

MOUNT VERNON HERITAGE DAYS  
5K Run & Walk  
July 13, 2013  
Mount Vernon, Iowa

5K WALKER RESULTS

| Place | Div/Tot | Name                  | City         | St Div      | Time    | Pace  |
|-------|---------|-----------------------|--------------|-------------|---------|-------|
| 1     | 1/1     | Kevin Halbmaier       | Albia        | IA 5W_M5059 | 33:39   | 10:50 |
| 2     | 1/3     | Preston Johnson       | Mt Vernon    | IA 5W_M0115 | 33:44   | 10:52 |
| 3     | 1/4     | Linnea Martin         | Marion       | IA 5W_F5059 | 34:11   | 11:00 |
| 4     | 1/4     | Deb Tuerler           | Mt Vernon    | IA 5W_F4049 | 36:59   | 11:55 |
| 5     | 2/4     | Cynthia Halbmaier     | Albia        | IA 5W_F5059 | 40:53   | 13:10 |
| 6     | 1/2     | Richard Kohl          | Mount Vernon | IA 5W_M6099 | 44:08   | 14:13 |
| 7     | 2/4     | Julie Nosek           | Mt Vernon    | IA 5W_F4049 | 46:34   | 15:00 |
| 8     | 3/4     | Missy Hauser          | Mt Vernon    | IA 5W_F4049 | 46:35   | 15:00 |
| 9     | 2/3     | Benjamin Johnson      | Mt Vernon    | IA 5W_M0115 | 46:56   | 15:07 |
| 10    | 1/2     | Kevin Conley          | Mount Vernon | IA 5W_M4049 | 47:27   | 15:17 |
| 11    | 1/1     | Grayce Conley         | Mount Vernon | IA 5W_F0115 | 47:27   | 15:17 |
| 12    | 1/5     | Kelly Johnson         | Aurora       | IL 5W_F2129 | 51:34   | 16:36 |
| 13    | 2/5     | Maggie Slaymaker      | Lisbon       | IA 5W_F2129 | 51:34   | 16:36 |
| 14    | 3/5     | Rachel Overton        | Lacrosse     | WI 5W_F2129 | 51:34   | 16:36 |
| 15    | 3/3     | Luke Stephens         | Lisbon       | IA 5W_M0115 | 54:05   | 17:25 |
| 16    | 1/2     | Katie Stephens        | Lisbon       | IA 5W_F3039 | 54:36   | 17:35 |
| 17    | 3/4     | Darla Benson          | Mt Vernon    | IA 5W_F5059 | 55:00   | 17:43 |
| 18    | 2/2     | Steve Benson          | Mt Vernon    | IA 5W_M6099 | 55:01   | 17:43 |
| 19    | 2/2     | Preston Ellis Johnson | Mt Vernon    | IA 5W_M4049 | 58:46   | 18:55 |
| 20    | 4/4     | Beth Johnson          | Mt Vernon    | IA 5W_F4049 | 58:46   | 18:55 |
| 21    | 2/2     | Nicole Saunders       | Mt Vernon    | IA 5W_F3039 | 1:01:09 | 19:41 |
| 22    | 4/4     | Amy Russell           | Mt Vernon    | IA 5W_F5059 | 1:01:09 | 19:41 |
| 23    | 4/5     | Nikki Morgan          | Mt Vernon    | IA 5W_F2129 | 1:03:39 | 20:30 |
| 24    | 5/5     | Clarissa Doscher      | Malvern      | IA 5W_F2129 | 1:03:39 | 20:30 |

MALE RESULTS

| Place | No. | Name                  | City         | St Div      | Time  | Pace  |
|-------|-----|-----------------------|--------------|-------------|-------|-------|
| 1     | 35  | Kevin Halbmaier       | Albia        | IA 5W_M5059 | 33:39 | 10:50 |
| 2     | 58  | Preston Johnson       | Mt Vernon    | IA 5W_M0115 | 33:44 | 10:52 |
| 3     | 136 | Richard Kohl          | Mount Vernon | IA 5W_M6099 | 44:08 | 14:13 |
| 4     | 55  | Benjamin Johnson      | Mt Vernon    | IA 5W_M0115 | 46:56 | 15:07 |
| 5     | 157 | Kevin Conley          | Mount Vernon | IA 5W_M4049 | 47:27 | 15:17 |
| 6     | 112 | Luke Stephens         | Lisbon       | IA 5W_M0115 | 54:05 | 17:25 |
| 7     | 9   | Steve Benson          | Mt Vernon    | IA 5W_M6099 | 55:01 | 17:43 |
| 8     | 18  | Preston Ellis Johnson | Mt Vernon    | IA 5W_M4049 | 58:46 | 18:55 |

FEMALE RESULTS

| Place | No. | Name              | City         | St Div      | Time  | Pace  |
|-------|-----|-------------------|--------------|-------------|-------|-------|
| 1     | 75  | Linnea Martin     | Marion       | IA 5W_F5059 | 34:11 | 11:00 |
| 2     | 119 | Deb Tuerler       | Mt Vernon    | IA 5W_F4049 | 36:59 | 11:55 |
| 3     | 34  | Cynthia Halbmaier | Albia        | IA 5W_F5059 | 40:53 | 13:10 |
| 4     | 85  | Julie Nosek       | Mt Vernon    | IA 5W_F4049 | 46:34 | 15:00 |
| 5     | 41  | Missy Hauser      | Mt Vernon    | IA 5W_F4049 | 46:35 | 15:00 |
| 6     | 158 | Grayce Conley     | Mount Vernon | IA 5W_F0115 | 47:27 | 15:17 |
| 7     | 57  | Kelly Johnson     | Aurora       | IL 5W_F2129 | 51:34 | 16:36 |

|    |     |                  |           |    |          |         |       |
|----|-----|------------------|-----------|----|----------|---------|-------|
| 8  | 110 | Maggie Slaymaker | Lisbon    | IA | 5W_F2129 | 51:34   | 16:36 |
| 9  | 87  | Rachel Overton   | Lacrosse  | WI | 5W_F2129 | 51:34   | 16:36 |
| 10 | 111 | Katie Stephens   | Lisbon    | IA | 5W_F3039 | 54:36   | 17:35 |
| 11 | 8   | Darla Benson     | Mt Vernon | IA | 5W_F5059 | 55:00   | 17:43 |
| 12 | 56  | Beth Johnson     | Mt Vernon | IA | 5W_F4049 | 58:46   | 18:55 |
| 13 | 103 | Nicole Saunders  | Mt Vernon | IA | 5W_F3039 | 1:01:09 | 19:41 |
| 14 | 98  | Amy Russell      | Mt Vernon | IA | 5W_F5059 | 1:01:09 | 19:41 |
| 15 | 79  | Nikki Morgan     | Mt Vernon | IA | 5W_F2129 | 1:03:39 | 20:30 |
| 16 | 17  | Clarissa Doscher | Malvern   | IA | 5W_F2129 | 1:03:39 | 20:30 |

FEMALE AGE GROUP RESULTS 1 - 19

| Place No. | Name              | City         | St | Time  | Pace  |
|-----------|-------------------|--------------|----|-------|-------|
| 1         | 158 Grayce Conley | Mount Vernon | IA | 47:27 | 15:17 |

MALE AGE GROUP RESULTS 1 - 19

| Place No. | Name                | City      | St | Time  | Pace  |
|-----------|---------------------|-----------|----|-------|-------|
| 1         | 58 Preston Johnson  | Mt Vernon | IA | 33:44 | 10:52 |
| 2         | 55 Benjamin Johnson | Mt Vernon | IA | 46:56 | 15:07 |
| 3         | 112 Luke Stephens   | Lisbon    | IA | 54:05 | 17:25 |

FEMALE AGE GROUP RESULTS 20 - 29

| Place No. | Name                 | City      | St | Time    | Pace  |
|-----------|----------------------|-----------|----|---------|-------|
| 1         | 57 Kelly Johnson     | Aurora    | IL | 51:34   | 16:36 |
| 2         | 110 Maggie Slaymaker | Lisbon    | IA | 51:34   | 16:36 |
| 3         | 87 Rachel Overton    | Lacrosse  | WI | 51:34   | 16:36 |
| 4         | 79 Nikki Morgan      | Mt Vernon | IA | 1:03:39 | 20:30 |
| 5         | 17 Clarissa Doscher  | Malvern   | IA | 1:03:39 | 20:30 |

FEMALE AGE GROUP RESULTS 30 - 39

| Place No. | Name                | City      | St | Time    | Pace  |
|-----------|---------------------|-----------|----|---------|-------|
| 1         | 111 Katie Stephens  | Lisbon    | IA | 54:36   | 17:35 |
| 2         | 103 Nicole Saunders | Mt Vernon | IA | 1:01:09 | 19:41 |

FEMALE AGE GROUP RESULTS 40 - 49

| Place No. | Name            | City      | St | Time  | Pace  |
|-----------|-----------------|-----------|----|-------|-------|
| 1         | 119 Deb Tuerler | Mt Vernon | IA | 36:59 | 11:55 |
| 2         | 85 Julie Nosek  | Mt Vernon | IA | 46:34 | 15:00 |
| 3         | 41 Missy Hauser | Mt Vernon | IA | 46:35 | 15:00 |
| 4         | 56 Beth Johnson | Mt Vernon | IA | 58:46 | 18:55 |

MALE AGE GROUP RESULTS 40 - 49

| Place No. | Name | City | St | Time | Pace |
|-----------|------|------|----|------|------|
|-----------|------|------|----|------|------|

|   |     |                       |              |    |       |       |
|---|-----|-----------------------|--------------|----|-------|-------|
| 1 | 157 | Kevin Conley          | Mount Vernon | IA | 47:27 | 15:17 |
| 2 | 18  | Preston Ellis Johnson | Mt Vernon    | IA | 58:46 | 18:55 |

FEMALE AGE GROUP RESULTS 50 - 59

| Place | No. | Name              | City      | St | Time    | Pace  |
|-------|-----|-------------------|-----------|----|---------|-------|
| 1     | 75  | Linnea Martin     | Marion    | IA | 34:11   | 11:00 |
| 2     | 34  | Cynthia Halbmaier | Albia     | IA | 40:53   | 13:10 |
| 3     | 8   | Darla Benson      | Mt Vernon | IA | 55:00   | 17:43 |
| 4     | 98  | Amy Russell       | Mt Vernon | IA | 1:01:09 | 19:41 |

MALE AGE GROUP RESULTS 50 - 59

| Place | No. | Name            | City  | St | Time  | Pace  |
|-------|-----|-----------------|-------|----|-------|-------|
| 1     | 35  | Kevin Halbmaier | Albia | IA | 33:39 | 10:50 |

MALE AGE GROUP RESULTS 60 - 69

| Place | No. | Name         | City         | St | Time  | Pace  |
|-------|-----|--------------|--------------|----|-------|-------|
| 1     | 136 | Richard Kohl | Mount Vernon | IA | 44:08 | 14:13 |
| 2     | 9   | Steve Benson | Mt Vernon    | IA | 55:01 | 17:43 |