5K	20 - 29	Female	Emma	Gallegos	Ames	50.36
5K	20 - 29	Female	Jacki	Buck	State Center	50:22
5K	30 - 39	Female	Erin	Ott	Ankeny	50:25
5K	30 - 39	Male	Brad	Ott	Ankeny	51:19
5K	40 - 49	Female	Tammy	Anderson	Stanhope	52:00
5K	40 - 49	Female	Maria	Munoz	Ames	52:38
5K	20-29	Male	Dan	Lewil	Ankeny	
5K	30 - 39	Male	Matthew	Allen	Urbandale	
5K	40 - 49	Male	Chris	Andersen	Bondurant	
5K	30 - 39	Female	Sarah	Andersen	Bondurant	
5K	12 & Under	Male	Jackson	Andersen	Bondurant	
5K	50 - 59	Female	Peggy	Carder	Marshalltown	
5K	13 - 15	Male	Cade	Collison	Bondurant	
5K	12 & Under	Male	Colby	Collison	Bondurant	
5K	30 - 39	Female	Felicia	Collison	Bondurant	
5K	30 - 39	Male	Randy	Collison	Bondurant	
5K	30 - 39	Male	Jason	Conn	Bondurant	
5K	30 - 39	Female	Carrie	Crotts	Windsor Heights	
5K	40 - 49	Male	Chris	Freese	Bondurant	
5K	40 - 49	Female	Donia	Freese	Bondurant	
5K	12 & Under	Male	Braden	Gaul	Altoona	
5K	40 - 49	Male	Greg	Gaul	Altoona	
5K	30 - 39	Female	Missy	Gaul	Altoona	
5K	12 & Under	Male	Rylan	Gaul	Altoona	
5K	30 - 39	Female	Julia	Haas	Ankeny	
5K	20 - 29	Male	Tim	Hall	Altoona	
5K	30 - 39	Female	Katie	Hintze	Bondurant	
5K	50 - 59	Female	Teresa	Hutchens	Beaman	
5K	30 - 39	Female	krisdeena	jansen	Huxley	
5K	20 - 29	Female	Kari	Mellerup	Ames	
5K	30 - 39	Female	Danielle	Richardson	Mitchellville	
5K	30 - 39	Female	Sara	Scheiding	Ames	
5K	30 - 39	Female	Tina	Schmidt	Nevada	

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5K	20 - 29	Female	Shannon	Sellers	Ankeny	
5K	40 - 49	Female	Lori	Stephenson	Nevada	
5K	50 - 59	Male	Craig	Vernon	Altoona	
5K	50 - 59	Female	Karla	Vernon	Altoona	
5K	20 - 29	Male	Trevor	White	Bondurant	

1K	12 & Under	Coed	Drew	Alleman-Hunter	Alleman	
1K	12 & Under	Coed	Adelyn	Bruce	Bondurant	
1K	12 & Under	Coed	Camryn	Bruce	Bondurant	
1K	12 & Under	Coed	Callah	Cameron	Des Moines	
1K	12 & Under	Coed	Lane	Clark	Altoona	
1K	12 & Under	Coed	Leif	Clark	Altoona	
1K	12 & Under	Coed	Suzi	Clark	Altoona	
1K	12 & Under	Coed	Everett	Dayton	Mitchellville	
1K	12 & Under	Coed	Emelia	Dayton	Mitchellville	
1K	12 & Under	Coed	Bryan	Gossard	Bondurant	
1K	12 & Under	Coed	Brynn	Gossard	Bondurant	
1K	12 & Under	Coed	Michael	Gossard	Bondurant	
1K	12 & Under	Coed	Paige	Gossard	Bondurant	
1K	12 & Under	Coed	Sydney	Harter	Mitchellville	
1K	12 & Under	Coed	Maverick	Harter	Mitchellville	
1K	12 & Under	Coed	Beckham	Harter	Mitchellville	
1K	12 & Under	Coed	Emmet	Holschlag	Mitchellville	
1K	12 & Under	Coed	Ethan	Holschlag	Mitchellville	
1K	12 & Under	Coed	Ryan	jansen	Huxley	
1K	12 & Under	Coed	David	Krumm	Urbandale	
1K	12 & Under	Coed	Attiyah	Lazard	State Center	
1K	12 & Under	Coed	Afton	McConnell	Bondurant	
1K	12 & Under	Coed	Gage	McDaniel	Mitchellville	
1K	12 & Under	Coed	Kayden	McDaniel	Mitchellville	
1K	12 & Under	Coed	Steven	Naber	Des Moines	
1K	12 & Under	Coed	Wyatt	Rickertsen	Altoona	
1K	12 & Under	Coed	Calvin	Schertz	Bondurant	
1K	12 & Under	Coed	Samantha	Schertz	Bondurant	
1K	12 & Under	Coed	James	Sharr	Bondurant	
1K	12 & Under	Coed	Kenadi	Trammell	Bondurant	
1K	12 & Under	Coed	Olivia	Twohey	Mitchellville	
1K	12 & Under	Coed	Owen	Twohey	Mitchellville	
1K	12 & Under	Coed	Preston	Von Stein	Bondurant	
1K	12 & Under	Coed	Emilee	Williams	Bondurant	
1K	12 & Under	Coed	Addison	Winger	Bondurant	