

Race For Wellness 2011***5K Run***Overall Report

Event: 5K Run

Date: Saturday, November 05, 2011

Location: Marion, Ia

Weather: Cool 45°

Age Group [results here](#)

Results By: Jeff Mullen

<u>Place</u>	<u>Gender</u>	<u>Div</u>		<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace</u>
1	1	1	OvM	Marty Gingerich, M48	Parnell, IA	20:04	6:27/M
2	2	2	OvM	Jordan Breffle, M17	Cedar Rapids, IA	20:50	6:42/M
3	1	1	OvF	Alice Anderson, F29	Marion, IA	21:01	6:46/M
4	3	3	OvM	John Rogers, M40	CEDAR RAPIDS, IA	21:24	6:53/M
5	4	1	JrM	Alex Karamitros, M13	Cedar Rapids, IA	21:45	7:00/M
6	5	1	M18	Luke Schreder, M24	Cedar Rapids, IA	21:52	7:02/M
7	6	2	JrM	Sanjay Sudhir, M17	Cedar Rapids, IA	22:10	7:08/M
8	7	3	JrM	Josh Waroer, M15	Robins, IA	22:28	7:14/M
9	8	1	M31	Larry Allbones, M39	center point, IA	22:29	7:14/M
10	9	2	M18	Clayton Besong, M23	Cedar Rapids, IA	22:30	7:14/M
11	10	4	JrM	Etienne Nzoyisaba, M17	Cedar Rapids, IA	23:27	7:33/M
12	11	5	JrM	David Hynek, M17	Cedar Rapids, IA	23:33	7:35/M
13	2	2	OvF	Natalie Ertz, F17	Center Point, IA	23:40	7:37/M

14	12	2	M31	Glen Rickey, M47	Robins, IA	23:46	7:39/M
15	3	3	OvF	Katie Wampole, F16	Cedar Rapids, IA	23:49	7:40/M
16	4	1	JrF	Allison Culver, F15	Cedar Rapids, IA	23:52	7:41/M
17	13	6	JrM	Nate Schmidt, M13	Springville, IA	24:11	7:47/M
18	14	3	M31	Eric Mueller, M46	Marion, IA	24:35	7:54/M
19	5	1	F31	Chantelle Sieren, F33	Robins, IA	24:42	7:57/M
20	6	2	JrF	Sarah Manders, F16	Cedar Rapids, IA	24:46	7:58/M
21	15	4	M31	Mike Walker, M42	Cedar Rapids, IA	24:47	7:58/M
22	7	1	F18	Chelsee Shortt, F23	Cedar Rapids, IA	24:48	7:59/M
23	8	2	F31	Tracy Jandik, F50	Robins, IA	24:51	8:00/M
24	16	5	M31	Brent Estrem, M36	Ankeny, IA	24:53	8:00/M
25	17	6	M31	Matt Mcdowell, M32	Center Point, IA	24:54	8:01/M
26	18	7	M31	Middle Berg, M47	Cedar Rapids, IA	25:04	8:04/M
27	9	3	JrF	Alisse Daffinrud, F16	Robins, IA	25:12	8:06/M
28	10	3	F31	Jennifer Mccluskey, F31	Cedar Rapids, IA	25:17	8:08/M
29	19	1	M51	Doug Lord, M56	Lisbon, IA	25:19	8:08/M
30	11	2	F18	Deborah Ryan, F30	Cedar Rapids, IA	25:22	8:09/M
31	20	7	JrM	Jacob Spurrell, M14	Cedar Rapids, IA	25:24	8:10/M
32	21	8	JrM	Travis Geels, M13	Cedar Rapids, IA	25:29	8:12/M
33	12	3	F18	Mandy Recker, F28	cedar rapids, IA	25:29	8:12/M
34	22	3	M18	Kurt Buhr, M29	Marion, IA	25:58	8:21/M
35	23	8	M31	Daniel Dietrich ii, M34	Marion, IA	26:01	8:22/M
36	24	4	M18	Danny Zepepa, M29	North Liberty, IA	26:05	8:23/M
37	13	4	JrF	Carolyn Stone, F15	Cedar Rapids, IA	26:10	8:25/M
38	14	5	JrF	Lauren Meyer, F14	Hiawatha, IA	26:11	8:25/M
39	25	9	M31	David Ostroot, M50	Cedar Rapids, IA	26:11	8:25/M
40	26	10	M31	Duane Wampole, M42	Cedar Rapids, IA	26:16	8:27/M
41	15	4	F18	Diane Bradley, F21	Cedar Rapids, IA	26:23	8:29/M

42	27	9	JrM	Austin Dietrich, M12	Marion, IA	26:44	8:36/M
43	16	4	F31	Tim Barcz, F31	Marion, IA	26:46	8:36/M
44	17	5	F18	Jenny Zaghloul, F27	Cedar Rapids, IA	26:46	8:37/M
45	28	10	JrM	Enoch Duval, M14	Marion, IA	27:07	8:43/M
46	29	11	JrM	Elijah Duval, M14	Marion, IA	27:09	8:44/M
47	30	12	JrM	Matthew Hartzler, M14	Hiawatha, IA	27:09	8:44/M
48	31	2	M51	John Leland, M75	Marion, IA	27:21	8:48/M
49	18	6	F18	Donita Sanderson, F28	Cedar Rapids, IA	27:23	8:49/M
50	19	7	F18	Dianne Bundt, F30	Colorado Springs, CO	27:24	8:49/M
51	20	6	JrF	Kourtney Wampole, F11	Cedar Rapids, IA	27:31	8:51/M
52	21	5	F31	Alanna Huber, F34	Palo, IA	27:51	8:57/M
53	22	6	F31	Michelle Scroggs, F42	Marion, IA	27:59	9:00/M
54	23	8	F18	Cortney Jensen, F23	Coralville, IA	28:26	9:09/M
55	32	5	M18	Daniel Kinker, M23	Coralville, IA	28:27	9:09/M
56	24	7	F31	Rachel Fischer, F47	Marion, IA	28:47	9:16/M
57	33	6	M18	Luke Mccoy, M28	Marion, IA	28:50	9:17/M
58	34	11	M31	Sanjay Shuh, M47	Cedar Rapids, IA	29:03	9:21/M
59	25	7	JrF	Carly Rickey, F16	Robins, IA	29:14	9:24/M
60	26	8	JrF	Allison Rogers, F17	Cedar Rapids, IA	29:22	9:27/M
61	35	12	M31	Matt Schouten, M31	Cedar Rapids, IA	29:27	9:29/M
62	27	9	F18	Elyssa Mcdowel, F23	Center Point, IA	29:29	9:29/M
63	28	9	JrF	Johanna Steggall, F15	Marion, IA	29:30	9:29/M
64	29	10	F18	Amber Schouten, F29	Cedar Rapids, IA	29:42	9:33/M
65	30	1	F51	Amy Keating, F52	Marion, IA	29:55	9:37/M
66	31	8	F31	Shelley Schneider, F41	Ely, IA	30:30	9:49/M
67	36	13	M31	Rob Schneider, M36	Ely, IA	30:31	9:49/M
68	32	10	JrF	Molly Brownell, F14	Hiawatha, IA	30:48	9:55/M
69	37	14	M31	Doug Forret, M49	Cedar Rapids, IA	31:05	10:00/M
70	33	11	F18	Ashley Geels, F18	Cedar Rapids, IA	31:26	10:07/M
71	34	9	F31	Cara Matteson, F32	Manchester, IA	31:51	10:15/M

72	38	3	M51	Ralph Plagman, M67	Cedar Rapids, IA	32:13	10:22/M
73	35	10	F31	Jenny Burkart, F45	Marion, IA	32:19	10:24/M
74	36	11	F31	Barb Conway, F39	homestead, IA	32:38	10:30/M
75	37	12	F31	Sarah Hefflefinger, F31	Cedar Rapids, IA	32:39	10:30/M
76	38	11	JrF	Katie Jensen, F9	Cedar Rapids, IA	32:42	10:31/M
77	39	15	M31	Mark Jensen, M44	Cedar Rapids, IA	32:43	10:31/M
78	40	13	JrM	Tom Scroggs, M14	Marion, IA	34:35	11:08/M
79	39	12	F18	Elena Riley, F23	Cedar Rapids, IA	34:50	11:12/M
80	40	13	F31	Kristin Tapken, F34	Cedar Rapids, IA	35:58	11:34/M
81	41	13	F18	Sarah Barcz, F27	Marion, IA	36:50	11:51/M
82	42	14	F18	Jennifer Tate, F24	Cedar Rapids, IA	37:45	12:09/M
83	43	14	F31	Marcey Liebe, F38	Center Point, IA	39:42	12:46/M
84	44	15	F18	Samantha Moore, F24	Hiawatha, IA	39:59	12:52/M
85	45	16	F18	Jennifer Brown, F29	Cedar Rapids, IA	40:04	12:53/M
86	46	2	F51	Mary Wilczynski, F60	Cedar Rapids, IA	41:16	13:17/M
87	41	0	Unknown	Unknown Two, M128	Marion, IA	43:43	14:04/M
88	47	15	F31	Tracie Lawrance, F40	Cedar Rapids, IA	43:44	14:04/M
89	42	0	Unknown	Unknown One, M128	Marion, IA	43:45	14:05/M
90	43	14	JrM	Matt Scroggs, M13	Marion, IA	43:49	14:06/M
91	48	12	JrF	Megan Pospisil, F15	Hiawatha, IA	44:00	14:09/M
92	49	13	JrF	Darcey Altschwager, F16	Hiawatha, IA	44:00	14:09/M
93	44	16	M31	Jim Scroggs, M44	Marion, IA	44:45	14:24/M
94	45	15	JrM	Abby Scroggs, M10	Marion, IA	44:45	14:24/M
95	50	14	JrF	Megan Vannatta, F10	Marion, IA	45:50	14:45/M
96	46	17	M31	Cory Vannatta, M38	Marion, IA	45:53	14:46/M
97	51	16	F31	Terese Dummermuth, F46	Cedar Rapids, IA	46:29	14:57/M
98	52	17	F31	Joanne Averhoff, F44	Cedar Rapids, IA	46:30	14:58/M
99	53	18	F31	Lyn Griffioen, F38	Swisher, IA	47:47	15:22/M
100	47	16	JrM	Kyle Mueller, M10	Marion, IA	49:29	15:55/M

101	54	17	F18	Chantel Cave, F28	Cedar Rapids, IA	49:56	16:04/M
102	55	19	F31	Kristi Mueller, F44	Marion, IA	50:20	16:12/M
103	56	15	JrF	Patience Duval, F9	Marion, IA	50:39	16:18/M
104	57	16	JrF	Morgan Schmidt, F15	Springville, IA	50:41	16:18/M
105	58	17	JrF	Alyssa Averhoff, F15	Cedar Rapids, IA	51:26	16:33/M
106	59	3	F51	Ricki Jones, F59	Robins, IA	53:03	17:04/M
107	48	4	M51	Bob Jones, M58	Robins, IA	53:03	17:04/M
108	49	17	JrM	Alexander Winter, M16	Cedar Rapids, IA	53:23	17:11/M
109	50	18	JrM	Tristan Loux, M15	Cedar Rapids, IA	53:26	17:11/M
110	60	18	JrF	Alyssa Barnes, F15	Cedar Rapids, IA	53:27	17:12/M
111	61	19	JrF	Lexi Bernstein, F16	Cedar Rapids, IA	53:34	17:14/M
112	51	19	JrM	Wyatt Carireau, M16	Robins, IA	54:15	17:27/M
113	52	20	JrM	Matt Goetzman, M16	Hiawatha, IA	54:16	17:28/M
114	62	20	F31	Susan Geels, F46	Cader Rapids, IA	54:24	17:30/M
115	63	20	JrF	Sarah Mueller, F13	Marion, IA	55:20	17:48/M
116	64	4	F51	Colleen Prokop, F54	Marion, IA	55:41	17:55/M
117	65	18	F18	Meghan Peterson, F25	Marion, IA	55:42	17:55/M
118	66	5	F51	Laura Peterson, F53	Marion, IA	55:42	17:55/M
119	67	19	F18	Hillary Prokop, F21	Marion, IA	55:43	17:56/M
120	68	21	F31	Kristen Rickey, F47	Robins, IA	56:48	18:17/M
121	69	22	F31	Vicki Rei, F50	Cedar Rapids, IA	56:49	18:17/M
122	70	23	F31	Jacqueline Hullaby, F48	Cedar Rapids, IA	56:50	18:17/M
123	53	18	M31	Craig Rei, M49	Cedar Rapids, IA	56:52	18:18/M
124	71	21	JrF	Sarah Nott, F16	Hiawatha, IA	58:36	18:51/M
125	72	22	JrF	Hannah James, F16	Cedar Rapids, IA	58:37	18:52/M
126	73	23	JrF	Emily Mere, F16	Hiawatha, IA	58:37	18:52/M

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Jeff Mullen

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