

## 2016 Live Healthy Iowa 5K - Creston

Division			First Name	Last Name	City	Time
5K	40 - 49	Male	Jason	Rice	Creston	21.55
5K	40 - 49	Male	Wayne	Pantini	Creston	24.31
5K	60 - 69	Male	Johnny	Ytzen	Creston	25.08
5K	30 - 39	Female	Carissa	McFarland	Afton	26.51
5K	20 - 29	Female	Mariah	Kruse	Afton	26.53
5K	20 - 29	Female	Staci	Kline	Creston	26.59
5K	20 - 29	Female	Alison	Mayer	Creston	27.56
5K	13 - 15	Male	Logan	Shady	Creston	28.45
5K	12 & Under	Male	Nick	Forquer	Afton	29.5
5K	13 - 15	Male	Dawson	Goodridge	Afton	30.03
5K	30 - 39	Female	Hannah	Shady	Creston	30.18
5K	50 - 59	Female	Maureen	Bolinger	Creston	32.16
5K	40 - 49	Female	Cynda	Notz	Lenox	32.45
5K	50 - 59	Female	Terri	Kretzinger	Corning	33.01
5K	50 - 59	Female	Jackie	Beard	Chariton	33.19
5K	50 - 59	Female	Traci	Westphal	Corning	35.03
5K	16 - 19	Female	Courtney	Phelps	Creston	38.32
5K	20 - 29	Female	Cabrielle	Rutledge	Afton	38.43
5K	30 - 39	Female	Elizabeth	Waigand	Creston	38.44
5K	40 - 49	Female	Laura	Ditzler	Creston	39.2
5K	20 - 29	Female	ShiAnne	Ball	Oklahoma City	39.52
5K	40 - 49	Female	Monique	Brenizer	Creston	41.22
5K	20 - 29	Female	Courtney	Kammerer	Creston	41.36
5K	20 - 29	Female	Amanda	Plymale	Creston	41.37
5K	50 - 59	Female	Misty	Ripperger	Creston	43.41
5K	30 - 39	Female	Amy	Goodridge	Afton	47.1
5K	40 - 49	Male	Douglas	Smith	Creston	47.11
5K	40 - 49	Male	Kip	Ripperger	Afton	47.56
5K	40 - 49	Female	Kalian	Smith	Creston	48.57
5K	40 - 49	Female	Melissa	Raddatz	Creston	48.58
5K	50 - 59	Female	Jodi	Lyddon	Corning	50.07
5K	30 - 39	Female	Mikalah	Sonntag	Prescott	50.07
5K	60 - 69	Female	Margaret	Trullinger	Afton	50.41
5K	13 - 15	Female	Amy	Lamgo	Corning	51.42
5K	30 - 39	Female	Kim	Lamgo	Corning	52.16
5K	40 - 49	Female	Andrea	Miner	Red Oak	53.16
5K	20 - 29	Female	Samantha	Ashcraft	Olathe	55.04
5K	50 - 59	Female	Brenda	Emery	Nevada	56.44
5K	40 - 49	Female	Rhonda	Ringsdorf	Creston	56.46
5K	20 - 29	Female	Robyn	Emery	Nevada	56.46
5K	70 & Over	Female	Marge	Hunt	Marion	01:09.2
5K	50 - 59	Male	Randall	Ringsdorf	Creston	01:09.2
5K	50 - 59	Female	Cindy	Smith	Creston	01:22.5
5K	50 - 59	Female	Teresa	Davis	Creston	01:22.5

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Division			First Name	Last Name	City
1K	12 & Under	Coed	Hanna	Dryden	Creston
1K	12 & Under	Coed	Tristen	Rice	Creston
1K	12 & Under	Coed	Kenna	Tomas	Creston
1K	12 & Under	Coed	Jacqueline	Kenyon	Creston
1K	12 & Under	Coed	Casen	Dryden	Creston
1K	12 & Under	Coed	Sabra	Forquer	Afton
1K	12 & Under	Coed	Lewis	Forquer	Afton
1K	12 & Under	Coed	Josephine	Bolinger	Creston
1K	12 & Under	Coed	Xavier	Shady	Creston
1K	12 & Under	Coed	Juliet	Bolinger	Creston