

[5K Overall & Divisions](#)[10K Overall & Divisions](#)

Lucky Run ***

Event: 10K

Date: Saturday, March 16, 2019

Location: North Liberty

Weather: Cool 45°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing

<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>	<u>Chip Time</u>	<u>Pace mpm</u>
69	1	1	1 OVM	Timothy Doyle, M42	North Liberty, IA	38:02	6:07/M	38:02	6:07/M
160	2	2	1 M20	Tyler Mosbach, M26	Cedar Rapids, IA	40:46	6:34/M	40:44	6:33/M
211	3	3	1 M30	Steven Schaefer, M38	Solon, IA	40:59	6:36/M	40:58	6:36/M
178	4	4	2 M20	Fernando Pacheco, M25	North Liberty, IA	42:25	6:50/M	42:24	6:49/M
110	5	5	2 M30	Zach Hill, M33	Iowa City, IA	42:56	6:55/M	42:48	6:53/M
191	6	6	3 M30	Michael Price, M32	Cedar Rapids, IA	43:28	7:00/M	43:27	7:00/M
142	7	7	3 M20	Tyler Mannion, M21	Waterloo, IA	43:51	7:03/M	43:50	7:03/M
93	8	8	1 M40	Alexander Frey, M46	Lisbon, IA	44:12	7:07/M	44:08	7:06/M
144	9	9	4 M30	Chris Martin, M36	Waterloo, IA	44:21	7:08/M	44:18	7:08/M
207	10	10	5 M30	Matthew Russell, M34	Coralville, IA	45:28	7:19/M	45:14	7:17/M
128	11	1	1 OVF	Lisa Lake, F33	Wever, IA	45:48	7:22/M	45:41	7:21/M
121	12	11	1 JRM	Logan Jones, M12	North Liberty, IA	45:57	7:24/M	45:56	7:23/M
224	13	12	2 M40	Keith Snoop, M41	Marion, IA	46:03	7:25/M	46:01	7:24/M
208	14	2	1 F20	Morgan Russell, F25	Cedar Rapids, IA	47:03	7:34/M	46:57	7:33/M
18	15	13	1 M60	Dan Beck, M63	Hills, IA	48:46	7:51/M	48:27	7:48/M
102	16	3	1 F30	Aimee Gorsh, F39	Coralville, IA	48:47	7:51/M	48:30	7:48/M
291	17	4	1 F40	Jenny Beck, F40	Swisher, IA	49:14	7:55/M	49:06	7:54/M
149	18	14	1 M50	John McCoy, M54	North Liberty, IA	49:21	7:57/M	49:15	7:56/M

251	19	5	2 F30	Mailis Warland, F32	Cedar Rapids, IA	49:23	7:57/M	49:14	7:55/M
225	20	15	2 M50	Bob Snyder, M59	Fulton, IL	49:31	7:58/M	49:28	7:58/M
20	21	16	6 M30	Dustin Bentley, M35	Cedar Rapids, IA	49:40	8:00/M	49:36	7:59/M
269	22	6	3 F30	Mandy Young, F35	Ely, IA	49:53	8:02/M	49:48	8:01/M
126	23	7	4 F30	Molly Kuhn, F39	Oxford, IA	50:07	8:04/M	49:58	8:02/M
133	24	17	7 M30	Blair Lawton, M33	North Liberty, IA	50:20	8:06/M	50:16	8:05/M
236	25	18	4 M20	Louis Sughroue, M26	Cedar Rapids, IA	51:21	8:16/M	51:13	8:15/M
300	26	8	2 F20	Kylie Wetherell, F24	Iowa City, IA	51:51	8:21/M	51:45	8:20/M
226	27	19	3 M50	Chuck Soat, M59	Dubuque, IA	51:56	8:21/M	51:45	8:20/M
262	28	20	8 M30	Matt Winiski, M35	North Liberty, IA	52:16	8:25/M	51:51	8:21/M
94	29	21	5 M20	Zach Frost, M26	Cedar Rapids, IA	52:24	8:26/M	52:16	8:25/M
227	30	22	9 M30	Ethan Soliday, M36	North Liberty, IA	52:25	8:26/M	52:16	8:25/M
161	31	23	10 M30	Aaron Murphy, M35	Iowa City, IA	52:49	8:30/M	52:47	8:30/M
270	32	9	2 F40	Melissa Young, F44	Coralville, IA	52:54	8:31/M	52:27	8:26/M
57	33	24	3 M40	Ty Coleman, M44	Iowa City, IA	53:10	8:33/M	52:51	8:30/M
17	34	25	4 M50	Monty Beal, M56	West Liberty, IA	53:21	8:35/M	53:09	8:33/M
203	35	10	5 F30	Brie Roth, F39	North Liberty, IA	53:47	8:39/M	53:34	8:37/M
122	36	26	6 M20	Michael Kaufmann, M27	North Liberty, IA	53:55	8:41/M	53:41	8:38/M
118	37	27	11 M30	Daniel Johnsen, M39	North Liberty, IA	53:58	8:41/M	53:54	8:41/M
136	38	28	12 M30	Shen Lin, M35	Iowa City, IA	54:06	8:42/M	53:54	8:40/M
80	39	29	2 M60	Warren Feerer, M68	Cedar Rapids, IA	54:51	8:50/M	54:45	8:49/M
202	40	30	4 M40	Joel Rochleau, M45	Hiawatha, IA	55:55	9:00/M	55:47	8:59/M
119	41	31	13 M30	Jeremiah Johnson, M34	Long Grove, IA	55:59	9:01/M	55:36	8:57/M
129	42	11	3 F40	Malinda Lamb, F43	North Liberty, IA	56:20	9:04/M	56:00	9:01/M
201	43	12	4 F40	Stephanie Robinson, F40	Marion, IA	56:25	9:05/M	56:18	9:04/M
46	44	32	5 M50	Jon Chapman, M52	Conesville, IA	56:32	9:06/M	56:24	9:05/M

44	45	13	1 F50	Laurin Canfield, F55	Des Moines, IA	56:58	9:10/M	56:52	9:09/M
175	46	14	2 F50	Lisa Osborne, F50	Coralville, IA	57:44	9:18/M	57:40	9:17/M
145	47	15	6 F30	Mandi Martin, F34	Waterloo, IA	57:56	9:19/M	57:44	9:18/M
188	48	16	7 F30	Danielle Powell, F34	Cedar Rapids, IA	58:22	9:24/M	58:17	9:23/M
24	49	33	14 M30	Robert Blackwell, M34	Amana, IA	58:30	9:25/M	58:21	9:23/M
25	50	34	3 M60	Steve Blackwell, M62	Lewistown, IL	58:31	9:25/M	58:22	9:24/M
114	51	17	3 F20	Jenna Hulser, F28	Tiffin, IA	58:36	9:26/M	58:11	9:22/M
295	52	18	5 F40	Molly Eilers, F40	Cedar Rapids, IA	59:14	9:32/M	59:03	9:30/M
61	53	35	15 M30	Jesse Davis, M35	Cedar Rapids, IA	59:30	9:35/M	59:22	9:33/M
197	54	36	4 M60	Kevin Rice, M60	Atkins, IA	1:00:20	9:43/M	59:59	9:39/M
170	55	19	6 F40	Wendy Novak, F46	Fairfax, IA	1:01:32	9:54/M	1:01:19	9:52/M
260	56	20	8 F30	Jamie Wilson, F34	North Liberty, IA	1:01:48	9:57/M	1:01:27	9:53/M
56	57	21	7 F40	Jenn Coleman, F43	Iowa City, IA	1:02:03	9:59/M	1:01:43	9:56/M
29	58	22	3 F50	Kristin Borgie-Nalan, F51	West Branch, IA	1:02:13	10:01/M	1:01:47	9:57/M
72	59	23	4 F20	Allison Duncan, F29	North Liberty, IA	1:03:29	10:13/M	1:03:04	10:09/M
186	60	24	9 F30	Shawn Pierce, F39	West Branch, IA	1:03:33	10:14/M	1:03:07	10:09/M
253	61	25	5 F20	Nicole Werling, F25	Springville, IA	1:04:13	10:20/M	1:03:17	10:11/M
47	62	37	16 M30	Venanzio Cichella, M33	Iowa City, IA	1:04:37	10:24/M	1:03:51	10:17/M
297	63	26	8 F40	June Tai, F42	Iowa City, IA	1:05:02	10:28/M	1:04:45	10:25/M
53	64	27	6 F20	Jessie Clubb, F29	Sigourney, IA	1:05:52	10:36/M	1:05:29	10:32/M
189	65	38	5 M40	Shannon Powell, M44	Marion, IA	1:06:06	10:38/M	1:05:35	10:33/M
252	66	28	7 F20	Marci Waterman, F24	Marion, IA	1:06:22	10:41/M	1:06:05	10:38/M
209	67	29	9 F40	Teresa Ryan, F42	New Liberty, IA	1:06:22	10:41/M	1:06:06	10:38/M
164	68	39	6 M50	Thomas Nickols, M57	Muscatine, IA	1:06:44	10:44/M	1:06:35	10:43/M
43	69	30	4 F50	Lois Cahill, F59	Lisbon, IA	1:06:52	10:46/M	1:06:38	10:43/M

140	70	31	10 F30	Monica Lyons, F39	Monticello, IA	1:07:29	10:52/M	1:07:05	10:48/M
242	71	32	10 F40	Charity Tyler, F44	Cedar Rapids, IA	1:07:29	10:52/M	1:07:06	10:48/M
214	72	40	2 JRM	Jacob Schneider, M9	Riverside, IA	1:07:57	10:56/M	1:07:40	10:53/M
123	73	33	5 F50	Amy Keating, F59	Marion, IA	1:08:08	10:58/M	1:07:56	10:56/M
26	74	34	11 F30	Trisha Blackwell, F35	Amana, IA	1:08:09	10:58/M	1:08:00	10:57/M
23	75	35	1 F60	Pam Blackwell, F61	Lewistown, IL	1:09:23	11:10/M	1:09:14	11:09/M
130	76	36	11 F40	Amy Larkin, F43	Coralville, IA	1:09:26	11:10/M	1:08:59	11:06/M
206	77	37	12 F40	Kat Russell, F41	Cedar Rapids, IA	1:09:26	11:10/M	1:09:00	11:06/M
243	78	38	12 F30	Mary Utley, F36	Mount Vernon, IA	1:10:06	11:17/M	1:09:32	11:11/M
284	79	39	13 F30	Amanda Meek, F31	North Liberty, IA	1:11:23	11:29/M	1:10:59	11:25/M
68	80	40	13 F40	Jillian Downing, F41	Tiffin, IA	1:11:30	11:30/M	1:11:07	11:27/M
62	81	41	14 F30	Heather Delashmutt, F38	Walford, IA	1:11:46	11:33/M	1:11:12	11:28/M
11	82	42	15 F30	Paola Ayers, F33	Cedar Rapids, IA	1:11:56	11:35/M	1:11:40	11:32/M
27	83	43	8 F20	Jonna Block, F28	Cedar Rapids, IA	1:12:38	11:41/M	1:12:14	11:37/M
115	84	41	6 M40	Ara Ispentchian, M45	Cedar Rapids, IA	1:13:27	11:49/M	1:13:13	11:47/M
221	85	44	14 F40	Stephanie Simpson, F48	Cedar Rapids, IA	1:13:52	11:53/M	1:13:31	11:50/M
205	86	45	15 F40	Debbie Ruckdaschel, F41	Marion, IA	1:13:52	11:53/M	1:13:30	11:50/M
220	87	42	5 M60	Michael Simpson, M60	Cedar Rapids, IA	1:13:53	11:53/M	1:13:32	11:50/M
230	88	46	16 F30	Holly Spreeman, F37	Cedar Rapids, IA	1:13:57	11:54/M	1:13:52	11:53/M
240	89	47	17 F30	Brandi Tisinger, F38	West Branch, IA	1:23:01	13:22/M	1:22:34	13:17/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	Timothy Doyle, M42	North Liberty, IA	38:02	6:07/M	38:02	6:07/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	Lisa Lake, F33	Wever, IA	45:48	7:22/M	45:41	7:21/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	Logan Jones, M12	North Liberty, IA	45:57	7:24/M	45:56	7:23/M
2	Jacob Schneider, M9	Riverside, IA	1:07:57	10:56/M	1:07:40	10:53/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	Tyler Mosbach, M26	Cedar Rapids, IA	40:46	6:34/M	40:44	6:33/M
2	Fernando Pacheco, M25	North Liberty, IA	42:25	6:50/M	42:24	6:49/M
3	Tyler Mannion, M21	Waterloo, IA	43:51	7:03/M	43:50	7:03/M
4	Louis Sughrue, M26	Cedar Rapids, IA	51:21	8:16/M	51:13	8:15/M
5	Zach Frost, M26	Cedar Rapids, IA	52:24	8:26/M	52:16	8:25/M
6	Michael Kaufmann, M27	North Liberty, IA	53:55	8:41/M	53:41	8:38/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	Morgan Russell, F25	Cedar Rapids, IA	47:03	7:34/M	46:57	7:33/M
2	Kylie Wetherell, F24	Iowa City, IA	51:51	8:21/M	51:45	8:20/M
3	Jenna Hulser, F28	Tiffin, IA	58:36	9:26/M	58:11	9:22/M
4	Allison Duncan, F29	North Liberty, IA	1:03:29	10:13/M	1:03:04	10:09/M
5	Nicole Werling, F25	Springville, IA	1:04:13	10:20/M	1:03:17	10:11/M
6	Jessie Clubb, F29	Sigourney, IA	1:05:52	10:36/M	1:05:29	10:32/M
7	Marci Waterman, F24	Marion, IA	1:06:22	10:41/M	1:06:05	10:38/M
8	Jonna Block, F28	Cedar Rapids, IA	1:12:38	11:41/M	1:12:14	11:37/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	Steven Schaefer, M38	Solon, IA	40:59	6:36/M	40:58	6:36/M
2	Zach Hill, M33	Iowa City, IA	42:56	6:55/M	42:48	6:53/M
3	Michael Price, M32	Cedar Rapids, IA	43:28	7:00/M	43:27	7:00/M
4	Chris Martin, M36	Waterloo, IA	44:21	7:08/M	44:18	7:08/M
5	Matthew Russell, M34	Coralville, IA	45:28	7:19/M	45:14	7:17/M
6	Dustin Bentley, M35	Cedar Rapids, IA	49:40	8:00/M	49:36	7:59/M
7	Blair Lawton, M33	North Liberty, IA	50:20	8:06/M	50:16	8:05/M
8	Matt Winiski, M35	North Liberty, IA	52:16	8:25/M	51:51	8:21/M
9	Ethan Soliday, M36	North Liberty, IA	52:25	8:26/M	52:16	8:25/M
10	Aaron Murphy, M35	Iowa City, IA	52:49	8:30/M	52:47	8:30/M

11	Daniel Johnsen, M39	North Liberty, IA	53:58	8:41/M	53:54	8:41/M
12	Shen Lin, M35	Iowa City, IA	54:06	8:42/M	53:54	8:40/M
13	Jeremiah Johnson, M34	Long Grove, IA	55:59	9:01/M	55:36	8:57/M
14	Robert Blackwell, M34	Amana, IA	58:30	9:25/M	58:21	9:23/M
15	Jesse Davis, M35	Cedar Rapids, IA	59:30	9:35/M	59:22	9:33/M
16	Venanzio Cichella, M33	Iowa City, IA	1:04:37	10:24/M	1:03:51	10:17/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	Aimee Gorsh, F39	Coralville, IA	48:47	7:51/M	48:30	7:48/M
2	Mailis Warland, F32	Cedar Rapids, IA	49:23	7:57/M	49:14	7:55/M
3	Mandy Young, F35	Ely, IA	49:53	8:02/M	49:48	8:01/M
4	Molly Kuhn, F39	Oxford, IA	50:07	8:04/M	49:58	8:02/M
5	Brie Roth, F39	North Liberty, IA	53:47	8:39/M	53:34	8:37/M
6	Mandi Martin, F34	Waterloo, IA	57:56	9:19/M	57:44	9:18/M
7	Danielle Powell, F34	Cedar Rapids, IA	58:22	9:24/M	58:17	9:23/M
8	Jamie Wilson, F34	North Liberty, IA	1:01:48	9:57/M	1:01:27	9:53/M
9	Shawn Pierce, F39	West Branch, IA	1:03:33	10:14/M	1:03:07	10:09/M
10	Monica Lyons, F39	Monticello, IA	1:07:29	10:52/M	1:07:05	10:48/M
11	Trisha Blackwell, F35	Amana, IA	1:08:09	10:58/M	1:08:00	10:57/M
12	Mary Utley, F36	Mount Vernon, IA	1:10:06	11:17/M	1:09:32	11:11/M
13	Amanda Meek, F31	North Liberty, IA	1:11:23	11:29/M	1:10:59	11:25/M
14	Heather Delashmutt, F38	Walford, IA	1:11:46	11:33/M	1:11:12	11:28/M
15	Paola Ayers, F33	Cedar Rapids, IA	1:11:56	11:35/M	1:11:40	11:32/M
16	Holly Spreeman, F37	Cedar Rapids, IA	1:13:57	11:54/M	1:13:52	11:53/M
17	Brandi Tisinger, F38	West Branch, IA	1:23:01	13:22/M	1:22:34	13:17/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>
1	Alexander Frey, M46	Lisbon, IA	44:12	7:07/M	44:08	7:06/M
2	Keith Snoop, M41	Marion, IA	46:03	7:25/M	46:01	7:24/M
3	Ty Coleman, M44	Iowa City, IA	53:10	8:33/M	52:51	8:30/M
4	Joel Rochleau, M45	Hiawatha, IA	55:55	9:00/M	55:47	8:59/M
5	Shannon Powell, M44	Marion, IA	1:06:06	10:38/M	1:05:35	10:33/M
6	Ara Ispentchian, M45	Cedar Rapids, IA	1:13:27	11:49/M	1:13:13	11:47/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	Jenny Beck, F40	Swisher, IA	49:14	7:55/M	49:06	7:54/M
2	Melissa Young, F44	Coralville, IA	52:54	8:31/M	52:27	8:26/M
3	Malinda Lamb, F43	North Liberty, IA	56:20	9:04/M	56:00	9:01/M
4	Stephanie Robinson, F40	Marion, IA	56:25	9:05/M	56:18	9:04/M

5	Molly Eilers, F40	Cedar Rapids, IA	59:14	9:32/M	59:03	9:30/M
6	Wendy Novak, F46	Fairfax, IA	1:01:32	9:54/M	1:01:19	9:52/M
7	Jenn Coleman, F43	Iowa City, IA	1:02:03	9:59/M	1:01:43	9:56/M
8	June Tai, F42	Iowa City, IA	1:05:02	10:28/M	1:04:45	10:25/M
9	Teresa Ryan, F42	New Liberty, IA	1:06:22	10:41/M	1:06:06	10:38/M
10	Charity Tyler, F44	Cedar Rapids, IA	1:07:29	10:52/M	1:07:06	10:48/M
11	Amy Larkin, F43	Coralville, IA	1:09:26	11:10/M	1:08:59	11:06/M
12	Kat Russell, F41	Cedar Rapids, IA	1:09:26	11:10/M	1:09:00	11:06/M
13	Jillian Downing, F41	Tiffin, IA	1:11:30	11:30/M	1:11:07	11:27/M
14	Stephanie Simpson, F48	Cedar Rapids, IA	1:13:52	11:53/M	1:13:31	11:50/M
15	Debbie Ruckdaschel, F41	Marion, IA	1:13:52	11:53/M	1:13:30	11:50/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	John McCoy, M54	North Liberty, IA	49:21	7:57/M	49:15	7:56/M
2	Bob Snyder, M59	Fulton, IL	49:31	7:58/M	49:28	7:58/M
3	Chuck Soat, M59	Dubuque, IA	51:56	8:21/M	51:45	8:20/M
4	Monty Beal, M56	West Liberty, IA	53:21	8:35/M	53:09	8:33/M
5	Jon Chapman, M52	Conesville, IA	56:32	9:06/M	56:24	9:05/M
6	Thomas Nickols, M57	Muscatine, IA	1:06:44	10:44/M	1:06:35	10:43/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	Laurin Canfield, F55	Des Moines, IA	56:58	9:10/M	56:52	9:09/M
2	Lisa Osborne, F50	Coralville, IA	57:44	9:18/M	57:40	9:17/M
3	Kristin Borgie-Nalan, F51	West Branch, IA	1:02:13	10:01/M	1:01:47	9:57/M
4	Lois Cahill, F59	Lisbon, IA	1:06:52	10:46/M	1:06:38	10:43/M
5	Amy Keating, F59	Marion, IA	1:08:08	10:58/M	1:07:56	10:56/M

M[60 & 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	Dan Beck, M63	Hills, IA	48:46	7:51/M	48:27	7:48/M
2	Warren Feerer, M68	Cedar Rapids, IA	54:51	8:50/M	54:45	8:49/M
3	Steve Blackwell, M62	Lewistown, IL	58:31	9:25/M	58:22	9:24/M
4	Kevin Rice, M60	Atkins, IA	1:00:20	9:43/M	59:59	9:39/M
5	Michael Simpson, M60	Cedar Rapids, IA	1:13:53	11:53/M	1:13:32	11:50/M

F[60 & 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	Pam Blackwell, F61	Lewistown, IL	1:09:23	11:10/M	1:09:14	11:09/M

Return to [home page](#)

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