

## 2021 Live Healthy Iowa 5K - Dike Results

Place	First Name	Last Name	Sub Event	Finishing Time
1	Shane	Manning	5K   20 - 29   Male	19:35:00
2	Jayce	Fryslie	5K   12 & Under   Male	20:36:00
3	Presley	Berns	5K   13 - 15   Male	21:53:00
4	Grant	Pautsch	5K   13 - 15   Male	22:34:00
5	Bob	McDermott	5K   30 - 39   Male	22:58:00
6	Dave	Myers	5K   40 - 49   Male	23:33:00
7	Sarah	Carson	5K   16 - 19   Female	23:51:00
8	Steve	Johnson	5K/60+/male	23:52:00
9	Mark	Zimmer	5K/60+/male	24:26:00
10	Daniel	Boelman	5K   12 & Under   Male	25:26:00
11	Mark	Boelman	5K   12 & Under   Male	25:50:00
12	Katie	McDermott	5K   30 - 39   Female	25:51:00
13	Ryan	Boelman	5K   12 & Under   Male	25:57:00
14	Dennis	Kruger	5K   60 & Over   Male	26:06:00
15	Mary	Steffensmeier	5K   50 - 59   Female	27:43:00
16	Katie	Lechtenberg	5K   30 - 39   Female	28:37:00
17	Betty	Carson	5K/50-59/female	29:13:00
18	Nancy	Meier	5K/60+/female	29:36:00
19	Tim	Carson	5K/60-69/male	31:08:00
20	Elizabeth	Boelman	5K   40 - 49   Female	31:37:00
21	Elissa	Wenthe	5K   40 - 49   Female	31:56:00
22	Odette	Bulmer	5K   60 & Over   Female	32:53:00
23	Robert	Welshons	5K   60 & Over   Male	34:19:00
24	Sarah	Sieck	5K   40 - 49   Female	35:13:00
25	Andrea	Scott	5K   30 - 39   Female	35:15:00
26	Lynor	Koch	5K   60 & Over   Female	37:27:00
27	Ryan	Pautsch	5K   40 - 49   Male	37:43:00
28	Julie	Dunn	5K   50 - 59   Female	38:25:00
29	Tony	Dunn	5K   50 - 59   Male	41:04:00
30	Heidi	Meis	5K   30 - 39   Female	41:04:00
31	Sarah	Bishop	5K   30 - 39   Female	41:32:00
32	Bonnie	Engelkes	5K   50 - 59   Female	45:46:00
33	Nicole	Stone	5K   30 - 39   Female	45:47:00
34	Glenda	Christensen	5K   50 - 59   Female	46:23:00
35	Gyobanna	Driver	5K   40 - 49   Female	46:24:00
36	Alan	Gielau	5K   60 & Over   Male	46:39:00
37	Jami	Sprung	5K   30 - 39   Female	49:12:00
38	Amy	Metcalfe	5K   50 - 59   Female	49:13:00
39	Rebecca	Wiebel	5K/20-29/male	49:13:00
40	Char	Koenen	5K   50 - 59   Female	1:02:07
41	Morgan	Koenen	5K   16 - 19   Female	1:02:08
42	Mandi	Koenen	5K   30 - 39   Female	1:02:09
43	Molly	Bray	5K   30 - 39   Female	1:02:10

## 2021 Live Healthy Iowa 5K - Dike Age Group Results

Place	First Name	Last Name	Sub Event	Finishing Time
1	Jayce	Fryslie	5K   12 & Under   Male	20:36:00
2	Daniel	Boelman	5K   12 & Under   Male	25:26:00
3	Mark	Boelman	5K   12 & Under   Male	25:50:00
4	Ryan	Boelman	5K   12 & Under   Male	25:57:00
1	Presley	Berns	5K   13 - 15   Male	21:53:00
2	Grant	Pautsch	5K   13 - 15   Male	22:34:00
1	Sarah	Carson	5K   16 - 19   Female	23:51:00
2	Morgan	Koenen	5K   16 - 19   Female	1:02:08
1	Shane	Manning	5K   20 - 29   Male	19:35:00
1	Rebecca	Wiebel	5K   20 - 29   Female	49:13:00
1	Katie	McDermott	5K   30 - 39   Female	25:51:00
2	Katie	Lechtenberg	5K   30 - 39   Female	28:37:00
3	Andrea	Scott	5K   30 - 39   Female	35:15:00
4	Heidi	Meis	5K   30 - 39   Female	41:04:00
5	Sarah	Bishop	5K   30 - 39   Female	41:32:00
6	Nicole	Stone	5K   30 - 39   Female	45:47:00
7	Jami	Sprung	5K   30 - 39   Female	49:12:00
8	Mandi	Koenen	5K   30 - 39   Female	1:02:09
9	Molly	Bray	5K   30 - 39   Female	1:02:10
1	Bob	McDermott	5K   30 - 39   Male	22:58:00
1	Elizabeth	Boelman	5K   40 - 49   Female	31:37:00
2	Elissa	Wenthe	5K   40 - 49   Female	31:56:00
3	Sarah	Sieck	5K   40 - 49   Female	35:13:00
4	Gyobanna	Driver	5K   40 - 49   Female	46:24:00
1	Dave	Myers	5K   40 - 49   Male	23:33:00
2	Ryan	Pautsch	5K   40 - 49   Male	37:43:00
1	Tony	Dunn	5K   50 - 59   Male	41:04:00
1	Mary	Steffensmeier	5K   50 - 59   Female	27:43:00
2	Betty	Carson	5K   50 - 59   Female	29:13:00
3	Julie	Dunn	5K   50 - 59   Female	38:25:00
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