

Live Healthy Iowa 5K - Fort Dodge Results

Place	First Name	Last Name	Sub Event	Finishing Time
1	Danial	Crawford	5K 30 - 39 Male	27m 22s
2	Zac	Felch	5K 20 - 29 Male	27m 23s
3	Justin	Mikos	5K 20 - 29 Male	27m 27s
4	james	crouch	5K 30 - 39 Male	28m 28s
5	Joel	Holder	5K 50 - 59 male	29m 30s
6	Jodi	Reekers	5K 30 - 39 Female	29m 53s
7	Amber	Harman	5K 30 - 39 Female	30m 4s
8	Jen	Crimmins	5K 30 - 39 Female	30m 35s
9	Sarah	Borkowski	5K 20 - 29 Female	31m 16s
10	Kyle	Fletcher	5K 30 - 39 male	32m 7s
11	Leslie	Osborn	5K 30 - 39 Female	34m 48s
12	Eric	Kim	5K 30 - 39 Male	35m 2s
13	Joe	Trice	5K 40 - 49 male	35m 18s
14	Samantha	Crouch	5K 30 - 39 Female	36m 5s
15	Teresa	Larson-White	5K 50 - 59 Female	37m 45s
16	Nici	George	5K 30 - 39 Female	38m 15s
17	Rick	Peugh	5K 30 - 39 Male	39m 45s
18	Jeanine	Lowry	5K 50 - 59 Female	39m 59s
19	Donna	Bice	5K 50 - 59 Female	41m 17s
20	Shane	Bailey	5K 40 - 49 Male	42m 5s
21	Chad	Trice	5K 30 - 39 Male	42m 7s
22	Marcie	Lentsch	5K 30 - 39 Female	42m 18s
23	Brandy	Smith	5K 40 - 49 Female	43m 39s
24	Kerrilyn	Russ	5K 30 - 39 Female	43m 40s
25	Rhonda	Messerly	5K 30 - 39 Female	45m 14s
26	Lindy	Smith	5K 40 - 49 Female	45m 14s
27	Melody	Hamelund	5K 50 - 59 Female	45m 57s
28	Landon	Crawford	5K 13 - 15 Male	46m 4s
29	Kim	Wicklein	5K 50 - 59 Female	47m 38s
30	Kathleen	Gates	5K 50 - 59 Female	47m 56s
31	Dakota	Flogstad	5K 20 - 29 Male	49m 9s
32	Wendy	Gerdes	5K 50 - 59 Female	49m 11s
33	Gerrit	Heemsbergen	5K 30 - 39 Male	51m 18s

34	Sybil	Riblet	5K 60 & Over Female	53m 5s
35	Peg	Lenz	5K 60 & Over Female	53m 6s
36	Libby	Degen	5K 40 - 49 Female	53m 20s
37	Demica	Reeves	5K 40 - 49 Female	53m 29s
38	Polly	Nilles	5K 60 & Over Female	56m 0s
	Evie	McAtee	5K 12 & Under Female	NT
	Iris	McAtee	5K 12 & Under Female	NT
	Jenn	Becker	5K 20 - 29 Female	NT
	Mandy	Hobert	5K 20 - 29 Female	NT
	Ashley	Johnson	5K 20 - 29 Female	NT
	khylea	Wisthoff	5K 20 - 29 Female	NT
	Scott	Richardson	5K 20 - 29 Male	NT
	Kyle	Wagner	5K 20 - 29 Male	NT
	Jessica	Kruckenber	5K 30 - 39 Female	NT
	Jennifer	McAtee	5K 30 - 39 Female	NT
	Amanda	Nickless	5K 30 - 39 Female	NT
	Kristina	Swanson	5K 30 - 39 Female	NT
	Phetmany	Chanthwong	5K 30 - 39 Female	NT
	Luke	Becker	5K 30 - 39 Male	NT
	Brandon	McAtee	5K 30 - 39 Male	NT
	Wendy	Becker	5K 40 - 49 Female	NT
	Jenna	Carlson	5K 40 - 49 Female	NT
	Megon	Peterman	5K 40 - 49 Female	NT
	Kathryn	Pfiffner	5K 40 - 49 Female	NT
	Lisa	Coleman	5K 40 - 49 Female	NT
	Peggy	Fowler	5K 50 - 59 Female	NT
	Ruth	France	5K 50 - 59 Female	NT
	Jaclyn	Graves	5K 50 - 59 Female	NT
	Shirley	Helgevold	5K 50 - 59 Female	NT
	STACEY	JONES	5K 50 - 59 Female	NT
	Laurie	Kersten	5K 50 - 59 Female	NT
	Sara	Ladlie	5K 50 - 59 Female	NT
	shelly	perkins	5K 50 - 59 Female	NT
	Tammara	Rosalez-Baade	5K 50 - 59 Female	NT
	Cathy	Stakey	5K 50 - 59 Female	NT

	Russ	Helgevold	5K 50 - 59 Male	NT
	Pheun	Saengkue	5K 50 - 59 male	NT
	Cathy	Gardner	5K 60 & Over Female	NT
	Diana	Lynch	5K 60 & Over Female	NT
	Polly	Nilles	5K 60 & Over Female	NT
	Alan	Graves	5K 60 & Over Male	NT
	Emma	Miller	1K 12 & Under Coed	NT
	Theo	Becker	1K 12 & Under Coed	NT
	Jonathan	Bedel	1K 12 & Under Coed	NT
	Easton	Keehn	1K 12 & Under Coed	NT
	Evelyn	Osborn	1K 12 & Under Coed	NT
	Emma	Swanson	1K 12 & Under Coed	NT
	Natalie	Chanthwong	1K 12 & Under Coed	NT
	Alisha	Chanthwong	1K 12 & Under Coed	NT
	Austin	Chanthwong	1K 12 & Under Coed	NT
	Nathan	Chanthwong	1K 12 & Under Coed	NT

Live Healthy Iowa 5K - Fort Dodge Age Group Results

Place	First Name	Last Name	Sub Event	Finishing Time
1	Landon	Crawford	5K 13 - 15 Male	46m 4s
1	Sarah	Borkowski	5K 20 - 29 Female	31m 16s
1	Zac	Felch	5K 20 - 29 Male	27m 23s
2	Justin	Mikos	5K 20 - 29 Male	27m 27s
3	Dakota	Flogstad	5K 20 - 29 Male	49m 9s
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