

## Live Healthy Iowa 5k 2016 - 4/9/2016

## DeWitt Iowa

## Rankings

## Event 1 Mixed 5k Run RR

Name	Age	School	Finals	Points
Overall Results Women 5000 Run				
1 Geffers, Madison	W28	Unattached	22:04.42	
2 Lake, Erin	W38	Unattached	23:06.95	
Overall Results Men 5000 Run				
1 Hansen, Kevin	M33	Unattached	19:32.46	
2 Irwin, Jim	M46	Unattached	21:20.52	
12 & Under Results - Women 5000 Run				
1 Peters, Hannah	W10	Unattached	27:46.43	
13-15 Results - Women 5000 Run				
1 Irwin, Kyleen	W14	Unattached	23:41.02	
2 Jasper, Brooke	W14	Unattached	26:46.56	
3 Peterson, Maddie	W15	Unattached	26:52.33	
4 Soloway, Starla	W15	Unattached	27:48.60	
5 Hickson, Shelby	W15	Unattached	38:33.08	
16-19 Results - Women 5000 Run				
1 McNamara, Brittany	W18	Unattached	25:08.00	
2 Voss, Amber	W18	Unattached	26:17.95	
3 Burken, Brooke	W16	Unattached	26:52.90	
4 Campbell, Julia	W16	Unattached	26:53.95	
5 Marvin, Nicole	W16	Unattached	27:47.47	
6 Marvin, Danielle	W19	Unattached	27:47.98	
7 Watson, Sarah	W17	Unattached	28:09.68	
8 Hasenmiller, Sara	W18	Unattached	29:44.61	
9 Saunders, Hailey	W18	Unattached	30:01.96	
10 Bertolino, Darcy	W18	Unattached	30:02.56	
11 Bueschlen, Ina	W17	Unattached	39:47.08	
20-29 Results - Women 5000 Run				
1 Gottschalk, Trisha	W29	Unattached	25:44.13	
2 Olson, Jenna	W29	Unattached	28:24.87	
3 Rickertson, Becky	W29	Unattached	28:40.51	
4 Nielsen, Kristina	W24	Unattached	29:40.65	
5 Cram, Alyssa	W27	Unattached	29:45.61	
6 Young, Chelsea	W24	Unattached	30:00.25	
7 Messerich, Abby	W28	Unattached	33:36.63	
8 Beck, Jessica	W25	Unattached	37:51.51	
9 Lange, Jessica	W27	Unattached	38:36.02	
10 Burns, Cassie	W26	Unattached	41:04.36	
30-39 Results - Women 5000 Run				
1 Peters, Jodee	W37	Unattached	25:05.94	
2 Block, Chrissy	W31	Unattached	26:01.85	
3 Meier, Renee	W33	Unattached	26:27.38	
4 Schaab, Carol	W33	Unattached	34:50.62	
5 Wilson, melissa	W34	Unattached	40:00.11	
6 Zeimet, Rachelle	W35	Unattached	40:08.27	
7 Sandven, Sunny	W37	Unattached	49:59.17	
8 Niles, Angela	W39	Unattached	52:14.27	
9 Morris, Kristen	W30	Unattached	52:38.66	
10 Determann, Ashleigh	W30	Unattached	52:40.24	
40-49 Results - Women 5000 Run				
1 Clark, Angie	W41	Unattached	26:32.78	
2 Irwin, Tara	W45	Unattached	30:07.78	
3 Kinney, Heather	W46	Unattached	32:28.65	
4 Milota, Jennifer	W43	Unattached	33:19.03	

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5	Cahill, Teresa	W49 Unattached	33:48.70
6	Hickson, Heather	W40 Unattached	40:04.58
7	Zeimet, Tracy	W43 Unattached	40:07.80
8	Besst, Amy	W43 Unattached	43:59.54
9	Suhr, Sara	W43 Unattached	45:05.42
10	Voss, Faye	W46 Unattached	46:05.78
11	Filloon, Tricia	W46 Unattached	49:06.19
12	Nielsen, Tami	W45 Unattached	52:12.46
13	Hinkle, Karma	W46 Unattached	52:13.23
50-59 Results - Women 5000 Run			
1	Mackie, Kathy	W59 Unattached	29:22.70
2	Kunz, Christy	W58 Unattached	33:16.17
3	McCarville, Connie	W57 Unattached	33:57.02
4	McNamara, Lorine	W52 Unattached	39:47.70
5	Green, Janet	W56 Unattached	40:06.64
6	Schroeder, Shelia	W50 Unattached	45:27.25
7	Jasper, Deb	W50 Unattached	45:27.65
8	Dieckmann, Brenda	W55 Unattached	47:13.14
9	Moore, Deb	W50 Unattached	47:14.00
10	Goecke, Pamela	W55 Unattached	49:47.66
11	geffers, diane	W54 Unattached	50:02.77
12	Moenk, Donna	W55 Unattached	53:31.65
60-69 Results - Women 5000 Run			
1	Kenton, Becki	W62 Unattached	43:57.94
2	Hamilton, Carla	W61 Unattached	45:04.69
3	Messerich, Linda	W69 Unattached	53:30.39
12 & Under Results - Men 5000 Run			
1	Hansen, Keaton	M7 Unattached	26:43.25
20-29 Results - Men 5000 Run			
1	Beck, Benjamin	M25 Unattached	28:22.33
2	Cram, Jacob	M27 Unattached	30:52.52
30-39 Results - Men 5000 Run			
1	Peters, Jeff	M38 Unattached	22:14.70
2	Hoepner, Cory	M39 Unattached	22:38.02
3	Messerich, Michael	M30 Unattached	23:53.47
4	Zeimet, Brendan	M36 Unattached	28:10.28
40-49 Results - Men 5000 Run			
1	Schroeder, Jessup	M41 Unattached	22:24.32
2	Clark, Bill	M40 Unattached	24:56.40
3	Zeimet, Shawn	M43 Unattached	26:54.46
4	Cheever, Brian	M42 Unattached	37:43.15
50-59 Results - Men 5000 Run			
1	Gannon, Greg	M52 Unattached	25:41.18
2	Dieckmann, Joel	M54 Unattached	30:53.02
3	Paulsen, Kevin	M54 Unattached	49:48.27
4	Moenk, Garret	M55 Unattached	53:29.55
60-69 Results - Men 5000 Run			
1	Hamilton, Bill	M64 Unattached	46:32.90
2	Kremer, Roger	M65 Unattached	48:29.27
70+ Results - Men 5000 Run			
1	Messerich, Glen	M71 Unattached	55:32.74