

2016 Live Healthy Iowa 5K - Sioux City

Division			First Name	Last Name	City	Time
5K	20 - 29	Male	Paul	Johnson	Sioux City	21:48.88
5K	40 - 49	Female	Brian	Lester	Sioux City	23:20.69
5K	50 - 59	Male	Todd	Hensley	Sioux City	24:39.72
5K	20 - 29	Male	Brandon	Watchorn	Ponca	30:11.12
5K	50 - 59	Male	Jim	Rossiter	Sioux City	31:40.37
5K	30 - 39	Female	Kimberly	Zellmer	Hinton	32:36.23
5K	20 - 29	Female	Lisa	Cotter	Sioux City	34:05.91
5K	30 - 39	Female	Annette	Snyder	Clarion	35:58'73
5K	40 - 49	Female	Mary	Watchorn	Ponca	36:14.22
5K	12 & Under	Female	Tori	Rubendall	Lawton	37:24.46
5K	30 - 39	Male	Luke	Snyder	Clarion	37:28.44
5K	20 - 29	Female	Rachel	Potter	Sioux City	38:59.43
5K	20 - 29	Female	Paige	Potter	West Des Moines	38:59.68
5K	30 - 39	Female	Gina	Kvidera	Sergeant Bluff	40:16.54
5K	12 & Under	Female	Anastaisa	Michaels	Bronson	40:43.98
5K	12 & Under	Female	Alise	Brockhaus	Moville	40:54.59
5K	30 - 39	Female	Jaclyn	Kelly	Sioux City	41:59.68
5K	30 - 39	Female	Jeana	Goosmann	Sioux City	41:59.96
5K	40 - 49	Female	Laura	Heikens	Spencer	42:20.45
5K	20 - 29	Female	Courtney	Heikens	Spencer	42:56.89
5K	50 - 59	Female	Pat	Somsy	Sioux City	45:19.05
5K	50 - 59	Female	Mary	Reiva	Sioux City	45:17.86
5K	50 - 59	Female	Cindy	Jungers	Le Mars	49:28.21
5K	30 - 39	Female	Rebecca	McGinnis	Le Mars	49:28.73
5K	30 - 39	Female	Claire	Wilson	Sioux City	49:30.38
5K	60 - 69	Male	David	Kehm	Le Mars	49:30.91
5K	70 & Over	Female	Sandi	Grote	Sioux City	49:35.19
5K	50 - 59	Female	Janet	Kehm	Le Mars	54:03.50
5K	40 - 49	Female	Melany	Roling	Remsen	54:04.07
5K	12 & Under	Female	Addison	Rubendall	Lawton	56:16.64
5K	16 - 19	Male	Trayven	Lidgett	Chatsworth	
5K	20 - 29	Female	Amber	Bauerly	Sioux City	
5K	20 - 29	Female	Brenna	Ericson	Hawarden	
5K	20 - 29	Female	Jennifer	Faulkner	Sioux City	
5K	20 - 29	Female	Ashlee	Madetzke	Sioux City	
5K	20 - 29	Female	Stephanie	Pappadackis	Sioux City	
5K	30 - 39	Female	Taren	Brenner	Hawarden	
5K	30 - 39	Female	Monica	Colella	Sioux City	
5K	30 - 39	Female	Amanda	Lidgett	Chatsworth	
5K	30 - 39	Female	Mary	Ortner	Sioux Center	
5K	30 - 39	Female	Becky	Reekers	Hawarden	
5K	30 - 39	Female	Nicole	Scott	Lawton	
5K	30 - 39	Male	Erik	Brenner	Hawarden	
5K	30 - 39	Male	Matt	Colella	Sioux City	
5K	40 - 49	Female	Tina	Cobbs	Sioux City	
5K	40 - 49	Female	Michelle	Jones	Sioux City	

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Division			First Name	Last Name	City	Time
5K	40 - 49	Female	Stacy	Latimer	Lawton	
5K	40 - 49	Female	Dawn	Scott	Hawarden	
5K	50 - 59	Female	Pam	Bauerly	Sioux City	
5K	50 - 59	Female	Diana	Christensen	Sioux City	
5K	50 - 59	Female	Buzzy	Hamilton	Hawarden	
5K	50 - 59	Female	Sherri	Rossiter	Sioux City	
5K	60 - 69	Female	Donelle	Olsen	Sioux City	
5K	60 - 69	Female	Janelle	Towns	Sioux City	
5K	20 - 29	Female	Lidia	Virrueta	Sioux City	
5K	30 - 39	Female	Bianca	Sanchez	Sioux City	
5K	40 - 49	Male	Steve	Cross	Jefferson	
5K	50 - 59	Female	Marie	Ruettgers	Sioux Falls	

1K	12 & Under	Coed	Joe	Cross	Jefferson
1K	12 & Under	Coed	Kellen	Kvidera	Sergeant Bluff
1K	12 & Under	Coed	Madison	Kvidera	Sergeant Bluff
1K	12 & Under	Coed	Mesa	Zellmer	Hinton