

2016 Live Healthy Iowa 5K - Carroll

Division			First Name	Last Name	City	Time
5K	30-39	Male	Scott	Cale	Carroll	16:46
5K	20-29	Male	Kevin	Brown	Exira	18:00
5K	30-39	Male	Nathan	Wenck	Carroll	18:11
5K	20 - 29	Male	Andy	Bernholtz	Ankeny	20:54
5K	40 - 49	Male	Matt	Rasmussen	Denison	21:26
5K	50-59	Male	Brian	Licht	Carroll	22:21
5K	30 - 39	Male	Nathanael	Fuller	Manning	22:59
5K	30 - 39	Female	Darla	Davis	Coon Rapids	24:32
5K	50 - 59	Female	Cynthia	Lehrkamp	Carroll	26:11
5K	20 - 29	Female	Mike	Sturm	Lake View	27:53.15
5K	13 - 15	Male	Jack	Troutman	Carroll	27:53.47
5K	20 - 29	Male	Justin	Ortner	Halbur	27:53.95
5K	40 - 49	Male	Ryan	Wolterman	Arcadia	28:14
5K	40 - 49	Male	Jon	Ludwick	Harlan	28:41
5K	50 - 59	Female	Carolyn	Gehling	Denison	29:19
5K	20 - 29	Male	Andrew	Lauver	Rockwell City	29:25
5K	50 - 59	Female	Neumann	Anne	Denison	30:05
5K	30 - 39	Female	Kerri	Ladehoff	Templeton	30:22
5K	20 - 29	Female	Amber	Schon	Carroll	30:32
5K	40 - 49	Female	Beth	Troutman	Carroll	30:35
5K	20 - 29	Male	Justin	Abrams	Manning	30:50
5K	20 - 29	Female	Jamie	Meyer	Carroll	31:24
5K	20 - 29	Female	Michelle	Klocke	Dedham	31:31
5K	30 - 39	Female	Monica	Reising	Ames	32:20
5K	20 - 29	Female	Kenzie	Stork	Carroll	32:29
5K	50 - 59	Female	Joan	Bauer	Audubon	33:19
5K	60 - 69	Female	Michelle	Witte	Lake View	33:21
5K	20 - 29	Female	Jennifer	Wiles	Fort Dodge	33:31
5K	30 - 39	Female	Angela	Bandow	Manilla	34:55
5K	30 - 39	Female	Missy	Flynn	Wall Lake	35:31
5K	50 - 59	Female	Lorie	Bandow	Manilla	36:49
5K	60 - 69	Female	karine	mclaughlin	Glidden	36:51
5K	40 - 49	Female	Becky	Dreessen	Carroll	37:06
5K	20 - 29	Female	Tasha	Hinners	Dedham	37:21
5K	40 - 49	Female	Sheryl	Bruch	Templeton	37:22
5K	30 - 39	Female	Heather	Showers	Gowrie	37:34
5K	40 - 49	Female	Patricia	Ryan	Denison	37:38
5K	30 - 39	Female	Michelle	Prichard	Arcadia	38:08
5K	50 - 59	Female	Deb	Fender	Manilla	39:41
5K	60 - 69	Female	Renee	Dunne	Churdan	40:43
5K	40 - 49	Female	Ingrid	Long	Carroll	41:06
5K	40 - 49	Female	Michelle	Glick	Carroll	41:07
5K	30 - 39	Female	Julie	Von Glan	Westside	41:47
5K	30 - 39	Female	Nikki	Olberding	Carroll	41:52
5K	40 - 49	Female	Amy	Sturm	Avoca	42:09
5K	60 - 69	Female	Edna	Meyer	Lake City	44:46

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5K	20 - 29	Female	Krista	Koch	Westside	45:15
5K	20 - 29	Female	Kelli	Dirks	Arcadia	46:43
5K	20 - 29	Female	Jennifer	Weaver	Charles City	46:44
5K	20 - 29	Female	Brianna	Hansohn	Denison	47:33
5K	30 - 39	Female	Cara	Vogl	Carroll	47:34
5K	50 - 59	Female	Brenda	Brewer	Jefferson	47:41
5K	60 - 69	Male	Robert	Sorensen	Exira	47:50
5K	50 - 59	Female	Lori	Sorensen	Carroll	47:55
5K	50 - 59	Female	Kelly	Schubert	Carroll	48:49
5K	50 - 59	Female	Jane	Klein	Harlan	49:36
5K	50 - 59	Female	Jean	Stamp	Woodbine	49:37
5K	40 - 49	Female	Beth	Booth	Manning	52:37
5K	12 & Under	Coed	Brook	Booth	Manning	52:38
5K	40 - 49	Female	Angie	Kiger	Jefferson	53:12
5K	50 - 59	Female	Mary	Keen	Callender	53:13
5K	20 - 29	Female	Emily	Brewer	Jefferson	53:20
5K	20 - 29	Female	Anna	Lee	Renwick	53:21
5K	40 - 49	Female	Janet	Hoffmann	Arcadia	54:19
5K	70 & Over	Female	Pat	Branning	Carroll	54:20
5K	20 - 29	Male	Aaron	Fox	Carroll	54:31
5K	13 - 15	Male	Nathan	Fox	Carroll	54:32
5K	40 - 49	Female	Chicone	Fox	Carroll	54:34
5K	60 - 69	Female	Karen	Norton	Mitchellville	55:06
5K	40 - 49	Female	Jennifer	Brockpahler	Ames	55:07
5K	50 - 59	Female	Joan	Hinners	Pleasant Hill	55:23
5K	40 - 49	Female	Traci	Wiggins	Jefferson	55:43
5K	50 - 59	Female	gertrudes	egggers	Jefferson	55:44
5K	30 - 39	Female	jennifer	vonnahme	Carroll	56:37
5K	30 - 39	Female	Anne	Snyder	Carroll	57:46
5K	60 - 69	Female	Kathleen	Snyder	Breda	57:47
5K	50 - 59	Female	carol	Snyder	Breda	57:48
5K	16 - 19	Male	Patrick	Bailey	Badger	
5K	20 - 29	Female	Mary	Pedersen	Jefferson	
5K	20 - 29	Female	Beth	Walters	Carroll	
5K	20 - 29	Male	Foster	White	Jefferson	
5K	30 - 39	Female	Jami	Bailey	Badger	
5K	30 - 39	Female	Michelle	Bonnema	Altoona	
5K	30 - 39	Female	Melanie	Girard	Manilla	
5K	30 - 39	Female	Brandi	Gray	Sioux City	
5K	30 - 39	Female	donna	hays	Carroll	
5K	30 - 39	Female	Jessica	Jensen	Sioux City	
5K	30 - 39	Female	Laura	Schaefer	Carroll	
5K	30 - 39	Male	Austin	Bonnema	Altoona	
5K	40 - 49	Female	shanna	balukoff	Glidden	
5K	40 - 49	Male	Shane	Bailey	Badger	
5K	40 - 49	Male	Thomas	Boyd	Pleasant Hill	

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5K	50 - 59	Female	Deb	Adams	Glidden	
5K	50 - 59	Female	Kristene	Harm	Council Bluffs	
5K	50 - 59	Female	Natalie	Lange	Audubon	
5K	50 - 59	Female	Deb	Pietig	Carroll	
5K	50 - 59	Male	Mark	Adams	Glidden	
5K	50 - 59	Male	Marty	Davis	Coon Rapids	

1K	12 & Under	Coed	Lucy	Bonnema	Altoona
1K	12 & Under	Coed	Tessa	Bonnema	Altoona
1K	12 & Under	Coed	Delaney	Pedersen	Jefferson
1K	12 & Under	Coed	Samuel	Sturm	Avoca
1K	12 & Under	Coed	Owen	Vogl	Carroll