

[10 Mile](#)[4 Mile](#)

Indian Summer Distance Classic *** 10 Mile *** Overall & Divisions

Event: 10 Mile

Date: Saturday, October 15, 2016

Location: Lake MacBride

Weather: Cool 60°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race Video [27:30](#) [1:27:21](#) Click On Your Name to see yourself cross the Finish line!

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Jeff Nietert, M55	Palo, IA	1:03:25	6:20/M	1:03:24	6:20/M
2	2	2 OVM	Tanner Clark, M38	Coralville, IA	1:04:23	6:26/M	1:04:23	6:26/M
3	3	3 OVM	Jeff Kreinbring, M38	Solon, IA	1:06:00	6:36/M	1:05:59	6:36/M
4	4	1 M30	Mike Newman, M38	Cedar Rapids, IA	1:08:25	6:50/M	1:08:25	6:50/M
5	5	2 M30	Joel Althoff, M36	Monticello, IA	1:10:38	7:04/M	1:10:36	7:04/M
6	6	3 M30	Chris Nims, M39	Robins, IA	1:13:08	7:19/M	1:13:07	7:19/M
7	7	1 M50	Robert Cornell, M51	Iowa City, IA	1:13:15	7:20/M	1:13:12	7:19/M
8	8	4 M30	Michael Price, M30	Cedar Rapids, IA	1:13:16	7:20/M	1:13:15	7:19/M
9	1	1 OVF	Sarah Clark, F39	Coralville, IA	1:13:42	7:22/M	1:13:41	7:22/M
10	2	2 OVF	Morgan Meseke, F25	Bettendorf, IA	1:13:58	7:24/M	1:13:56	7:24/M
11	9	1 M20	Jacob Ehrmann, M28	Cedar Rapids, IA	1:14:23	7:26/M	1:14:17	7:26/M
12	10	1 M40	Nick Quanrud, M41	Cedar Rapids, IA	1:15:12	7:31/M	1:15:09	7:31/M
13	3	3 OVF	Roxanne Johnston, F41	Castle Rock, CO	1:15:27	7:33/M	1:15:25	7:33/M
14	11	1 M60	Mario Garcia, M60	Moline, IL	1:16:11	7:37/M	1:16:08	7:37/M
15	12	2 M50	Allan Parke, M52	Niceville, FL	1:17:10	7:43/M	1:16:54	7:41/M
16	4	1 F30	Lisa Neher, F31	Cedar Rapids, IA	1:17:26	7:45/M	1:17:25	7:44/M
17	13	2 M20	Mark Ferketish, M26	Iowa City, IA	1:17:43	7:46/M	1:17:40	7:46/M
18	5	2 F30	Leslie Althoff, F36	Monticello, IA	1:17:49	7:47/M	1:17:47	7:47/M
19	14	5 M30	Eric Munson, M30	Solon, IA	1:18:09	7:49/M	1:17:59	7:48/M
20	15	2 M40	Peter Cole, M45	Cedar Rapids, IA	1:19:51	7:59/M	1:19:44	7:58/M
21	16	6 M30	Ryan Wade, M39	Iowa City, IA	1:20:18	8:02/M	1:20:14	8:01/M

22	6	3 F30	Amber Sheeley, F36	Solon, IA	1:20:20	8:02/M	1:20:17	8:02/M
23	7	4 F30	Darcy Ehrmann, F34	Cedar Rapids, IA	1:20:27	8:03/M	1:20:21	8:02/M
24	8	5 F30	Lydia Christoffersen, F36	Cedar Rapids, IA	1:21:19	8:08/M	1:21:15	8:08/M
25	17	3 M50	Bob Pleiness, M53	Fairfax, IA	1:21:46	8:11/M	1:21:35	8:09/M
26	9	1 F20	Lena Swander, F25	Iowa City, IA	1:21:53	8:11/M	1:21:49	8:11/M
27	18	7 M30	Michael Armstrong, M38	Central City, IA	1:22:50	8:17/M	1:22:45	8:16/M
28	19	8 M30	Cian O'Neill, M35	Cedar Rapids, IA	1:23:07	8:19/M	1:22:57	8:18/M
29	10	6 F30	Denae Steine, F37	Mount Vernon, IA	1:23:44	8:22/M	1:23:33	8:21/M
30	20	3 M40	Matthew Croco, M42	Coralville, IA	1:23:57	8:24/M	1:23:53	8:23/M
31	11	1 F50	Karen Harbaugh, F57	Manchester, IA	1:24:30	8:27/M	1:24:26	8:27/M
32	12	2 F50	Joya Wolf, F52	Denver, CO	1:24:30	8:27/M	1:24:25	8:27/M
33	13	2 F20	Kendra Thatcher, F25	Marion, IA	1:24:37	8:28/M	1:24:26	8:27/M
34	14	7 F30	Stacey Munson, F33	Solon, IA	1:24:44	8:28/M	1:24:33	8:27/M
35	15	3 F50	Sara Todd, F53	Cedar Rapids, IA	1:26:34	8:39/M	1:26:26	8:39/M
36	21	2 M60	Dan Shaffer, M61	Ely, IA	1:26:38	8:40/M	1:26:34	8:39/M
37	22	3 M60	Bruce Bachmann, M67	Cedar Rapids, IA	1:26:58	8:42/M	1:26:51	8:41/M
38	16	1 F40	Carolyn Parke, F49	Niceville, FL	1:27:05	8:43/M	1:26:48	8:41/M
39	23	4 M60	Tom Curran, M62	Potosi, WI	1:27:22	8:44/M	1:27:16	8:44/M
40	17	8 F30	Amy Bergstrom, F35	Swisher, IA	1:29:04	8:54/M	1:28:56	8:54/M
41	24	4 M50	Jeff Pick, M55	Cedar Rapids, IA	1:29:19	8:56/M	1:29:11	8:55/M
42	18	9 F30	Elizabeth O'Neill, F30	Cedar Rapids, IA	1:29:21	8:56/M	1:29:11	8:55/M
43	19	2 F40	Gretchen Lawyer, F43	Marion, IA	1:29:40	8:58/M	1:29:28	8:57/M
44	20	1 F60	Evelia Hauck, F61	Coralville, IA	1:29:45	8:59/M	1:29:41	8:58/M
45	25	4 M40	Shawn Goudy, M43	Cedar Rapids, IA	1:29:47	8:59/M	1:29:43	8:58/M
46	21	3 F40	Idil Evans, F43	Iowa City, IA	1:30:03	9:00/M	1:29:59	9:00/M
47	22	10 F30	Megan Lemke, F30	Cedar Rapids, IA	1:30:24	9:02/M	1:30:17	9:02/M
48	23	4 F50	Elaine Claude, F51	Solon, IA	1:30:35	9:04/M	1:30:33	9:03/M
49	24	11 F30	Andrea Stegall, F32	Cedar Rapids, IA	1:31:36	9:10/M	1:31:28	9:09/M

50	25	4 F40	Pam Hunter, F43	Mount Vernon, IA	1:32:16	9:14/M	1:32:10	9:13/M
51	26	12 F30	Mariah Hurley, F39	Cedar Rapids, IA	1:33:06	9:19/M	1:33:05	9:18/M
52	27	3 F20	Heidi Splinter, F25	Durango, IA	1:33:12	9:19/M	1:33:03	9:18/M
53	26	5 M60	Craig Johnson, M60	Cedar Rapids, IA	1:33:57	9:24/M	1:33:52	9:23/M
54	28	4 F20	Catherine Pleiness, F20	Fairfax, IA	1:34:14	9:25/M	1:34:03	9:24/M
55	27	5 M40	Kevin Cano, M47	Cedar Rapids, IA	1:35:41	9:34/M	1:35:37	9:34/M
56	29	13 F30	Beth Goldberg, F38	Cedar Rapids, IA	1:37:09	9:43/M	1:36:59	9:42/M
57	28	1 JRM	Kinnick Nims, M11	Robins, IA	1:37:32	9:45/M	1:37:28	9:45/M
58	30	5 F40	Kimberly Menke, F45	Cedar Rapids, IA	1:38:23	9:50/M	1:38:11	9:49/M
59	31	14 F30	Danielle Powell, F32	Cedar Rapids, IA	1:39:24	9:56/M	1:39:12	9:55/M
60	32	5 F20	Jenna Albert, F24	Cedar Rapids, IA	1:40:03	10:00/M	1:39:56	10:00/M
61	33	15 F30	Amber Lewis, F35	Fairfax, IA	1:40:30	10:03/M	1:40:15	10:02/M
62	29	6 M60	Dan Tucker, M65	Cedar Rapids, IA	1:40:56	10:06/M	1:40:47	10:05/M
63	30	5 M50	David Perley, M50	Marion, IA	1:41:13	10:07/M	1:41:05	10:07/M
64	31	6 M40	Chad Vonkampen, M49	Atkins, IA	1:43:30	10:21/M	1:43:13	10:19/M
65	34	2 F60	Claudia Scott, F65	Marionmarion, IA	1:43:50	10:23/M	1:43:43	10:22/M
66	35	5 F50	Cathy Taylor, F54	Cedar Rapids, IA	1:44:08	10:25/M	1:44:01	10:24/M
67	36	6 F20	Megan Dibbern, F26	Iowa City, IA	1:44:39	10:28/M	1:44:26	10:27/M
68	37	7 F20	Alexandra Isaacson, F25	Iowa City, IA	1:44:41	10:28/M	1:44:28	10:27/M
69	38	6 F50	Sashi Solomon, F51	Cedar Rapids, IA	1:45:42	10:34/M	1:45:28	10:33/M
70	39	6 F40	Lisa Wilson, F47	Amana, IA	1:46:25	10:38/M	1:46:08	10:37/M
71	40	1 F70	Sandy Rupnow, F72	North Liberty, IA	1:46:59	10:42/M	1:46:45	10:41/M
72	41	16 F30	Annie Brustkern, F35	Center Point, IA	1:48:41	10:52/M	1:48:27	10:51/M
73	42	17 F30	Rhoni Jo Barnes, F39	Cedar Rapids, IA	1:49:49	10:59/M	1:49:38	10:58/M
74	43	7 F40	Dawn Ebach, F44	Iowa City, IA	1:51:47	11:11/M	1:51:40	11:10/M
75	44	18 F30	Kari Malwitz, F33	Coralville, IA	1:52:31	11:15/M	1:52:13	11:13/M
76	45	19 F30	Jackie Vangilder, F38	Cedar Rapids, IA	1:57:07	11:43/M	1:56:49	11:41/M

77	46	20 F30	Amy Steele, F39	Cedar Rapids, IA	1:58:05	11:49/M	1:57:55	11:48/M
78	32	7 M40	Aaron Thompson, M40	Cedar Rapids, IA	1:58:06	11:49/M	1:57:56	11:48/M
79	47	21 F30	Nancy True, F38	Marion, IA	1:58:06	11:49/M	1:57:56	11:48/M
80	48	22 F30	Allison Malandra, F36	North Liberty, IA	1:58:51	11:53/M	1:58:30	11:51/M
81	49	23 F30	Lindsay Fox, F32	Cedar Rapids, IA	2:05:24	12:32/M	2:05:06	12:31/M
82	50	8 F20	Amanda Kilts, F25	Cedar Rapids, IA	2:05:24	12:32/M	2:05:09	12:31/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Jeff Nietert, M55	Palo, IA	1:03:25	6:20/M	1:03:24	6:20/M
2	Tanner Clark, M38	Coralville, IA	1:04:23	6:26/M	1:04:23	6:26/M
3	Jeff Kreinbring, M38	Solon, IA	1:06:00	6:36/M	1:05:59	6:36/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Sarah Clark, F39	Coralville, IA	1:13:42	7:22/M	1:13:41	7:22/M
2	Morgan Meseke, F25	Bettendorf, IA	1:13:58	7:24/M	1:13:56	7:24/M
3	Roxanne Johnston, F41	Castle Rock, CO	1:15:27	7:33/M	1:15:25	7:33/M

M[19 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Kinnick Nims, M11	Robins, IA	1:37:32	9:45/M	1:37:28	9:45/M

M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Jacob Ehrmann, M28	Cedar Rapids, IA	1:14:23	7:26/M	1:14:17	7:26/M
2	Mark Ferketish, M26	Iowa City, IA	1:17:43	7:46/M	1:17:40	7:46/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Lena Swander, F25	Iowa City, IA	1:21:53	8:11/M	1:21:49	8:11/M
2	Kendra Thatcher, F25	Marion, IA	1:24:37	8:28/M	1:24:26	8:27/M
3	Heidi Splinter, F25	Durango, IA	1:33:12	9:19/M	1:33:03	9:18/M
4	Catherine Pleiness, F20	Fairfax, IA	1:34:14	9:25/M	1:34:03	9:24/M
5	Jenna Albert, F24	Cedar Rapids, IA	1:40:03	10:00/M	1:39:56	10:00/M
6	Megan Dibbern, F26	Iowa City, IA	1:44:39	10:28/M	1:44:26	10:27/M

7	Alexandra Isaacson, F25	Iowa City, IA	1:44:41	10:28/M	1:44:28	10:27/M
8	Amanda Kilts, F25	Cedar Rapids, IA	2:05:24	12:32/M	2:05:09	12:31/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Mike Newman, M38	Cedar Rapids, IA	1:08:25	6:50/M	1:08:25	6:50/M
2	Joel Althoff, M36	Monticello, IA	1:10:38	7:04/M	1:10:36	7:04/M
3	Chris Nims, M39	Robins, IA	1:13:08	7:19/M	1:13:07	7:19/M
4	Michael Price, M30	Cedar Rapids, IA	1:13:16	7:20/M	1:13:15	7:19/M
5	Eric Munson, M30	Solon, IA	1:18:09	7:49/M	1:17:59	7:48/M
6	Ryan Wade, M39	Iowa City, IA	1:20:18	8:02/M	1:20:14	8:01/M
7	Michael Armstrong, M38	Central City, IA	1:22:50	8:17/M	1:22:45	8:16/M
8	Cian O'Neill, M35	Cedar Rapids, IA	1:23:07	8:19/M	1:22:57	8:18/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Lisa Neher, F31	Cedar Rapids, IA	1:17:26	7:45/M	1:17:25	7:44/M
2	Leslie Althoff, F36	Monticello, IA	1:17:49	7:47/M	1:17:47	7:47/M
3	Amber Sheeley, F36	Solon, IA	1:20:20	8:02/M	1:20:17	8:02/M
4	Darcy Ehrmann, F34	Cedar Rapids, IA	1:20:27	8:03/M	1:20:21	8:02/M
5	Lydia Christoffersen, F36	Cedar Rapids, IA	1:21:19	8:08/M	1:21:15	8:08/M
6	Denae Steine, F37	Mount Vernon, IA	1:23:44	8:22/M	1:23:33	8:21/M
7	Stacey Munson, F33	Solon, IA	1:24:44	8:28/M	1:24:33	8:27/M
8	Amy Bergstrom, F35	Swisher, IA	1:29:04	8:54/M	1:28:56	8:54/M
9	Elizabeth O'Neill, F30	Cedar Rapids, IA	1:29:21	8:56/M	1:29:11	8:55/M
10	Megan Lemke, F30	Cedar Rapids, IA	1:30:24	9:02/M	1:30:17	9:02/M
11	Andrea Stegall, F32	Cedar Rapids, IA	1:31:36	9:10/M	1:31:28	9:09/M
12	Mariah Hurley, F39	Cedar Rapids, IA	1:33:06	9:19/M	1:33:05	9:18/M
13	Beth Goldberg, F38	Cedar Rapids, IA	1:37:09	9:43/M	1:36:59	9:42/M
14	Danielle Powell, F32	Cedar Rapids, IA	1:39:24	9:56/M	1:39:12	9:55/M
15	Amber Lewis, F35	Fairfax, IA	1:40:30	10:03/M	1:40:15	10:02/M
16	Annie Brustkern, F35	Center Point, IA	1:48:41	10:52/M	1:48:27	10:51/M
17	Rhoni Jo Barnes, F39	Cedar Rapids, IA	1:49:49	10:59/M	1:49:38	10:58/M
18	Kari Malwitz, F33	Coralville, IA	1:52:31	11:15/M	1:52:13	11:13/M
19	Jackie Vangilder, F38	Cedar Rapids, IA	1:57:07	11:43/M	1:56:49	11:41/M
20	Amy Steele, F39	Cedar Rapids, IA	1:58:05	11:49/M	1:57:55	11:48/M
21	Nancy True, F38	Marion, IA	1:58:06	11:49/M	1:57:56	11:48/M
22	Allison Malandra, F36	North Liberty, IA	1:58:51	11:53/M	1:58:30	11:51/M
23	Lindsay Fox, F32	Cedar Rapids, IA	2:05:24	12:32/M	2:05:06	12:31/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
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1	Nick Quanrud, M41	Cedar Rapids, IA	1:15:12	7:31/M	1:15:09	7:31/M
2	Peter Cole, M45	Cedar Rapids, IA	1:19:51	7:59/M	1:19:44	7:58/M
3	Matthew Croco, M42	Coralville, IA	1:23:57	8:24/M	1:23:53	8:23/M
4	Shawn Goudy, M43	Cedar Rapids, IA	1:29:47	8:59/M	1:29:43	8:58/M
5	Kevin Cano, M47	Cedar Rapids, IA	1:35:41	9:34/M	1:35:37	9:34/M
6	Chad Vonkampen, M49	Atkins, IA	1:43:30	10:21/M	1:43:13	10:19/M
7	Aaron Thompson, M40	Cedar Rapids, IA	1:58:06	11:49/M	1:57:56	11:48/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Carolyn Parke, F49	Niceville, FL	1:27:05	8:43/M	1:26:48	8:41/M
2	Gretchen Lawyer, F43	Marion, IA	1:29:40	8:58/M	1:29:28	8:57/M
3	Idil Evans, F43	Iowa City, IA	1:30:03	9:00/M	1:29:59	9:00/M
4	Pam Hunter, F43	Mount Vernon, IA	1:32:16	9:14/M	1:32:10	9:13/M
5	Kimberly Menke, F45	Cedar Rapids, IA	1:38:23	9:50/M	1:38:11	9:49/M
6	Lisa Wilson, F47	Amana, IA	1:46:25	10:38/M	1:46:08	10:37/M
7	Dawn Ebach, F44	Iowa City, IA	1:51:47	11:11/M	1:51:40	11:10/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Robert Cornell, M51	Iowa City, IA	1:13:15	7:20/M	1:13:12	7:19/M
2	Allan Parke, M52	Niceville, FL	1:17:10	7:43/M	1:16:54	7:41/M
3	Bob Pleiness, M53	Fairfax, IA	1:21:46	8:11/M	1:21:35	8:09/M
4	Jeff Pick, M55	Cedar Rapids, IA	1:29:19	8:56/M	1:29:11	8:55/M
5	David Perley, M50	Marion, IA	1:41:13	10:07/M	1:41:05	10:07/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Karen Harbaugh, F57	Manchester, IA	1:24:30	8:27/M	1:24:26	8:27/M
2	Joya Wolf, F52	Denver, CO	1:24:30	8:27/M	1:24:25	8:27/M
3	Sara Todd, F53	Cedar Rapids, IA	1:26:34	8:39/M	1:26:26	8:39/M
4	Elaine Claude, F51	Solon, IA	1:30:35	9:04/M	1:30:33	9:03/M
5	Cathy Taylor, F54	Cedar Rapids, IA	1:44:08	10:25/M	1:44:01	10:24/M
6	Sashi Solomon, F51	Cedar Rapids, IA	1:45:42	10:34/M	1:45:28	10:33/M

M[60-69]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Mario Garcia, M60	Moline, IL	1:16:11	7:37/M	1:16:08	7:37/M
2	Dan Shaffer, M61	Ely, IA	1:26:38	8:40/M	1:26:34	8:39/M
3	Bruce Bachmann, M67	Cedar Rapids, IA	1:26:58	8:42/M	1:26:51	8:41/M
4	Tom Curran, M62	Potosi, WI	1:27:22	8:44/M	1:27:16	8:44/M
5	Craig Johnson, M60	Cedar Rapids, IA	1:33:57	9:24/M	1:33:52	9:23/M
6	Dan Tucker, M65	Cedar Rapids, IA	1:40:56	10:06/M	1:40:47	10:05/M

F[60-69]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Evelia Hauck, F61	Coralville, IA	1:29:45	8:59/M	1:29:41	8:58/M
2	Claudia Scott, F65	Marionmarion, IA	1:43:50	10:23/M	1:43:43	10:22/M

F[70 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Sandy Rupnow, F72	North Liberty, IA	1:46:59	10:42/M	1:46:45	10:41/M

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