

Cascade 5K for SMA *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Friday, August 02, 2013

Location: Cascade, IA

Weather: Overcast & Light Rain, Wind NNW

7mph, 83% Humidity 70°

[Overall and Age Divisions](#)

Results By: Andrew Kauder, Kauder Racing

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Preston Kauder, M16	Cascade, IA	17:05	5:29/M
2	2	1 M40	Phil Kauder, M52	Cascade, IA	18:33	5:58/M
3	3	1 M25	Jose Escoriza, M26	Cascade, IA	19:00	6:07/M
4	4	1 M	Levi Dolphin, M17	Cascade, IA	19:18	6:12/M
5	5	2 M25	Tom Rauen, M30	Dubuque, IA	20:16	6:31/M
6	1	1 OVF	Kylie Kelchen, F15	Hopkinton, IA	20:45	6:40/M
7	2	1 F	Rebecca McDermott, F14	Cascade, IA	21:48	7:01/M
8	6	2 M40	Matt Nauman, M44	Cascade, IA	22:20	7:11/M
9	7	2 M	Justin McDermott, M15	Cascade, IA	22:28	7:13/M
10	8	3 M	Sam McDermott, M17	Cascade, IA	22:49	7:20/M
11	9	4 M	Bryce Althoff, M22	Farley, IA	23:02	7:24/M
12	10	3 M40	Mike Kuhn, M54	Cascade, IA	23:34	7:35/M
13	3	2 F	Megan McMullen, F23	Cascade, IA	23:35	7:35/M
14	4	1 F25	Jenny Johnson, F30	Dubuque, IA	23:41	7:37/M
15	11	5 M	Jake Recker, M15	Cascade, IA	23:45	7:38/M
16	12	4 M40	Rodney Crooks, M43	Cascade, IA	23:46	7:39/M
17	5	2 F25	Ashley Monroe, F27	Elberon, IA	23:46	7:39/M
18	6	3 F	Katerina Althoff, F20	Cascade, IA	23:55	7:42/M
19	13	5 M40	Doug Frey, M54	Cascade, IA	24:03	7:44/M
20	14	6 M40	Joe Nauman, M47	Cedar Rapids, IA	24:39	7:56/M

21	15	3 M25	Jake Supple, M35	Hopkinton, IA	24:42	7:57/M
22	7	3 F25	Sherry Kelchen, F38	Hopkinton, IA	24:42	7:57/M
23	16	4 M25	Peter Reuter, M26	Rochester, MN	24:44	7:57/M
24	8	4 F25	Lana Otting, F25	Bernard, IA	25:21	8:09/M
25	17	7 M40	Mark Weber, M42	Hopkinton, IA	25:29	8:12/M
26	9	5 F25	Karla Trumm, F33	Cascade, IA	25:37	8:14/M
27	18	5 M25	Janice Trumm, M36	Cascade, IA	25:37	8:15/M
28	10	4 F	Rachel McDermott, F15	Cascade, IA	26:04	8:23/M
29	19	6 M	Cain Hoffman, M8	Cascade, IA	26:14	8:26/M
30	11	1 F40	Jane Boffeli, F41	Cascade, IA	26:23	8:29/M
31	12	5 F	Lynsey Dolphin, F15	Cascade, IA	26:24	8:30/M
32	20	7 M	Cole Haan, M16	Epworth, IA	26:30	8:32/M
33	21	8 M40	Clay Haan, M42	Epworth, IA	26:34	8:33/M
34	13	6 F	Madison Kelchen, F12	Hopkinton, IA	26:43	8:36/M
35	14	7 F	Megan Kelchen, F21	Cascade, IA	26:43	8:36/M
36	15	6 F25	Ashley Henderson, F26	Cascade, IA	27:06	8:43/M
37	22	6 M25	Michael Ressler, M29	Cascade, IA	27:06	8:43/M
38	16	2 F40	Jenny Recker, F41	Cascade, IA	27:11	8:44/M
39	17	3 F40	Janet Felton, F41	Cascade, IA	27:16	8:46/M
40	23	8 M	Will Crees, M18	Dysart, IA	27:30	8:51/M
41	24	7 M25	Ross Monroe, M27	Elberon, IA	27:32	8:51/M
42	18	8 F	Kylie Powell, F18	Dysart, IA	27:55	8:59/M
43	19	7 F25	Tammy Nauman, F39	Cascade, IA	28:01	9:01/M
44	25	8 M25	Andy Simon, M36	Cascade, IA	28:03	9:02/M
45	26	9 M40	Daren Manternach, M45	Cascade, IA	28:09	9:03/M
46	20	8 F25	Kelly Dolphin, F30	Verona, WI	28:14	9:05/M
47	21	9 F25	Ashley Staner, F26	Cascade, IA	28:20	9:07/M
48	27	10 M40	Tom McDermott, M45	Cascade, IA	28:36	9:12/M
49	22	10 F25	Emily Noonan, F35	Cascade, IA	28:46	9:15/M
50	28	11 M40	Clay Gavin, M56	Cascade, IA	29:04	9:21/M
51	23	9 F	Lauren Callahan, F23	Cascade, IA	29:08	9:22/M
52	24	11 F25	Jody Noonan, F27	Bernard, IA	29:18	9:26/M
53	25	12 F25	Susan Pfab, F36	La Motte, IA	29:22	9:27/M
54	26	4 F40	Julie Kuhn, F54	Cascade, IA	29:25	9:28/M
55	27	13 F25	Amanda Rauen, F30	Dubuque, IA	29:33	9:30/M
56	29	9 M25	Ryan Smith, M29	Peosta, IA	29:33	9:30/M
57	28	10 F	Austyn Helgens, F15	Cascade, IA	29:38	9:32/M
58	29	14 F25	Michelle Hartbecke, F31	Cascade, IA	29:39	9:32/M
59	30	5 F40	Michelle Green, F50	Cascade, IA	29:48	9:35/M
60	31	6 F40	Donna Callahan, F53	Cascade, IA	29:52	9:36/M
61	32	7 F40	Lori Manternach, F51	Cascade, IA	29:52	9:36/M
62	30	12 M40	Loren Manternach, M51	Cascade, IA	30:08	9:41/M

63	33	8 F40	Amanda Crooks, F44	Cascade, IA	30:15	9:44/M
64	34	9 F40	Sheila Knapp, F53	Cascade, IA	30:16	9:44/M
65	35	15 F25	Megan Meloy, F26	Peosta, IA	30:19	9:45/M
66	31	10 M25	Travis Hartbecke, M28	Cascade, IA	30:25	9:47/M
67	36	10 F40	Mollie Bergfeld, F46	Cascade, IA	30:52	9:56/M
68	37	11 F40	Amy Speed, F46	Cascade, IA	31:14	10:03/M
69	38	12 F40	Lisa Frey, F53	Cascade, IA	32:44	10:32/M
70	32	11 M25	Charlie Noonan, M28	Bernard, IA	33:06	10:39/M
71	39	16 F25	Kimberly Reinert, F28	Dubuque, IA	33:12	10:41/M
72	40	17 F25	Katie Koopmann, F31	Epworth, IA	33:12	10:41/M
73	41	13 F40	Amy Conlin, F40	Cascade, IA	35:05	11:17/M
74	33	13 M40	Jason McDermott, M44	Cascade, IA	35:45	11:30/M
75	42	18 F25	Tara Leytem, F29	Cascade, IA	36:41	11:48/M
76	43	19 F25	Natalie Demoss, F28	Cascade, IA	36:41	11:48/M
77	44	14 F40	Monica Wuchter, F41	Dyersville, IA	36:59	11:54/M
78	45	15 F40	Colleen Horsfield, F52	Cascade, IA	38:08	12:16/M
79	34	9 M	Ty Kelchen, M10	Cascade, IA	38:13	12:18/M
80	46	16 F40	Dede McDermott, F43	Cascade, IA	38:14	12:18/M
81	35	12 M25	Chris McDermott, M25	Cascade, IA	38:21	12:20/M
82	47	11 F	Taylor Miller, F8	Cascade, IA	38:32	12:24/M
83	48	12 F	Sophia Smith, F12	Cascade, IA	38:59	12:33/M
84	49	13 F	Lilly Trumm, F11	Cascade, IA	38:59	12:33/M
85	36	10 M	Marc Miller, M8	Cascade, IA	39:04	12:34/M
86	50	17 F40	Lisa Manternach, F40	Cascade, IA	39:48	12:48/M
87	51	18 F40	Cathy Knuth, F52	Cascade, IA	39:50	12:49/M
88	52	14 F	Skylar Dolphin, F11	Cascade, IA	40:04	12:53/M
89	53	15 F	Natalie Frasher, F15	Cascade, IA	40:04	12:54/M
90	54	16 F	Alyssa McDermott, F12	Cascade, IA	40:07	12:54/M
91	55	17 F	Abby Welter, F12	Onslow, IA	40:11	12:56/M
92	56	18 F	Samantha Recker, F11	Cascade, IA	40:11	12:56/M
93	37	14 M40	Larry Trumm, M53	Farley, IA	40:12	12:56/M
94	57	19 F	Lillt Topping, F9	Cascade, IA	40:14	12:57/M
95	58	20 F	Kayla Thompson, F24	Iowa City, IA	40:30	13:02/M
96	38	13 M25	Bobby Thompson, M30	Iowa City, IA	40:30	13:02/M
97	39	15 M40	Terry Leytem, M60	Cascade, IA	40:40	13:05/M
98	59	20 F25	Amy Topping, F38	Cascade, IA	41:58	13:30/M
99	40	14 M25	Ryan Topping, M38	Cascade, IA	42:05	13:32/M
100	60	21 F25	Trisha Weitz, F32	Cascade, IA	42:12	13:35/M
101	61	22 F25	Elizabeth Boyle, F31	Cascade, IA	42:12	13:35/M
102	62	23 F25	Heather Dolphin, F30	Germantown, WI	42:40	13:44/M
103	63	19 F40	Carla Hoffman, F51	Cascade, IA	43:24	13:58/M
104	64	21 F	Haylee Hoffman, F20	Cascade, IA	43:27	13:59/M
105	65	22 F	Amber Meyer, F21	Bernard, IA	43:28	13:59/M
106	66	20 F40	Tara Noonan, F54	Cascade, IA	44:05	14:11/M

107	67	21 F40	Lisa Roth, F52	Camanche, IA	44:05	14:11/M
108	68	23 F	Ella Runde, F8	East Dubuque, IL	44:18	14:15/M
109	69	22 F40	Julie Runde, F43	East Dubuque, IL	44:18	14:15/M
110	70	24 F25	Rachel Callahan, F31	Cascade, IA	44:25	14:17/M
111	71	24 F	Samantha Meyer, F22	Farley, IA	45:17	14:34/M
112	72	25 F	Ashley Funke, F22	Dyersville, IA	45:17	14:34/M
113	41	11 M	Cody Kremer, M10	Cascade, IA	46:33	14:59/M
114	73	26 F	Molly McElmeel, F11	Cascade, IA	46:35	14:59/M
115	42	16 M40	Tim McElmeel, M50	Cascade, IA	46:36	15:00/M
116	43	12 M	Dan Meyer, M24	Farley, IA	46:52	15:05/M
117	44	13 M	Cale McDermott, M11	Cascade, IA	47:03	15:08/M
118	45	14 M	Ted Weber, M10	Hopkinton, IA	47:05	15:09/M
119	74	25 F25	Shelly Klein, F39	Cascade, IA	47:08	15:10/M
120	75	26 F25	Angie Bergfeld, F39	Cascade, IA	47:10	15:11/M
121	76	27 F25	Kristi Thomas, F30	Cascade, IA	47:10	15:11/M
122	77	27 F	Ella Nauman, F6	Cascade, IA	47:22	15:14/M
123	78	28 F	Carli Recker, F8	Cascade, IA	47:29	15:17/M
124	79	23 F40	Jane Donovan, F54	Cascade, IA	47:32	15:17/M
125	80	24 F40	Monica McDermott, F48	Bernard, IA	47:32	15:18/M
126	81	25 F40	Joan Kramer, F50	Bernard, IA	47:33	15:18/M
127	82	28 F25	Amy Kremer, F36	Cascade, IA	48:07	15:29/M
128	83	29 F	Kristin Kremer, F6	Cascade, IA	48:07	15:29/M
129	84	26 F40	Lisa Frasher, F43	Hopkinton, IA	48:07	15:29/M
130	85	27 F40	Shawn Curoe, F56	Cascade, IA	48:35	15:38/M
131	86	30 F	Morgan McMullen, F14	Cascade, IA	48:48	15:42/M
132	87	31 F	Brittany Koppes, F13	Cascade, IA	48:49	15:42/M
133	88	32 F	Kelly Bergfeld, F14	Bernard, IA	48:49	15:43/M
134	46	17 M40	Bones Dolphin, M55	Cascade, IA	49:02	15:47/M
135	89	29 F25	Melissa Ehrisman, F26	Cascade, IA	49:03	15:47/M
136	90	33 F	Hannah Frey, F17	Cascade, IA	49:03	15:47/M
137	91	34 F	Brianne Henneberry, F12	Cascade, IA	49:04	15:47/M
138	92	28 F40	Cyndi Trumm, F58	Cascade, IA	49:05	15:47/M
139	93	30 F25	Jill Supple, F38	Cascade, IA	51:07	16:27/M
140	94	35 F	Maggie McDermott, F7	Cascade, IA	51:40	16:37/M
141	47	15 M	Jarett Connolly, M12	Cascade, IA	51:51	16:41/M
142	95	29 F40	Tammy Connolly, F42	Cascade, IA	51:53	16:42/M
143	96	31 F25	Tara Miller, F36	Cascade, IA	51:53	16:42/M
144	97	30 F40	Mary Jane Jayne, F50	Cascade, IA	52:09	16:47/M
145	48	18 M40	Randy Hoffman, M53	Cascade, IA	52:10	16:47/M
146	49	19 M40	Bruce Kedley, M60	Cascade, IA	53:24	17:11/M
147	50	20 M40	Carl Dolphin, M65	Cascade, IA	53:28	17:12/M
148	98	31 F40	Janne Schlemme, F50	Cascade, IA	54:08	17:25/M
149	51	21 M40	Brian Schlemme, M50	Cascade, IA	54:16	17:28/M

150	52	22 M40	Roger Gehl, M66	Cascade, IA	54:16	17:28/M
151	99	36 F	Kate Manternach, F12	Cascade, IA	54:24	17:30/M
152	100	32 F40	Amy McElmeel, F44	Cascade, IA	54:25	17:31/M
153	101	37 F	Malley McDermott, F12	Cascade, IA	54:37	17:34/M
154	102	38 F	Hailey Manternach, F18	Cascade, IA	54:47	17:38/M
155	103	39 F	Kayla Staner, F24	Cascade, IA	55:12	17:46/M
156	104	33 F40	Connie Staner, F53	Cascade, IA	55:12	17:46/M
157	53	23 M40	Scott Schlemme, M50	Cascade, IA	55:24	17:49/M
158	105	34 F40	Sue Hoffman, F51	Cascade, IA	55:34	17:53/M
159	106	40 F	Megan McDermott, F17	Cascade, IA	55:34	17:53/M
160	107	35 F40	Debbie Manternach, F56	Cascade, IA	55:34	17:53/M
161	108	36 F40	Kathy Staner, F52	Cascade, IA	55:36	17:53/M
162	109	41 F	Lindsay Vorwald, F24	Cascade, IA	55:36	17:53/M
163	110	37 F40	Lori O'Brien, F55	Cascade, IA	55:37	17:54/M
164	54	24 M40	Diane Coyle, M50	Cascade, IA	55:37	17:54/M
165	111	38 F40	Kathy McAllister, F45	Cascade, IA	55:40	17:55/M
166	55	25 M40	Rob McAllister, M45	Cascade, IA	55:54	17:59/M
167	112	39 F40	Lori Klocke, F52	Cascade, IA	56:06	18:03/M
168	113	40 F40	Bridget Rea, F47	Cascade, IA	56:06	18:03/M
169	56	26 M40	Vic Klocke, M50	Cascade, IA	56:06	18:03/M
170	57	27 M40	Mike Rea, M49	Cascade, IA	56:08	18:04/M
171	114	42 F	Jessie McAllister, F20	Cascade, IA	56:10	18:04/M
172	58	16 M	Eric Knuth, M20	Cascade, IA	56:44	18:15/M
173	115	41 F40	Karen McDermott, F48	Cascade, IA	57:08	18:23/M
174	59	28 M40	Ken McDermott, M47	Cascade, IA	57:08	18:23/M
175	116	43 F	Addison Trumm, F8	Cascade, IA	57:16	18:26/M
176	117	44 F	Shelby Trumm, F8	Cascade, IA	57:17	18:26/M
177	60	17 M	Cole Hoffman, M9	Cascade, IA	57:35	18:32/M
178	118	32 F25	Kristi Kramer, F29	Cascade, IA	58:08	18:42/M
179	119	33 F25	Angie Burger, F31	Cascade, IA	58:09	18:43/M
180	120	42 F40	Joyce McQuillen, F50	Cascade, IA	58:17	18:45/M
181	61	18 M	Cody Hoffman, M10	Cascade, IA	58:21	18:47/M
182	121	34 F25	Toni McQuillen, F25	Cascade, IA	58:24	18:47/M
183	62	15 M25	Tyler McQuillen, M28	Cascade, IA	58:24	18:48/M
184	122	45 F	Calli Recker, F13	Cascade, IA	58:29	18:49/M
185	63	29 M40	Mark Knuth, M54	Cascade, IA	58:47	18:55/M
186	64	19 M	Brody Supple, M10	Hopkinton, IA	59:39	19:12/M
187	123	46 F	Maggie Archer, F6	Cascade, IA	1:00:30	19:28/M
188	124	35 F25	Abby Archer, F33	Cascade, IA	1:00:50	19:34/M
189	65	20 M	Stan Reiter, M24	Monticello, IA	1:02:53	20:14/M
190	125	36 F25	Samantha Pfeiler, F28	Monticello, IA	1:02:59	20:16/M

191	126	43 F40	Lu Anne Henneberry, F55	Cascade, IA	1:04:19	20:42/M
192	66	21 M	Will McAllister, M14	Cascade, IA	1:05:06	20:57/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	Preston Kauder, M16	Cascade, IA	17:05	5:29/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Kylie Kelchen, F15	Hopkinton, IA	20:45	6:40/M

M[24 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Levi Dolphin, M17	Cascade, IA	19:18	6:12/M
2	Justin McDermott, M15	Cascade, IA	22:28	7:13/M
3	Sam McDermott, M17	Cascade, IA	22:49	7:20/M
4	Bryce Althoff, M22	Farley, IA	23:02	7:24/M
5	Jake Recker, M15	Cascade, IA	23:45	7:38/M
6	Cain Hoffman, M8	Cascade, IA	26:14	8:26/M
7	Cole Haan, M16	Epworth, IA	26:30	8:32/M
8	Will Crees, M18	Dysart, IA	27:30	8:51/M
9	Ty Kelchen, M10	Cascade, IA	38:13	12:18/M
10	Marc Miller, M8	Cascade, IA	39:04	12:34/M
11	Cody Kremer, M10	Cascade, IA	46:33	14:59/M
12	Dan Meyer, M24	Farley, IA	46:52	15:05/M
13	Cale McDermott, M11	Cascade, IA	47:03	15:08/M
14	Ted Weber, M10	Hopkinton, IA	47:05	15:09/M
15	Jarett Connolly, M12	Cascade, IA	51:51	16:41/M
16	Eric Knuth, M20	Cascade, IA	56:44	18:15/M
17	Cole Hoffman, M9	Cascade, IA	57:35	18:32/M
18	Cody Hoffman, M10	Cascade, IA	58:21	18:47/M
19	Brody Supple, M10	Hopkinton, IA	59:39	19:12/M
20	Stan Reiter, M24	Monticello, IA	1:02:53	20:14/M
21	Will McAllister, M14	Cascade, IA	1:05:06	20:57/M

F[24 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
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1	Rebecca McDermott, F14	Cascade, IA	21:48	7:01/M
2	Megan McMullen, F23	Cascade, IA	23:35	7:35/M
3	Katerina Althoff, F20	Cascade, IA	23:55	7:42/M
4	Rachel McDermott, F15	Cascade, IA	26:04	8:23/M
5	Lynsey Dolphin, F15	Cascade, IA	26:24	8:30/M
6	Madison Kelchen, F12	Hopkinton, IA	26:43	8:36/M
7	Megan Kelchen, F21	Cascade, IA	26:43	8:36/M
8	Kylie Powell, F18	Dysart, IA	27:55	8:59/M
9	Lauren Callahan, F23	Cascade, IA	29:08	9:22/M
10	Austyn Helgens, F15	Cascade, IA	29:38	9:32/M
11	Taylor Miller, F8	Cascade, IA	38:32	12:24/M
12	Sophia Smith, F12	Cascade, IA	38:59	12:33/M
13	Lilly Trumm, F11	Cascade, IA	38:59	12:33/M
14	Skylar Dolphin, F11	Cascade, IA	40:04	12:53/M
15	Natalie Frasher, F15	Cascade, IA	40:04	12:54/M
16	Alyssa McDermott, F12	Cascade, IA	40:07	12:54/M
17	Abby Welter, F12	Onslow, IA	40:11	12:56/M
18	Samantha Recker, F11	Cascade, IA	40:11	12:56/M
19	Lillt Topping, F9	Cascade, IA	40:14	12:57/M
20	Kayla Thompson, F24	Iowa City, IA	40:30	13:02/M
21	Haylee Hoffman, F20	Cascade, IA	43:27	13:59/M
22	Amber Meyer, F21	Bernard, IA	43:28	13:59/M
23	Ella Runde, F8	East Dubuque, IL	44:18	14:15/M
24	Samantha Meyer, F22	Farley, IA	45:17	14:34/M
25	Ashley Funke, F22	Dyersville, IA	45:17	14:34/M
26	Molly McElmeel, F11	Cascade, IA	46:35	14:59/M
27	Ella Nauman, F6	Cascade, IA	47:22	15:14/M
28	Carli Recker, F8	Cascade, IA	47:29	15:17/M
29	Kristin Kremer, F6	Cascade, IA	48:07	15:29/M
30	Morgan McMullen, F14	Cascade, IA	48:48	15:42/M
31	Brittany Koppes, F13	Cascade, IA	48:49	15:42/M
32	Kelly Bergfeld, F14	Bernard, IA	48:49	15:43/M
33	Hannah Frey, F17	Cascade, IA	49:03	15:47/M
34	Brianne Henneberry, F12	Cascade, IA	49:04	15:47/M
35	Maggie McDermott, F7	Cascade, IA	51:40	16:37/M
36	Kate Manternach, F12	Cascade, IA	54:24	17:30/M
37	Malley McDermott, F12	Cascade, IA	54:37	17:34/M
38	Hailey Manternach, F18	Cascade, IA	54:47	17:38/M
39	Kayla Staner, F24	Cascade, IA	55:12	17:46/M
40	Megan McDermott, F17	Cascade, IA	55:34	17:53/M
41	Lindsay Vorwald, F24	Cascade, IA	55:36	17:53/M
42	Jessie McAllister, F20	Cascade, IA	56:10	18:04/M
43	Addison Trumm, F8	Cascade, IA	57:16	18:26/M
44	Shelby Trumm, F8	Cascade, IA	57:17	18:26/M
45	Calli Recker, F13	Cascade, IA	58:29	18:49/M
46	Maggie Archer, F6	Cascade, IA	1:00:30	19:28/M

M[25-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jose Escoriza, M26	Cascade, IA	19:00	6:07/M
2	Tom Rauen, M30	Dubuque, IA	20:16	6:31/M
3	Jake Supple, M35	Hopkinton, IA	24:42	7:57/M
4	Peter Reuter, M26	Rochester, MN	24:44	7:57/M
5	Janice Trumm, M36	Cascade, IA	25:37	8:15/M
6	Michael Ressler, M29	Cascade, IA	27:06	8:43/M
7	Ross Monroe, M27	Elberon, IA	27:32	8:51/M
8	Andy Simon, M36	Cascade, IA	28:03	9:02/M
9	Ryan Smith, M29	Peosta, IA	29:33	9:30/M
10	Travis Hartbecke, M28	Cascade, IA	30:25	9:47/M
11	Charlie Noonan, M28	Bernard, IA	33:06	10:39/M
12	Chris McDermott, M25	Cascade, IA	38:21	12:20/M
13	Bobby Thompson, M30	Iowa City, IA	40:30	13:02/M
14	Ryan Topping, M38	Cascade, IA	42:05	13:32/M
15	Tyler McQuillen, M28	Cascade, IA	58:24	18:48/M

F[25-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jenny Johnson, F30	Dubuque, IA	23:41	7:37/M
2	Ashley Monroe, F27	Elberon, IA	23:46	7:39/M
3	Sherry Kelchen, F38	Hopkinton, IA	24:42	7:57/M
4	Lana Otting, F25	Bernard, IA	25:21	8:09/M
5	Karla Trumm, F33	Cascade, IA	25:37	8:14/M
6	Ashley Henderson, F26	Cascade, IA	27:06	8:43/M
7	Tammy Nauman, F39	Cascade, IA	28:01	9:01/M
8	Kelly Dolphin, F30	Verona, WI	28:14	9:05/M
9	Ashley Staner, F26	Cascade, IA	28:20	9:07/M
10	Emily Noonan, F35	Cascade, IA	28:46	9:15/M
11	Jody Noonan, F27	Bernard, IA	29:18	9:26/M
12	Susan Pfab, F36	La Motte, IA	29:22	9:27/M
13	Amanda Rauen, F30	Dubuque, IA	29:33	9:30/M
14	Michelle Hartbecke, F31	Cascade, IA	29:39	9:32/M
15	Megan Meloy, F26	Peosta, IA	30:19	9:45/M
16	Kimberly Reinert, F28	Dubuque, IA	33:12	10:41/M
17	Katie Koopmann, F31	Epworth, IA	33:12	10:41/M
18	Tara Leytem, F29	Cascade, IA	36:41	11:48/M
19	Natalie Demoss, F28	Cascade, IA	36:41	11:48/M
20	Amy Topping, F38	Cascade, IA	41:58	13:30/M
21	Trisha Weitz, F32	Cascade, IA	42:12	13:35/M
22	Elizabeth Boyle, F31	Cascade, IA	42:12	13:35/M
23	Heather Dolphin, F30	Germantown, WI	42:40	13:44/M

24	Rachel Callahan, F31	Cascade, IA	44:25	14:17/M
25	Shelly Klein, F39	Cascade, IA	47:08	15:10/M
26	Angie Bergfeld, F39	Cascade, IA	47:10	15:11/M
27	Kristi Thomas, F30	Cascade, IA	47:10	15:11/M
28	Amy Kremer, F36	Cascade, IA	48:07	15:29/M
29	Melissa Ehrisman, F26	Cascade, IA	49:03	15:47/M
30	Jill Supple, F38	Cascade, IA	51:07	16:27/M
31	Tara Miller, F36	Cascade, IA	51:53	16:42/M
32	Kristi Kramer, F29	Cascade, IA	58:08	18:42/M
33	Angie Burger, F31	Cascade, IA	58:09	18:43/M
34	Toni McQuillen, F25	Cascade, IA	58:24	18:47/M
35	Abby Archer, F33	Cascade, IA	1:00:50	19:34/M
36	Samantha Pfeiler, F28	Monticello, IA	1:02:59	20:16/M

M[40 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Phil Kauder, M52	Cascade, IA	18:33	5:58/M
2	Matt Nauman, M44	Cascade, IA	22:20	7:11/M
3	Mike Kuhn, M54	Cascade, IA	23:34	7:35/M
4	Rodney Crooks, M43	Cascade, IA	23:46	7:39/M
5	Doug Frey, M54	Cascade, IA	24:03	7:44/M
6	Joe Nauman, M47	Cedar Rapids, IA	24:39	7:56/M
7	Mark Weber, M42	Hopkinton, IA	25:29	8:12/M
8	Clay Haan, M42	Epworth, IA	26:34	8:33/M
9	Daren Manternach, M45	Cascade, IA	28:09	9:03/M
10	Tom McDermott, M45	Cascade, IA	28:36	9:12/M
11	Clay Gavin, M56	Cascade, IA	29:04	9:21/M
12	Loren Manternach, M51	Cascade, IA	30:08	9:41/M
13	Jason McDermott, M44	Cascade, IA	35:45	11:30/M
14	Larry Trumm, M53	Farley, IA	40:12	12:56/M
15	Terry Leytem, M60	Cascade, IA	40:40	13:05/M
16	Tim McElmeel, M50	Cascade, IA	46:36	15:00/M
17	Bones Dolphin, M55	Cascade, IA	49:02	15:47/M
18	Randy Hoffman, M53	Cascade, IA	52:10	16:47/M
19	Bruce Kedley, M60	Cascade, IA	53:24	17:11/M
20	Carl Dolphin, M65	Cascade, IA	53:28	17:12/M
21	Brian Schlemme, M50	Cascade, IA	54:16	17:28/M
22	Roger Gehl, M66	Cascade, IA	54:16	17:28/M
23	Scott Schlemme, M50	Cascade, IA	55:24	17:49/M
24	Diane Coyle, M50	Cascade, IA	55:37	17:54/M
25	Rob McAllister, M45	Cascade, IA	55:54	17:59/M
26	Vic Klocke, M50	Cascade, IA	56:06	18:03/M
27	Mike Rea, M49	Cascade, IA	56:08	18:04/M
28	Ken McDermott, M47	Cascade, IA	57:08	18:23/M
29	Mark Knuth, M54	Cascade, IA	58:47	18:55/M

F[40 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jane Boffeli, F41	Cascade, IA	26:23	8:29/M
2	Jenny Recker, F41	Cascade, IA	27:11	8:44/M
3	Janet Felton, F41	Cascade, IA	27:16	8:46/M
4	Julie Kuhn, F54	Cascade, IA	29:25	9:28/M
5	Michelle Green, F50	Cascade, IA	29:48	9:35/M
6	Donna Callahan, F53	Cascade, IA	29:52	9:36/M
7	Lori Manternach, F51	Cascade, IA	29:52	9:36/M
8	Amanda Crooks, F44	Cascade, IA	30:15	9:44/M
9	Sheila Knapp, F53	Cascade, IA	30:16	9:44/M
10	Mollie Bergfeld, F46	Cascade, IA	30:52	9:56/M
11	Amy Speed, F46	Cascade, IA	31:14	10:03/M
12	Lisa Frey, F53	Cascade, IA	32:44	10:32/M
13	Amy Conlin, F40	Cascade, IA	35:05	11:17/M
14	Monica Wuchter, F41	Dyersville, IA	36:59	11:54/M
15	Colleen Horsfield, F52	Cascade, IA	38:08	12:16/M
16	Dede McDermott, F43	Cascade, IA	38:14	12:18/M
17	Lisa Manternach, F40	Cascade, IA	39:48	12:48/M
18	Cathy Knuth, F52	Cascade, IA	39:50	12:49/M
19	Carla Hoffman, F51	Cascade, IA	43:24	13:58/M
20	Tara Noonan, F54	Cascade, IA	44:05	14:11/M
21	Lisa Roth, F52	Camanche, IA	44:05	14:11/M
22	Julie Runde, F43	East Dubuque, IL	44:18	14:15/M
23	Jane Donovan, F54	Cascade, IA	47:32	15:17/M
24	Monica McDermott, F48	Bernard, IA	47:32	15:18/M
25	Joan Kramer, F50	Bernard, IA	47:33	15:18/M
26	Lisa Frasher, F43	Hopkinton, IA	48:07	15:29/M
27	Shawn Curoe, F56	Cascade, IA	48:35	15:38/M
28	Cyndi Trumm, F58	Cascade, IA	49:05	15:47/M
29	Tammy Connolly, F42	Cascade, IA	51:53	16:42/M
30	Mary Jane Jayne, F50	Cascade, IA	52:09	16:47/M
31	Janne Schlemme, F50	Cascade, IA	54:08	17:25/M
32	Amy McElmeel, F44	Cascade, IA	54:25	17:31/M
33	Connie Staner, F53	Cascade, IA	55:12	17:46/M
34	Sue Hoffman, F51	Cascade, IA	55:34	17:53/M
35	Debbie Manternach, F56	Cascade, IA	55:34	17:53/M
36	Kathy Staner, F52	Cascade, IA	55:36	17:53/M
37	Lori O'Brien, F55	Cascade, IA	55:37	17:54/M
38	Kathy McAllister, F45	Cascade, IA	55:40	17:55/M
39	Lori Klocke, F52	Cascade, IA	56:06	18:03/M
40	Bridget Rea, F47	Cascade, IA	56:06	18:03/M
41	Karen McDermott, F48	Cascade, IA	57:08	18:23/M
42	Joyce McQuillen, F50	Cascade, IA	58:17	18:45/M

43 Lu Anne Henneberry, F55

Cascade, IA

1:04:19

20:42/M

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