

[5K Run](#)[5K Walk](#)

Swisher *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, July 29, 2017

Location: Swisher

Weather: Warm 70°

[Overall and Age Divisions](#)

Results By: On The Run Race Timing Race Video [17:36](#) Click On Your Name to see yourself cross the Finish line!

Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Eli Miller, M19	Newhall, IA	17:44	5:43/M	17:44	5:43/M
2	2	1 M15	Nick O'Connor, M15	Tiffin, IA	18:42	6:01/M	18:41	6:01/M
3	3	2 M15	Grayson Walther, M16	Cedar Rapids, IA	18:49	6:03/M	18:48	6:03/M
4	4	3 M15	Julian Wilson, M19	Amana, IA	19:21	6:14/M	19:20	6:13/M
5	5	1 JRM	Lukas Lamparek, M14	Cedar Rapids, IA	19:24	6:15/M	19:24	6:15/M
6	6	1 M20	David Oolman, M28	North Liberty, IA	19:25	6:15/M	19:23	6:14/M
7	7	1 M40	Dustin Vasquez, M46	Walford, IA	19:38	6:19/M	19:36	6:19/M
8	1	1 OVF	Alice Anderson, F34	Marion, IA	19:49	6:23/M	19:48	6:22/M
9	8	2 M40	Pat Dominy, M45	North Liberty, IA	20:22	6:33/M	20:21	6:33/M
10	9	1 M50	Tim Vipond, M51	Cedar Rapids, IA	20:37	6:38/M	20:36	6:38/M
11	10	2 M50	Randy Brecht, M56	Middle Amana, IA	20:39	6:39/M	20:36	6:38/M
12	11	1 M30	Scott Kahler, M39	Cedar Rapids, IA	20:59	6:45/M	20:55	6:44/M
13	12	2 M30	Ryan Scheckel, M38	Palo, IA	21:37	6:57/M	21:34	6:57/M
14	13	3 M50	David Fischer, M54	Robins, IA	21:53	7:03/M	21:50	7:02/M
15	2	1 F30	Heidi Kestel, F35	Tiffin, IA	22:07	7:07/M	22:05	7:06/M
16	3	1 F15	Maddie Block, F17	Marion, IA	22:14	7:09/M	22:13	7:09/M
17	4	2 F30	Diane McCabe, F34	Swisher, IA	22:27	7:13/M	22:26	7:13/M
18	14	4 M50	Craig Brophy, M56	Cedar Rapids, IA	22:30	7:14/M	22:28	7:14/M
19	15	1 M60	Tom Wolfe, M69	Cedar Rapids, IA	22:42	7:18/M	22:39	7:18/M
20	16	2 JRM	Landon Kahler, M11	Cedar Rapids, IA	22:45	7:19/M	22:42	7:18/M
21	17	3 M40	Artem Durnev, M43	Coralville, IA	23:32	7:35/M	23:25	7:32/M
22	18	4 M40	Rick Lamparek, M49	Marengo, IA	23:44	7:38/M	23:42	7:38/M

23	19	2 M60	Dave Martin, M62	Cedar Rapids, IA	24:00	7:44/M	23:58	7:43/M
24	20	3 M30	Nathan Cooper, M30	Swisher, IA	24:09	7:46/M	24:06	7:45/M
25	5	1 F40	Mariah Hurley, F40	Cedar Rapids, IA	24:12	7:47/M	24:09	7:46/M
26	6	3 F30	Jessie Knoles, F35	Belle Plaine, IA	24:13	7:48/M	24:12	7:47/M
27	21	5 M40	Tom Ross, M48	Swisher, IA	24:20	7:50/M	24:16	7:49/M
28	22	3 JRM	Colin Winborn, M13	Swisher, IA	24:22	7:51/M	24:17	7:49/M
29	23	5 M50	Jim Dwyer, M56	Marion, IA	24:24	7:51/M	24:18	7:49/M
30	24	4 M30	Nathan Vetter, M37	Swisher, IA	24:39	7:56/M	24:33	7:54/M
31	7	1 JRF	Taylor Stahl, F13	Grundy Center, IA	24:43	7:57/M	24:41	7:57/M
32	8	2 F40	Kelly Jensen, F47	Toddville, IA	24:44	7:58/M	24:41	7:57/M
33	25	6 M40	Mike Manderscheid, M46	Marion, IA	24:48	7:59/M	24:41	7:57/M
34	9	2 F15	Avery Manderscheid, F16	Marion, IA	24:49	7:59/M	24:43	7:57/M
35	26	4 M15	Spencer Kiekhaefer, M18	Swisher, IA	25:00	8:03/M	24:55	8:01/M
36	27	5 M15	Jack Freel, M18	Swisher, IA	25:05	8:04/M	25:00	8:03/M
37	28	5 M30	Bryan Rennekamp, M33	North Liberty, IA	25:15	8:08/M	25:07	8:05/M
38	29	3 M60	Bruce Bachmann, M68	Cedar Rapids, IA	25:20	8:09/M	25:16	8:08/M
39	10	4 F30	Cassy Townsley, F35	Mount Vernon, IA	25:21	8:10/M	25:13	8:07/M
40	30	6 M30	Matt Townsley, M35	Mount Vernon, IA	25:21	8:10/M	25:13	8:07/M
41	11	1 F50	Patricia Erenberger, F58	Marion, IA	25:24	8:11/M	25:19	8:09/M
42	31	7 M40	Ben Winborn, M43	Swisher, IA	26:00	8:22/M	25:53	8:20/M
43	12	5 F30	Melissa Gucfa, F32	Swisher, IA	26:00	8:22/M	25:55	8:20/M
44	32	4 JRM	Owen Kahler, M8	Cedar Rapids, IA	26:00	8:22/M	25:58	8:21/M
45	13	3 F40	Candy Ross, F48	Swisher, IA	26:03	8:23/M	25:59	8:22/M
46	14	4 F40	Cathy May, F46	Cedar Rapids, IA	26:05	8:24/M	25:56	8:21/M
47	15	5 F40	Lori Winborn, F43	Swisher, IA	26:15	8:27/M	26:09	8:25/M
48	16	6 F40	Gretchen Lawyer, F44	Marion, IA	26:16	8:27/M	26:12	8:26/M
49	33	4 M60	Doug Lord, M62	Lisbon, IA	26:32	8:33/M	26:28	8:31/M
50	17	2 F50	Marsha Aspinall, F55	Cedar Rapids, IA	26:45	8:37/M	26:42	8:36/M
51	34	5 JRM	Korbin Beatty, M8	Swisher, IA	26:58	8:41/M	26:47	8:37/M
52	35	7 M30	Troy Lagrange, M36	Swisher, IA	27:00	8:41/M	26:47	8:37/M
53	36	8 M40	Ethan Gucfa, M42	Swisher, IA	27:03	8:42/M	26:53	8:39/M
54	37	8 M30	Tyler Simoens, M33	Cedar Rapids,	27:07	8:44/M	26:54	8:40/M

				IA				
55	18	6 F30	Keri Edmonds, F34	Ely, IA	27:23	8:49/M	27:19	8:47/M
56	38	6 M15	Will Whiter, M16	Independence, IA	27:27	8:50/M	27:20	8:48/M
57	39	9 M30	Justin Williams, M39	North Liberty, IA	27:28	8:50/M	27:21	8:48/M
58	19	2 JRF	Megan Lamparek, F14	Marengo, IA	27:34	8:53/M	27:29	8:51/M
59	20	3 F15	Olivia Wilson, F16	Amana, IA	27:35	8:53/M	27:27	8:50/M
60	40	5 M60	Warren Riley, M60	Tama, IA	27:46	8:56/M	27:37	8:53/M
61	41	6 JRM	Ethan Cheney, M9	Marion, IA	27:46	8:56/M	27:31	8:51/M
62	42	7 JRM	Gavin Cheney, M7	Marion, IA	27:53	8:58/M	27:37	8:53/M
63	21	1 F20	Megan Moses, F28	Solon, IA	27:55	8:59/M	27:51	8:58/M
64	43	9 M40	Ryan Platner, M41	Swisher, IA	28:32	9:11/M	28:22	9:08/M
65	44	10 M30	Casey Nevill, M31	North Liberty, IA	28:39	9:13/M	28:25	9:09/M
66	22	7 F30	Alyssa Nevill, F31	North Liberty, IA	28:39	9:13/M	28:25	9:09/M
67	23	8 F30	Melissa Kahler, F38	Cedar Rapids, IA	28:52	9:17/M	28:48	9:16/M
68	45	10 M40	Andy Thompson, M42	North Liberty, IA	28:54	9:18/M	28:42	9:14/M
69	24	7 F40	Kathie Manderscheid, F46	Marion, IA	28:56	9:19/M	28:49	9:17/M
70	46	6 M50	Keith Simoens, M59	Cedar Rapids, IA	29:01	9:20/M	28:49	9:17/M
71	47	11 M40	Nate Baker, M42	Mount Vernon, IA	29:04	9:21/M	28:53	9:18/M
72	25	9 F30	Abigail MacK, F37	Solon, IA	29:13	9:24/M	29:08	9:23/M
73	26	10 F30	Nikki Poe, F33	Solon, IA	29:17	9:25/M	29:11	9:23/M
74	27	8 F40	Rhonda Sellner, F48	Swisher, IA	29:26	9:28/M	29:18	9:26/M
75	48	6 M60	John Leland, M81	Marion, IA	29:34	9:31/M	29:28	9:29/M
76	49	7 M15	Jacob Manderscheid, M19	Marion, IA	29:42	9:33/M	29:35	9:31/M
77	50	11 M30	Michael Scaffinger, M32	Swisher, IA	29:46	9:35/M	29:42	9:34/M
78	28	11 F30	Melea White, F33	Swisher, IA	29:55	9:38/M	29:44	9:34/M
79	29	12 F30	Kara Pasker, F36	Iowa City, IA	30:36	9:51/M	30:26	9:48/M
80	30	9 F40	Lisa Wilson, F48	Amana, IA	31:03	10:00/M	30:55	9:57/M
81	51	12 M40	Paul Meeker, M41	Cedar Rapids, IA	31:40	10:11/M	31:32	10:09/M
82	52	8 JRM	Carson Cheney, M5	Marion, IA	32:06	10:20/M	31:50	10:15/M
83	31	13 F30	Chelsea Cheney, F33	Marion, IA	32:06	10:20/M	31:50	10:15/M
84	53	12 M30	Brian Cheney, M35	Marion, IA	32:07	10:20/M	31:52	10:15/M
85	32	14 F30	Heather Vasquez, F35	Walford, IA	32:41	10:31/M	32:31	10:28/M
86	33	15 F30	Christina Johnson, F35	Cedar Rapids, IA	32:55	10:36/M	32:48	10:34/M
87	34	16 F30	Brenda Bushell, F33	Hills, IA	33:04	10:39/M	32:58	10:37/M

88	35	2 F20	Elysha Lyle, F27	Urbandale, IA	33:36	10:49/M	33:27	10:46/M
89	36	17 F30	Stephanie Valverde, F32	Washington, IA	33:43	10:51/M	33:33	10:48/M
90	37	18 F30	Candice Dietz, F34	Cedar Rapids, IA	34:23	11:04/M	34:11	11:00/M
91	38	3 F20	Brittanie Adrian, F27	North Liberty, IA	34:41	11:10/M	34:39	11:09/M
92	54	9 JRM	Hayden Thompson, M14	North Liberty, IA	34:43	11:11/M	34:31	11:07/M
93	39	10 F40	Dena Bailey, F46	Cedar Rapids, IA	35:33	11:27/M	35:21	11:23/M
94	40	19 F30	Karen Lagrange, F31	Swisher, IA	36:38	11:47/M	36:26	11:44/M
95	41	20 F30	Amanda Wheeler, F30	Cedar Rapids, IA	36:38	11:47/M	36:27	11:44/M
96	42	3 JRF	Kadence Gillen, F10	Ely, IA	37:20	12:01/M	37:17	12:00/M
97	43	1 F60	Sally Buser, F71	Fairfax, IA	38:03	12:15/M	37:56	12:13/M
98	44	4 F15	Constance Schlitter, F19	Swisher, IA	38:12	12:18/M	38:08	12:16/M
99	55	13 M30	Zach Anaya, M30	Cedar Rapids, IA	41:09	13:15/M	41:09	13:15/M
100	56	13 M40	Branden Witt, M41	Murfreesboro, TN	42:02	13:32/M	41:46	13:27/M
101	45	21 F30	Amanda Vollbrecht, F34	Solon, IA	46:17	14:54/M	46:06	14:50/M
102	46	22 F30	Sara Kreutner, F37	Vinton, IA	46:21	14:55/M	46:08	14:51/M
103	47	4 F20	Alyssa Stratton, F28	Solon, IA	46:28	14:58/M	46:17	14:54/M
104	48	2 F60	Lori Stratton, F60	Solon, IA	48:19	15:33/M	48:08	15:30/M
105	49	5 F20	Kristyn Watson, F27	North Liberty, IA	48:50	15:43/M	48:38	15:39/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Eli Miller, M19	Newhall, IA	17:44	5:43/M	17:44	5:43/M

Overall Female

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Alice Anderson, F34	Marion, IA	19:49	6:23/M	19:48	6:22/M

M[14 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Lukas Lamparek, M14	Cedar Rapids, IA	19:24	6:15/M	19:24	6:15/M
2	Landon Kahler, M11	Cedar Rapids, IA	22:45	7:19/M	22:42	7:18/M
3	Colin Winborn, M13	Swisher, IA	24:22	7:51/M	24:17	7:49/M
4	Owen Kahler, M8	Cedar Rapids, IA	26:00	8:22/M	25:58	8:21/M

5	Korbin Beatty, M8	Swisher, IA	26:58	8:41/M	26:47	8:37/M
6	Ethan Cheney, M9	Marion, IA	27:46	8:56/M	27:31	8:51/M
7	Gavin Cheney, M7	Marion, IA	27:53	8:58/M	27:37	8:53/M
8	Carson Cheney, M5	Marion, IA	32:06	10:20/M	31:50	10:15/M
9	Hayden Thompson, M14	North Liberty, IA	34:43	11:11/M	34:31	11:07/M

F[14 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Taylor Stahl, F13	Grundy Center, IA	24:43	7:57/M	24:41	7:57/M
2	Megan Lamparek, F14	Marengo, IA	27:34	8:53/M	27:29	8:51/M
3	Kadence Gillen, F10	Ely, IA	37:20	12:01/M	37:17	12:00/M

M[15-19]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Nick O'Connor, M15	Tiffin, IA	18:42	6:01/M	18:41	6:01/M
2	Grayson Walther, M16	Cedar Rapids, IA	18:49	6:03/M	18:48	6:03/M
3	Julian Wilson, M19	Amana, IA	19:21	6:14/M	19:20	6:13/M
4	Spencer Kiekhaefer, M18	Swisher, IA	25:00	8:03/M	24:55	8:01/M
5	Jack Freel, M18	Swisher, IA	25:05	8:04/M	25:00	8:03/M
6	Will Whiter, M16	Independence, IA	27:27	8:50/M	27:20	8:48/M
7	Jacob Manderscheid, M19	Marion, IA	29:42	9:33/M	29:35	9:31/M

F[15-19]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Maddie Block, F17	Marion, IA	22:14	7:09/M	22:13	7:09/M
2	Avery Manderscheid, F16	Marion, IA	24:49	7:59/M	24:43	7:57/M
3	Olivia Wilson, F16	Amana, IA	27:35	8:53/M	27:27	8:50/M
4	Constance Schlitter, F19	Swisher, IA	38:12	12:18/M	38:08	12:16/M

M[20-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	David Oolman, M28	North Liberty, IA	19:25	6:15/M	19:23	6:14/M

F[20-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Megan Moses, F28	Solon, IA	27:55	8:59/M	27:51	8:58/M
2	Elysha Lyle, F27	Urbandale, IA	33:36	10:49/M	33:27	10:46/M
3	Brittanie Adrian, F27	North Liberty, IA	34:41	11:10/M	34:39	11:09/M
4	Alyssa Stratton, F28	Solon, IA	46:28	14:58/M	46:17	14:54/M
5	Kristyn Watson, F27	North Liberty, IA	48:50	15:43/M	48:38	15:39/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
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1	Scott Kahler, M39	Cedar Rapids, IA	20:59	6:45/M	20:55	6:44/M
2	Ryan Scheckel, M38	Palo, IA	21:37	6:57/M	21:34	6:57/M
3	Nathan Cooper, M30	Swisher, IA	24:09	7:46/M	24:06	7:45/M
4	Nathan Vetter, M37	Swisher, IA	24:39	7:56/M	24:33	7:54/M
5	Bryan Rennekamp, M33	North Liberty, IA	25:15	8:08/M	25:07	8:05/M
6	Matt Townsley, M35	Mount Vernon, IA	25:21	8:10/M	25:13	8:07/M
7	Troy Lagrange, M36	Swisher, IA	27:00	8:41/M	26:47	8:37/M
8	Tyler Simoens, M33	Cedar Rapids, IA	27:07	8:44/M	26:54	8:40/M
9	Justin Williams, M39	North Liberty, IA	27:28	8:50/M	27:21	8:48/M
10	Casey Nevill, M31	North Liberty, IA	28:39	9:13/M	28:25	9:09/M
11	Michael Scaffinger, M32	Swisher, IA	29:46	9:35/M	29:42	9:34/M
12	Brian Cheney, M35	Marion, IA	32:07	10:20/M	31:52	10:15/M
13	Zach Anaya, M30	Cedar Rapids, IA	41:09	13:15/M	41:09	13:15/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Heidi Kestel, F35	Tiffin, IA	22:07	7:07/M	22:05	7:06/M
2	Diane McCabe, F34	Swisher, IA	22:27	7:13/M	22:26	7:13/M
3	Jessie Knoles, F35	Belle Plaine, IA	24:13	7:48/M	24:12	7:47/M
4	Cassy Townsley, F35	Mount Vernon, IA	25:21	8:10/M	25:13	8:07/M
5	Melissa Gucfa, F32	Swisher, IA	26:00	8:22/M	25:55	8:20/M
6	Keri Edmonds, F34	Ely, IA	27:23	8:49/M	27:19	8:47/M
7	Alyssa Nevill, F31	North Liberty, IA	28:39	9:13/M	28:25	9:09/M
8	Melissa Kahler, F38	Cedar Rapids, IA	28:52	9:17/M	28:48	9:16/M
9	Abigail MacK, F37	Solon, IA	29:13	9:24/M	29:08	9:23/M
10	Nikki Poe, F33	Solon, IA	29:17	9:25/M	29:11	9:23/M
11	Melea White, F33	Swisher, IA	29:55	9:38/M	29:44	9:34/M
12	Kara Pasker, F36	Iowa City, IA	30:36	9:51/M	30:26	9:48/M
13	Chelsea Cheney, F33	Marion, IA	32:06	10:20/M	31:50	10:15/M
14	Heather Vasquez, F35	Walford, IA	32:41	10:31/M	32:31	10:28/M
15	Christina Johnson, F35	Cedar Rapids, IA	32:55	10:36/M	32:48	10:34/M
16	Brenda Bushell, F33	Hills, IA	33:04	10:39/M	32:58	10:37/M
17	Stephanie Valverde, F32	Washington, IA	33:43	10:51/M	33:33	10:48/M
18	Candice Dietz, F34	Cedar Rapids, IA	34:23	11:04/M	34:11	11:00/M
19	Karen Lagrange, F31	Swisher, IA	36:38	11:47/M	36:26	11:44/M
20	Amanda Wheeler, F30	Cedar Rapids, IA	36:38	11:47/M	36:27	11:44/M
21	Amanda Vollbrecht, F34	Solon, IA	46:17	14:54/M	46:06	14:50/M
22	Sara Kreutner, F37	Vinton, IA	46:21	14:55/M	46:08	14:51/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Dustin Vasquez, M46	Walford, IA	19:38	6:19/M	19:36	6:19/M
2	Pat Dominy, M45	North Liberty, IA	20:22	6:33/M	20:21	6:33/M
3	Artem Durnev, M43	Coralville, IA	23:32	7:35/M	23:25	7:32/M
4	Rick Lamparek, M49	Marengo, IA	23:44	7:38/M	23:42	7:38/M
5	Tom Ross, M48	Swisher, IA	24:20	7:50/M	24:16	7:49/M
6	Mike Manderscheid,	Marion, IA	24:48	7:59/M	24:41	7:57/M

M46

7	Ben Winborn, M43	Swisher, IA	26:00	8:22/M	25:53	8:20/M
8	Ethan Gucfa, M42	Swisher, IA	27:03	8:42/M	26:53	8:39/M
9	Ryan Platner, M41	Swisher, IA	28:32	9:11/M	28:22	9:08/M
10	Andy Thompson, M42	North Liberty, IA	28:54	9:18/M	28:42	9:14/M
11	Nate Baker, M42	Mount Vernon, IA	29:04	9:21/M	28:53	9:18/M
12	Paul Meeker, M41	Cedar Rapids, IA	31:40	10:11/M	31:32	10:09/M
13	Branden Witt, M41	Murfreesboro, TN	42:02	13:32/M	41:46	13:27/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Mariah Hurley, F40	Cedar Rapids, IA	24:12	7:47/M	24:09	7:46/M
2	Kelly Jensen, F47	Toddville, IA	24:44	7:58/M	24:41	7:57/M
3	Candy Ross, F48	Swisher, IA	26:03	8:23/M	25:59	8:22/M
4	Cathy May, F46	Cedar Rapids, IA	26:05	8:24/M	25:56	8:21/M
5	Lori Winborn, F43	Swisher, IA	26:15	8:27/M	26:09	8:25/M
6	Gretchen Lawyer, F44	Marion, IA	26:16	8:27/M	26:12	8:26/M
7	Kathie Manderscheid, F46	Marion, IA	28:56	9:19/M	28:49	9:17/M
8	Rhonda Sellner, F48	Swisher, IA	29:26	9:28/M	29:18	9:26/M
9	Lisa Wilson, F48	Amana, IA	31:03	10:00/M	30:55	9:57/M
10	Dena Bailey, F46	Cedar Rapids, IA	35:33	11:27/M	35:21	11:23/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Tim Vipond, M51	Cedar Rapids, IA	20:37	6:38/M	20:36	6:38/M
2	Randy Brecht, M56	Middle Amana, IA	20:39	6:39/M	20:36	6:38/M
3	David Fischer, M54	Robins, IA	21:53	7:03/M	21:50	7:02/M
4	Craig Brophy, M56	Cedar Rapids, IA	22:30	7:14/M	22:28	7:14/M
5	Jim Dwyer, M56	Marion, IA	24:24	7:51/M	24:18	7:49/M
6	Keith Simoens, M59	Cedar Rapids, IA	29:01	9:20/M	28:49	9:17/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Patricia Erenberger, F58	Marion, IA	25:24	8:11/M	25:19	8:09/M
2	Marsha Aspinall, F55	Cedar Rapids, IA	26:45	8:37/M	26:42	8:36/M

M[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Tom Wolfe, M69	Cedar Rapids, IA	22:42	7:18/M	22:39	7:18/M
2	Dave Martin, M62	Cedar Rapids, IA	24:00	7:44/M	23:58	7:43/M
3	Bruce Bachmann, M68	Cedar Rapids, IA	25:20	8:09/M	25:16	8:08/M
4	Doug Lord, M62	Lisbon, IA	26:32	8:33/M	26:28	8:31/M
5	Warren Riley, M60	Tama, IA	27:46	8:56/M	27:37	8:53/M
6	John Leland, M81	Marion, IA	29:34	9:31/M	29:28	9:29/M

F[60 & Over]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Sally Buser, F71	Fairfax, IA	38:03	12:15/M	37:56	12:13/M
2	Lori Stratton, F60	Solon, IA	48:19	15:33/M	48:08	15:30/M

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