

Dam to Backpocket *** 7 Mile Run *** Overall & Divisions 5K Run [results](#)

Event: 7 Mile Run

Date: Saturday, August 24, 2013

Location: Coralville

Weather: Warm 80°

[Overall and Age Divisions](#)

Results By: Jeff Mullen

<u>Bib#</u>	<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
492	1	1	1 OVM	Zach Baker, M21	Iowa City, Io	38:44.48	5:32/M
175	2	2	2 OVM	Tommy Ries Jr., M34	Iowa City, IA	40:01.10	5:43/M
387	3	3	3 OVM	Tyler Sullivan, M25	Coralville, IA	44:28.84	6:21/M
11	4	4	1 M35	Ben Fish, M38	Hills, IA	46:07.81	6:35/M
341	5	5	1 M25	Nick Sparr, M26	Iowa City, IA	46:30.12	6:38/M
361	6	6	2 M25	Josh Falk, M26	Iowa City, Io	47:52.96	6:50/M
379	7	7	3 M25	Andrew Papendieck, M25	Coralville, IA	49:27.61	7:03/M
99	8	8	1 M40	Keith Duster, M40	Solon, IA	49:43.37	7:06/M
278	9	9	4 M25	Timothy Lentz, M29	Coralville, Io	49:46.71	7:06/M
202	10	10	1 M30	Garrett Rettig, M33	Coralville, IA	49:57.64	7:08/M
442	11	11	1 M20	Jordan Crosser, M23	Iowa City, IA	50:44.50	7:14/M
389	12	12	5 M25	William Klingner, M25	Iowa City, IA	52:14.46	7:27/M
153	13	13	2 M35	T.J. Craig, M36	Iowa City, IA	52:31.39	7:30/M
316	14	14	6 M25	Zach Hill, M27	Iowa City, IA	52:45.41	7:32/M
101	15	15	2 M40	Jason Wilber, M40	Iowa City, IA	54:03.92	7:43/M
213	16	1	1 OVF	Lauren Seamans, F32	Swisher, IA	54:09.36	7:44/M
56	17	16	1 M45	David Steines, M46	Mt. Vernon, IA	55:47.31	7:58/M
34	18	17	1 M50	Horacio Olivo, M51	Iowa City, IA	56:43.98	8:06/M
407	19	18	2 M20	Douglas Hamilton, M24	Decorah, IA	56:44.32	8:06/M
314	20	19	7 M25	Kyle Saginus, M27	Iowa City, IA	56:46.54	8:06/M

404	21	2	2 OVF	Kaitlyn Zenner, F24	Coralville, IA	57:28.43	8:12/M
207	22	20	2 M30	Nate Otis, M32	Coralville, Io	57:55.61	8:16/M
187	23	21	3 M30	Ryan Lenger, M33	Iowa City, IA	58:14.26	8:19/M
285	24	3	3 OVF	Elizabeth Steele, F28	Norway, IA	58:26.04	8:20/M
348	25	22	8 M25	Bradley Flaucher, M26	Iowa City, io	58:28.62	8:21/M
151	26	23	3 M35	Scott Hendrickson, M36	Coralville, IA	59:09.57	8:27/M
429	27	24	3 M20	Benjamin Spector, M24	Iowa City, IA	59:37.45	8:31/M
423	28	25	4 M20	Adam Sternecky, M24	Milwaukee, WI	59:43.90	8:31/M
430	29	4	1 F20	Rachel Anderson, F23	Iowa City, Io	59:46.30	8:32/M
276	30	26	9 M25	Amos Hill, M29	Urbandale, Io	59:47.37	8:32/M
356	31	5	1 F25	Karen Kruger, F26	Iowa City, IA	59:57.65	8:33/M
259	32	27	10 M25	Ryan Kruger, M29	Iowa City, IA	59:57.81	8:33/M
325	33	28	11 M25	James Toomey, M27	Iowa City, IA	1:00:17.18	8:36/M
320	34	6	2 F25	Ashley McDonald, F27	Coralville, IA	1:00:47.55	8:41/M
397	35	29	12 M25	Matthew Rice, M25	Johnston, IA	1:00:53.23	8:41/M
193	36	30	4 M30	Casey Greene, M33	Coralville, IA	1:01:06.99	8:43/M
253	37	31	5 M30	Eric Ewald, M30	North Liberty, IA	1:01:17.36	8:45/M
221	38	7	1 F30	Liz Craig, F32	Iowa City, Io	1:01:24.43	8:46/M
414	39	8	2 F20	Stephanie Alberico, F24	Iowa City, IA	1:01:25.40	8:46/M
336	40	32	13 M25	Javier Gomez, M26	Iowa City, IA	1:01:26.42	8:46/M
362	41	33	14 M25	Alex Bruner, M25	Coralville, Ia	1:01:35.19	8:47/M
330	42	34	15 M25	Tyler Rasmussen, M27	Coralville, IA	1:01:59.20	8:51/M
113	43	35	4 M35	Damian Montgomery, M39	Coralville, IA	1:02:03.58	8:51/M
509	44	36	16 M25	Nick Murray, M25	Iowa City, IA	1:02:10.81	8:52/M
33	45	37	2 M50	Tim Smith, M51	Iowa City, IA	1:02:15.88	8:53/M
172	46	38	5 M35	Adam Galluzzo, M35	Iowa City, Ia	1:02:21.31	8:54/M
386	47	9	3 F25	Elizabeth Boeman, F25	Iowa City, IA	1:02:21.57	8:54/M
63	48	10	1 F45	Wendy Nolan, F45	Wellman, Io	1:02:42.71	8:57/M
500	49	11	3 F20	Alison Seline, F23	Iowa City, IA	1:03:06.01	9:00/M
62	50	12	2 F45	Erin Hazen, F45	Solon, IA	1:03:24.94	9:03/M
77	51	39	3 M40	Mark Akers, M43	North Liberty, IA	1:03:29.67	9:04/M
112	52	40	6 M35	Jeremy Snyder, M39	North Liberty, IA	1:03:33.83	9:04/M
142	53	41	7 M35	Colin Grafft, M37	North Liberty, IA	1:03:49.97	9:07/M
247	54	13	2 F30	Ashley Eidbo, F30	Coralville, IA	1:03:50.92	9:07/M
138	55	42	8 M35	Matthew Holst, M37	Davenport, Io	1:04:05.61	9:09/M
255	56	43	6 M30	Luke Hermann, M30	North Liberty, IA	1:04:14.21	9:10/M
48	57	44	2 M45	Dave Carey, M48	Iowa City, Ia	1:04:21.52	9:11/M
25	58	45	3 M50	Todd Lewison, M52	Cedar Rapids, Io	1:04:33.96	9:13/M
160	59	14	1 F35	Sarah Russett, F35	Iowa City, IA	1:05:07.02	9:18/M

90	60	15	1 F40	Lynette Brown, F41	North Liberty, Io	1:05:19.36	9:19/M
205	61	46	7 M30	Ryan Foley, M32	Iowa City, Io	1:05:21.96	9:20/M
140	62	16	2 F35	Daniela Williams, F37	North Libery, Io	1:05:22.93	9:20/M
335	63	47	17 M25	Jeff Curran, M26	Iowa City, IA	1:05:23.12	9:20/M
300	64	48	18 M25	Andy Lollback, M28	Iowa City, IA	1:05:23.96	9:20/M
145	65	17	3 F35	Lisa Benton, F36	North Liberty, IA	1:05:29.14	9:21/M
18	66	49	4 M50	Jim Chenhall, M54	Coralville, IA	1:05:29.39	9:21/M
71	67	50	4 M40	Kevin Cano, M44	Cedar Rapids, IA	1:05:48.95	9:24/M
59	68	51	3 M45	Peter Berkson, M45	Iowa City, IA	1:05:53.36	9:24/M
31	69	52	5 M50	Ted Olson, M51	Hiwatna, IA	1:06:06.67	9:26/M
32	70	53	6 M50	David Nelson, M51	North Liberty, Io	1:06:08.91	9:26/M
260	71	54	19 M25	Eric Foster, M29	Iowa City, IA	1:06:10.43	9:27/M
319	72	18	4 F25	Lauren Hill, F27	Cedar Rapids, IA	1:06:37.51	9:31/M
47	73	55	4 M45	Anthony Arnone, M48	Iowa City, IA	1:06:37.57	9:31/M
154	74	19	4 F35	Karen Davison, F36	North Liberty, IA	1:07:01.48	9:34/M
214	75	20	3 F30	Denise Rettig, F32	Coralville, IA	1:07:01.50	9:34/M
375	76	56	20 M25	Jose Ponce, M25	Burlington, IA	1:07:01.97	9:34/M
307	77	57	21 M25	Brady Bird, M28	Coralville, Io	1:07:02.20	9:34/M
334	78	21	5 F25	Brie Nardy, F26	Iowa City, IA	1:07:18.01	9:36/M
242	79	22	4 F30	Amy Young, F30	Iowa City, IA	1:07:30.18	9:38/M
159	80	58	9 M35	Ryan Malloy, M36	Williamsburg, Io	1:07:31.17	9:38/M
146	81	59	10 M35	Bill Lango, M36	Coralville, IA	1:07:31.44	9:38/M
188	82	23	5 F30	Aimee Gorsh, F33	North Liberty, IA	1:07:32.56	9:38/M
111	83	60	11 M35	Thomas Ferguson, M39	Coralville, Io	1:07:34.28	9:39/M
351	84	61	22 M25	David Cutter, M26	Iowa City, IA	1:07:38.45	9:39/M
162	85	24	5 F35	Kelly Brubaker, F35	North Liberty, IA	1:07:46.57	9:40/M
506	86	62	23 M25	Warren James, M28	Cedar Rapids, IA	1:07:47.03	9:41/M
238	87	25	6 F30	Heidi Kestel, F31	Tiffin, Io	1:08:03.12	9:43/M
385	88	26	6 F25	Elizabeth Elizabeth Zahn, F25	Iowa City, Io	1:08:10.32	9:44/M
421	89	27	4 F20	Lauren Sieben, F24	Coralville, IA	1:08:13.89	9:44/M
219	90	63	8 M30	Nile Dusdieker, M32	Iowa City, IA	1:08:33.31	9:47/M
233	91	28	7 F30	Sara Linder, F31	Iowa City, IA	1:09:11.01	9:53/M
50	92	29	3 F45	Becky Halsch, F47	Coralville, IA	1:09:12.14	9:53/M
88	93	30	2 F40	Susan Kluever, F41	Iowa City, IA	1:09:13.94	9:53/M
156	94	31	6 F35	Jess Harris, F36	Coralville, IA	1:09:59.44	9:59/M
328	95	32	7 F25	Andrea Ryan, F27	North Liberty, Io	1:10:02.60	10:00/M
452	96	33	5 F20	Martha Harrouff, F22	Iowa City, IA	1:10:43.45	10:06/M
143	97	64	12 M35	Cory Jensen, M36	Iowa City, ia	1:10:50.91	10:07/M
422	98	65	5 M20	Cole Cheney, M24	West Des Moines, IA	1:11:03.93	10:09/M
164	99	66	13 M35	Lane McMullen, M35	North Liberty, IA	1:11:12.34	10:10/M
411	100	34	6 F20	Erin Wahle, F24	Coralville, IA	1:11:16.97	10:10/M
14	101	67	1 M55	Phil Brade, M56	West Liberty, IA	1:11:39.42	10:14/M

374	102	35	8 F25	Taylor Leichsenring, F25	North Liberty, IA	1:11:44.97	10:14/M
66	103	68	5 M40	Timothy Hazen, M44	Solon, IA	1:12:11.30	10:18/M
256	104	69	24 M25	Jeff Nylen, M29	Coralville, IA	1:12:15.28	10:19/M
19	105	36	1 F50	Patti Sprague, F54	Mount Vernon, Io	1:12:30.47	10:21/M
236	106	37	8 F30	Kate Klefstad, F31	Iowa City, IA	1:13:09.94	10:27/M
301	107	38	9 F25	Jamie Lollback, F28	Iowa City, IA	1:13:38.44	10:31/M
392	108	39	10 F25	Carolyn Koebel, F25	Lisle, IL	1:13:44.61	10:32/M
117	109	70	14 M35	Mike Ryan, M38	Toronto, ON	1:13:55.24	10:33/M
120	110	71	15 M35	Lucas Kuhlmann, M38	Iowa City, IA	1:13:57.44	10:33/M
49	111	72	5 M45	Eric Bauer, M47	Iowa City, IA	1:13:59.26	10:34/M
178	112	40	9 F30	Kelly Wells Sittig, F34	North Liberty, IA	1:14:38.98	10:39/M
266	113	41	11 F25	Emily Klinefelter, F29	Iowa City, IA	1:14:45.91	10:40/M
125	114	73	16 M35	Ben Eisenbach, M38	Coralville, Io	1:14:52.27	10:41/M
194	115	74	9 M30	Wes Hepker, M33	North Liberty, ia	1:15:02.00	10:43/M
131	116	42	7 F35	Amy Dowden, F37	North Liberty, IA	1:15:13.34	10:44/M
225	117	43	10 F30	Jennifer Starr, F31	Mt Pleasant, IA	1:15:21.61	10:45/M
395	118	75	25 M25	Howard Chen, M25	Iowa City, IA	1:15:22.02	10:46/M
64	119	76	6 M45	Jason Galpin, M45	Iowa City, Io	1:15:23.37	10:46/M
296	120	77	26 M25	Clint Hilkin, M28	North Liberty, IA	1:15:27.66	10:46/M
190	121	44	11 F30	Angie Maske-Berka, F33	Iowa City, Io	1:15:33.56	10:47/M
158	122	45	8 F35	Eileen Narcotta-Welp, F36	Iowa City, IA	1:15:57.21	10:51/M
20	123	78	7 M50	Bryan Perkins, M53	West Branch, Io	1:15:57.22	10:51/M
349	124	46	12 F25	Sam Bredlau, F26	Iowa City, ia	1:16:21.01	10:54/M
93	125	47	3 F40	Amy Grostic, F41	Iowa City, Io	1:17:11.81	11:01/M
263	126	79	27 M25	Tyler Burns, M29	Iowa City, IA	1:17:20.28	11:02/M
400	127	48	13 F25	Kate Jochum, F25	North Liberty, IA	1:17:36.33	11:05/M
37	128	80	8 M50	Monty Beal, M50	Coralville, IA	1:17:36.71	11:05/M
61	129	49	4 F45	Kerri Mead, F45	Iowa City, IA	1:17:41.62	11:05/M
147	130	81	17 M35	Mark Larson, M36	Fitchburg, WI	1:17:53.69	11:07/M
149	131	50	9 F35	Melanie Malloy, F36	Williamsburg, Io	1:18:08.08	11:09/M
258	132	51	14 F25	Alyson Dusdieker, F29	Iowa City, Io	1:18:18.51	11:11/M
102	133	82	6 M40	Brad Skriver, M40	Walford, Io	1:18:31.19	11:13/M
358	134	52	15 F25	Brianna Johnson, F26	Iowa City, Io	1:19:03.21	11:17/M
128	135	53	10 F35	Molly Adams, F38	Iowa City, IA	1:19:25.38	11:20/M
124	136	54	11 F35	Lori Beireis, F38	North Liberty, Ia	1:19:30.34	11:21/M
91	137	55	4 F40	Tami Skriver, F41	Walford, IA	1:19:45.07	11:23/M
217	138	56	12 F30	Tarra Rawdon, F32	North Liberty, IA	1:19:50.85	11:24/M
331	139	57	16 F25	Megan Probasco, F27	North Liberty, IA	1:20:10.38	11:27/M
85	140	83	7 M40	Jeff Allen, M42	North Liberty, Io	1:20:15.88	11:27/M
262	141	58	17 F25	Rebecca Fetter, F29	North Liberty, Io	1:20:39.96	11:31/M

135	142	59	12 F35	Nicole Vanderlinden, F37	Iowa City, IA	1:20:42.20	11:31/M
332	143	84	28 M25	Nick Link, M27	Coralville, Io	1:20:48.98	11:32/M
428	144	60	7 F20	Luse Meagan, F24	Cedar Rapids, Ia	1:20:58.49	11:34/M
197	145	61	13 F30	Devon Wendler Alvord, F33	North Liberty, Io	1:20:58.56	11:34/M
80	146	85	8 M40	Robert Savage, M42	Iowa City, IA	1:21:21.58	11:37/M
86	147	62	5 F40	Alma Brunson, F42	Muscatine, IA	1:22:16.90	11:45/M
163	148	86	18 M35	Erek Sittig, M35	North Liberty, IA	1:22:19.43	11:45/M
121	149	87	19 M35	Nate Baker, M38	Mechanicsville, IA	1:22:28.53	11:46/M
393	150	63	18 F25	Michelle Whitters, F25	North Liberty, Io	1:22:30.11	11:47/M
229	151	64	14 F30	Natasha Feuerbach, F31	North Liberty, IA	1:22:32.88	11:47/M
76	152	65	6 F40	Kristen Ryan, F43	Bowmanville, On	1:22:51.04	11:50/M
94	153	66	7 F40	Ginny Buresh, F41	Coralville, IA	1:22:51.61	11:50/M
510	154	67	15 F30	Gina Campbell, F31	Iowa City, IA	1:23:40.24	11:57/M
232	155	68	16 F30	Ashley Funkhauser, F31	Council Bluffs, IA	1:23:40.60	11:57/M
171	156	69	13 F35	Amy Larkey Rickels, F35	North Liberty, IA	1:23:48.82	11:58/M
70	157	88	9 M40	Hoobie Schott, M44	Cedar Rapids, IA	1:24:28.63	12:04/M
388	158	70	19 F25	Valerie Moody, F25	Coralville, IA	1:24:47.03	12:06/M
371	159	71	20 F25	Maria Sumner, F25	Washington, MO	1:24:47.12	12:06/M
502	160	72	8 F40	Shelly Bontrager, F40	Kalona, Io	1:25:04.54	12:09/M
353	161	73	21 F25	Evie Eilers, F26	North Liberty, IA	1:25:28.81	12:12/M
148	162	89	20 M35	Aaron Derby, M36	West Liberty, IA	1:25:29.92	12:12/M
413	163	90	6 M20	Matthew Farley, M24	North Liberty, IA	1:25:31.26	12:13/M
84	164	74	9 F40	Maureen Hill, F42	Iowa City, Io	1:25:40.16	12:14/M
176	165	75	17 F30	Jessica Larson, F34	Fitchburg, WI	1:25:41.70	12:14/M
26	166	76	2 F50	Vicki Kijewski, F52	Iowa City, IA	1:26:11.55	12:18/M
167	167	77	14 F35	Shannon Schoon, F35	North Liberty, IA	1:26:15.01	12:19/M
55	168	91	7 M45	Edward Gillan, M46	Iowa City, IA	1:26:32.14	12:21/M
165	169	92	21 M35	Corey Gibney, M35	Iowa City, IA	1:26:47.03	12:23/M
184	170	78	18 F30	Katie Piper, F34	North Liberty, Is	1:26:58.33	12:25/M
43	171	79	5 F45	Susan Kaliszewski, F49	Iowa City, IA	1:26:59.35	12:25/M
281	172	93	29 M25	Rylan Devalois, M29	Iowa City, Io	1:27:04.93	12:26/M
169	173	94	22 M35	Charlie Sojka, M35	Iowa City, IA	1:27:49.23	12:32/M
495	174	80	8 F20	Emily Merfeld, F21	Iowa City, IA	1:28:14.89	12:36/M
68	175	95	10 M40	Christopher Parrish, M44	West Branch, IA	1:28:34.11	12:39/M
97	176	81	10 F40	Julie Parizek, F41	Solon, IA	1:28:35.53	12:39/M
95	177	82	11 F40	Erin Schuessler, F41	Iowa City, IA	1:28:44.27	12:40/M
191	178	96	10 M30	Mike Farley, M33	North Liberty, IA	1:28:45.87	12:40/M
359	179	83	22 F25	Emily Hemann, F26	Iowa City, IA	1:29:21.01	12:45/M

327	180	84	23 F25	Ann Janowski, F27	Iowa City, IA	1:29:25.35	12:46/M
98	181	85	12 F40	Ashley Williamson, F40	Iowa City, IA	1:29:33.99	12:47/M
79	182	86	13 F40	Kelly Messingham, F43	Iowa City, IA	1:29:34.23	12:47/M
166	183	97	23 M35	Nick Westergaard, M35	Coralville, IA	1:29:58.37	12:51/M
89	184	87	14 F40	Stacy Narcotta-Welp, F41	Iowa City, IA	1:30:31.00	12:55/M
109	185	88	15 F35	Kristy Rekers, F39	Iowa City, IA	1:31:05.87	13:00/M
75	186	98	11 M40	Jason Rekers, M43	Iowa City, IA	1:31:05.89	13:00/M
326	187	89	24 F25	Brie Hilkin, F27	North Liberty, IA	1:32:32.04	13:13/M
67	188	90	15 F40	Kelly Richardson, F44	Iowa City, IA	1:33:32.17	13:21/M
10	189	99	2 M55	Kevin Recknor, M58	Iowa City, Io	1:33:34.14	13:22/M
192	190	91	19 F30	Candace Clark, F33	Marion, IA	1:34:51.37	13:33/M
310	191	100	30 M25	Andrew Bys, M28	Cedar Rapids, IA	1:34:51.52	13:33/M
173	192	101	11 M30	Jason Schoon, M34	North Liberty, IA	1:37:15.10	13:53/M
139	193	92	16 F35	Shannon Webb, F37	North Liberty, IA	1:38:14.05	14:02/M
133	194	93	17 F35	Kimberly Frank, F37	Cedar Rapids, IA	1:38:15.30	14:02/M
294	195	94	25 F25	Sarah Gwinnup, F28	North Liberty, Io	1:38:16.10	14:02/M
161	196	95	18 F35	Susan McCabe, F35	North Liberty, Io	1:38:16.14	14:02/M
58	197	96	6 F45	Amy Phelps, F45	Iowa City, IA	1:38:37.63	14:05/M
110	198	97	19 F35	Julianne Jensen, F39	West Branch, Io	1:40:59.84	14:25/M
350	199	98	26 F25	Christene Lynch, F26	Iowa City, IA	1:43:09.58	14:44/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Zach Baker, M21	Iowa City, Io	38:44.48	5:32/M
2	Tommy Ries Jr., M34	Iowa City, IA	40:01.10	5:43/M
3	Tyler Sullivan, M25	Coralville, IA	44:28.84	6:21/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Lauren Seamans, F32	Swisher, IA	54:09.36	7:44/M
2	Kaitlyn Zenner, F24	Coralville, IA	57:28.43	8:12/M
3	Elizabeth Steele, F28	Norway, IA	58:26.04	8:20/M

M[20-24]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
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1	Jordan Crosser, M23	Iowa City, IA	50:44.50	7:14/M
2	Douglas Hamilton, M24	Decorah, IA	56:44.32	8:06/M
3	Benjamin Spector, M24	Iowa City, IA	59:37.45	8:31/M
4	Adam Sternecky, M24	Milwaukee, WI	59:43.90	8:31/M
5	Cole Cheney, M24	West Des Moines, IA	1:11:03.93	10:09/M
6	Matthew Farley, M24	North Liberty, IA	1:25:31.26	12:13/M

F[20-24]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Rachel Anderson, F23	Iowa City, Io	59:46.30	8:32/M
2	Stephanie Alberico, F24	Iowa City, IA	1:01:25.40	8:46/M
3	Alison Seline, F23	Iowa City, IA	1:03:06.01	9:00/M
4	Lauren Sieben, F24	Coralville, IA	1:08:13.89	9:44/M
5	Martha Harrouff, F22	Iowa City, IA	1:10:43.45	10:06/M
6	Erin Wahle, F24	Coralville, IA	1:11:16.97	10:10/M
7	Luse Meagan, F24	Cedar Rapids, Ia	1:20:58.49	11:34/M
8	Emily Merfeld, F21	Iowa City, IA	1:28:14.89	12:36/M

M[25-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Nick Sparr, M26	Iowa City, IA	46:30.12	6:38/M
2	Josh Falk, M26	Iowa City, Io	47:52.96	6:50/M
3	Andrew Papendieck, M25	Coralville, IA	49:27.61	7:03/M
4	Timothy Lentz, M29	Coralville, Io	49:46.71	7:06/M
5	William Klingner, M25	Iowa City, IA	52:14.46	7:27/M
6	Zach Hill, M27	Iowa City, IA	52:45.41	7:32/M
7	Kyle Saginus, M27	Iowa City, IA	56:46.54	8:06/M
8	Bradley Flaucher, M26	Iowa City, io	58:28.62	8:21/M
9	Amos Hill, M29	Urbandale, Io	59:47.37	8:32/M
10	Ryan Kruger, M29	Iowa City, IA	59:57.81	8:33/M
11	James Toomey, M27	Iowa City, IA	1:00:17.18	8:36/M
12	Matthew Rice, M25	Johnston, IA	1:00:53.23	8:41/M
13	Javier Gomez, M26	Iowa City, IA	1:01:26.42	8:46/M
14	Alex Bruner, M25	Coralville, Ia	1:01:35.19	8:47/M
15	Tyler Rasmussen, M27	Coralville, IA	1:01:59.20	8:51/M
16	Nick Murray, M25	Iowa City, IA	1:02:10.81	8:52/M
17	Jeff Curran, M26	Iowa City, IA	1:05:23.12	9:20/M
18	Andy Lollback, M28	Iowa City, IA	1:05:23.96	9:20/M
19	Eric Foster, M29	Iowa City, IA	1:06:10.43	9:27/M
20	Jose Ponce, M25	Burlington, IA	1:07:01.97	9:34/M
21	Brady Bird, M28	Coralville, Io	1:07:02.20	9:34/M
22	David Cutter, M26	Iowa City, IA	1:07:38.45	9:39/M
23	Warren James, M28	Cedar Rapids, IA	1:07:47.03	9:41/M
24	Jeff Nylen, M29	Coralville, IA	1:12:15.28	10:19/M

25	Howard Chen, M25	Iowa City, IA	1:15:22.02	10:46/M
26	Clint Hilkin, M28	North Liberty, IA	1:15:27.66	10:46/M
27	Tyler Burns, M29	Iowa City, IA	1:17:20.28	11:02/M
28	Nick Link, M27	Coralville, Io	1:20:48.98	11:32/M
29	Rylan Devalois, M29	Iowa City, Io	1:27:04.93	12:26/M
30	Andrew Bys, M28	Cedar Rapids, IA	1:34:51.52	13:33/M

F[25-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Karen Kruger, F26	Iowa City, IA	59:57.65	8:33/M
2	Ashley McDonald, F27	Coralville, IA	1:00:47.55	8:41/M
3	Elizabeth Boeman, F25	Iowa City, IA	1:02:21.57	8:54/M
4	Lauren Hill, F27	Cedar Rapids, IA	1:06:37.51	9:31/M
5	Brie Nardy, F26	Iowa City, IA	1:07:18.01	9:36/M
6	Elizabeth Elizabeth Zahn, F25	Iowa City, Io	1:08:10.32	9:44/M
7	Andrea Ryan, F27	North Liberty, Io	1:10:02.60	10:00/M
8	Taylor Leichsenring, F25	North Liberty, IA	1:11:44.97	10:14/M
9	Jamie Lollback, F28	Iowa City, IA	1:13:38.44	10:31/M
10	Carolyn Koebel, F25	Lisle, IL	1:13:44.61	10:32/M
11	Emily Klinefelter, F29	Iowa City, IA	1:14:45.91	10:40/M
12	Sam Bredlau, F26	Iowa City, ia	1:16:21.01	10:54/M
13	Kate Jochum, F25	North Liberty, IA	1:17:36.33	11:05/M
14	Alyson Dusdieker, F29	Iowa City, Io	1:18:18.51	11:11/M
15	Brianna Johnson, F26	Iowa City, Io	1:19:03.21	11:17/M
16	Megan Probasco, F27	North Liberty, IA	1:20:10.38	11:27/M
17	Rebecca Fetter, F29	North Liberty, Io	1:20:39.96	11:31/M
18	Michelle Whitters, F25	North Liberty, Io	1:22:30.11	11:47/M
19	Valerie Moody, F25	Coralville, IA	1:24:47.03	12:06/M
20	Maria Sumner, F25	Washington, MO	1:24:47.12	12:06/M
21	Evie Eilers, F26	North Liberty, IA	1:25:28.81	12:12/M
22	Emily Hemann, F26	Iowa City, IA	1:29:21.01	12:45/M
23	Ann Janowski, F27	Iowa City, IA	1:29:25.35	12:46/M
24	Brie Hilkin, F27	North Liberty, IA	1:32:32.04	13:13/M
25	Sarah Gwinnup, F28	North Liberty, Io	1:38:16.10	14:02/M
26	Christene Lynch, F26	Iowa City, IA	1:43:09.58	14:44/M

M[30-34]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Garrett Rettig, M33	Coralville, IA	49:57.64	7:08/M
2	Nate Otis, M32	Coralville, Io	57:55.61	8:16/M
3	Ryan Lenger, M33	Iowa City, IA	58:14.26	8:19/M
4	Casey Greene, M33	Coralville, IA	1:01:06.99	8:43/M
5	Eric Ewald, M30	North Liberty, IA	1:01:17.36	8:45/M

6	Luke Hermann, M30	North Liberty, IA	1:04:14.21	9:10/M
7	Ryan Foley, M32	Iowa City, Io	1:05:21.96	9:20/M
8	Nile Dusdieker, M32	Iowa City, IA	1:08:33.31	9:47/M
9	Wes Hepker, M33	North Liberty, ia	1:15:02.00	10:43/M
10	Mike Farley, M33	North Liberty, IA	1:28:45.87	12:40/M
11	Jason Schoon, M34	North Liberty, IA	1:37:15.10	13:53/M

F[30-34]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Liz Craig, F32	Iowa City, Io	1:01:24.43	8:46/M
2	Ashley Eidbo, F30	Coralville, IA	1:03:50.92	9:07/M
3	Denise Rettig, F32	Coralville, IA	1:07:01.50	9:34/M
4	Amy Young, F30	Iowa City, IA	1:07:30.18	9:38/M
5	Aimee Gorsh, F33	North Liberty, IA	1:07:32.56	9:38/M
6	Heidi Kestel, F31	Tiffin, Io	1:08:03.12	9:43/M
7	Sara Linder, F31	Iowa City, IA	1:09:11.01	9:53/M
8	Kate Klefstad, F31	Iowa City, IA	1:13:09.94	10:27/M
9	Kelly Wells Sittig, F34	North Liberty, IA	1:14:38.98	10:39/M
10	Jennifer Starr, F31	Mt Pleasant, IA	1:15:21.61	10:45/M
11	Angie Maske-Berka, F33	Iowa City, Io	1:15:33.56	10:47/M
12	Tarra Rawdon, F32	North Liberty, IA	1:19:50.85	11:24/M
13	Devon Wendler Alvord, F33	North Liberty, Io	1:20:58.56	11:34/M
14	Natasha Feuerbach, F31	North Liberty, IA	1:22:32.88	11:47/M
15	Gina Campbell, F31	Iowa City, IA	1:23:40.24	11:57/M
16	Ashley Funkhauser, F31	Council Bluffs, IA	1:23:40.60	11:57/M
17	Jessica Larson, F34	Fitchburg, WI	1:25:41.70	12:14/M
18	Katie Piper, F34	North Liberty, Is	1:26:58.33	12:25/M
19	Candace Clark, F33	Marion, IA	1:34:51.37	13:33/M

M[35-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Ben Fish, M38	Hills, IA	46:07.81	6:35/M
2	T.J. Craig, M36	Iowa City, IA	52:31.39	7:30/M
3	Scott Hendrickson, M36	Coralville, IA	59:09.57	8:27/M
4	Damian Montgomery, M39	Coralville, IA	1:02:03.58	8:51/M
5	Adam Galluzzo, M35	Iowa City, Ia	1:02:21.31	8:54/M
6	Jeremy Snyder, M39	North Liberty, IA	1:03:33.83	9:04/M
7	Colin Grafft, M37	North Liberty, IA	1:03:49.97	9:07/M
8	Matthew Holst, M37	Davenport, Io	1:04:05.61	9:09/M
9	Ryan Malloy, M36	Williamsburg, Io	1:07:31.17	9:38/M
10	Bill Lango, M36	Coralville, IA	1:07:31.44	9:38/M
11	Thomas Ferguson, M39	Coralville, Io	1:07:34.28	9:39/M
12	Cory Jensen, M36	Iowa City, ia	1:10:50.91	10:07/M
13	Lane McMullen, M35	North Liberty, IA	1:11:12.34	10:10/M

14	Mike Ryan, M38	Toronto, ON	1:13:55.24	10:33/M
15	Lucas Kuhlmann, M38	Iowa City, IA	1:13:57.44	10:33/M
16	Ben Eisenbach, M38	Coralville, Io	1:14:52.27	10:41/M
17	Mark Larson, M36	Fitchburg, WI	1:17:53.69	11:07/M
18	Erek Sittig, M35	North Liberty, IA	1:22:19.43	11:45/M
19	Nate Baker, M38	Mechanicsville, IA	1:22:28.53	11:46/M
20	Aaron Derby, M36	West Liberty, IA	1:25:29.92	12:12/M
21	Corey Gibney, M35	Iowa City, IA	1:26:47.03	12:23/M
22	Charlie Sojka, M35	Iowa City, IA	1:27:49.23	12:32/M
23	Nick Westergaard, M35	Coralville, IA	1:29:58.37	12:51/M

F[35-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Sarah Russett, F35	Iowa City, IA	1:05:07.02	9:18/M
2	Daniela Williams, F37	North Libery, Io	1:05:22.93	9:20/M
3	Lisa Benton, F36	North Liberty, IA	1:05:29.14	9:21/M
4	Karen Davison, F36	North Liberty, IA	1:07:01.48	9:34/M
5	Kelly Brubaker, F35	North Liberty, IA	1:07:46.57	9:40/M
6	Jess Harris, F36	Coralville, IA	1:09:59.44	9:59/M
7	Amy Dowden, F37	North Liberty, IA	1:15:13.34	10:44/M
8	Eileen Narcotta-Welp, F36	Iowa City, IA	1:15:57.21	10:51/M
9	Melanie Malloy, F36	Williamsburg, Io	1:18:08.08	11:09/M
10	Molly Adams, F38	Iowa City, IA	1:19:25.38	11:20/M
11	Lori Beireis, F38	North Liberty, Ia	1:19:30.34	11:21/M
12	Nicole Vanderlinden, F37	Iowa City, IA	1:20:42.20	11:31/M
13	Amy Larkey Rickels, F35	North Liberty, IA	1:23:48.82	11:58/M
14	Shannon Schoon, F35	North Liberty, IA	1:26:15.01	12:19/M
15	Kristy Rekers, F39	Iowa City, IA	1:31:05.87	13:00/M
16	Shannon Webb, F37	North Liberty, IA	1:38:14.05	14:02/M
17	Kimberly Frank, F37	Cedar Rapids, IA	1:38:15.30	14:02/M
18	Susan McCabe, F35	North Liberty, Io	1:38:16.14	14:02/M
19	Julianne Jensen, F39	West Branch, Io	1:40:59.84	14:25/M

M[40-44]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Keith Duster, M40	Solon, IA	49:43.37	7:06/M
2	Jason Wilber, M40	Iowa City, IA	54:03.92	7:43/M
3	Mark Akers, M43	North Liberty, IA	1:03:29.67	9:04/M
4	Kevin Cano, M44	Cedar Rapids, IA	1:05:48.95	9:24/M
5	Timothy Hazen, M44	Solon, IA	1:12:11.30	10:18/M
6	Brad Skriver, M40	Walford, Io	1:18:31.19	11:13/M
7	Jeff Allen, M42	North Liberty, Io	1:20:15.88	11:27/M
8	Robert Savage, M42	Iowa City, IA	1:21:21.58	11:37/M
9	Hoobie Schott, M44	Cedar Rapids, IA	1:24:28.63	12:04/M

10	Christopher Parrish, M44	West Branch, IA	1:28:34.11	12:39/M
11	Jason Rekers, M43	Iowa City, IA	1:31:05.89	13:00/M

F[40-44]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Lynette Brown, F41	North Liberty, Io	1:05:19.36	9:19/M
2	Susan Kluever, F41	Iowa City, IA	1:09:13.94	9:53/M
3	Amy Grostic, F41	Iowa City, Io	1:17:11.81	11:01/M
4	Tami Skriver, F41	Walford, IA	1:19:45.07	11:23/M
5	Alma Brunson, F42	Muscatine, IA	1:22:16.90	11:45/M
6	Kristen Ryan, F43	Bowmanville, On	1:22:51.04	11:50/M
7	Ginny Buresh, F41	Coralville, IA	1:22:51.61	11:50/M
8	Shelly Bontrager, F40	Kalona, Io	1:25:04.54	12:09/M
9	Maureen Hill, F42	Iowa City, Io	1:25:40.16	12:14/M
10	Julie Parizek, F41	Solon, IA	1:28:35.53	12:39/M
11	Erin Schuessler, F41	Iowa City, IA	1:28:44.27	12:40/M
12	Ashley Williamson, F40	Iowa City, IA	1:29:33.99	12:47/M
13	Kelly Messingham, F43	Iowa City, IA	1:29:34.23	12:47/M
14	Stacy Narcotta-Welp, F41	Iowa City, IA	1:30:31.00	12:55/M
15	Kelly Richardson, F44	Iowa City, IA	1:33:32.17	13:21/M

M[45-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	David Steines, M46	Mt. Vernon, IA	55:47.31	7:58/M
2	Dave Carey, M48	Iowa City, Ia	1:04:21.52	9:11/M
3	Peter Berkson, M45	Iowa City, IA	1:05:53.36	9:24/M
4	Anthony Arnone, M48	Iowa City, IA	1:06:37.57	9:31/M
5	Eric Bauer, M47	Iowa City, IA	1:13:59.26	10:34/M
6	Jason Galpin, M45	Iowa City, Io	1:15:23.37	10:46/M
7	Edward Gillan, M46	Iowa City, IA	1:26:32.14	12:21/M

F[45-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1				