

LIVE HEALTHY LINN
5K Fun Run & Walk
April 6, 2013
Hiawatha, Iowa

5K RUN RESULTS

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	145	Justin Helbing	Mason City	IA	27	M	16:46.53	5:24
2	265	Robert Murphy	Mount Vernon	IA	45	M	19:08.44	6:10
3	260	John Armon	Cedar Rapids	IA	46	M	19:28.96	6:17
4	240	Brian Middendorf	Cedar Rapids	IA	43	M	19:39.93	6:20
5	114	Mike Newman	Cedar Rapids	IA	34	M	20:00.02	6:27
6	122	Wade Ashlock	Cedar Rapids	IA	35	M	20:02.87	6:28
7	103	Kevin Beckner	Marion	IA	36	M	20:08.14	6:29
8	204	Nick Schultze	Cedar Rapids	IA	26	M	20:13.97	6:31
9	247	Wes Hilleshiem	Marion	IA	35	M	20:20.12	6:33
10	129	Evan Bednar	Cedar Rapids	IA	16	M	20:20.69	6:33
11	239	Tim Vipoud	Cedar Rapids	IA	47	M	20:24.00	6:34
12	193	James Shell	Cedar Rapids	IA	53	M	20:24.39	6:35
13	167	Patrick Gorman	Springville	IA	13	M	20:26.61	6:35
14	55	Logan Perleth	Dubuque	IA	22	M	20:31.66	6:37
15	61	Kyle Krisher	Waterloo	IA	28	M	20:38.78	6:39
16	255	Jason Roke	Fairfax	IA	32	M	21:00.30	6:46
17	107	Rob Opfer	Central City	IA	36	M	21:04.69	6:48
18	252	Rick Colton	Marion	IA	52	M	21:10.64	6:49
19	54	Tom Wolfe	Cedar Rapids	IA	64	M	21:15.44	6:51
20	161	Jason Fisher	Hiawatha	IA	32	M	21:22.19	6:53
21	139	Eric Gift	Cedar Rapids	IA	40	M	21:28.70	6:55
22	102	Luke Bross	Hiawatha	IA	27	M	21:34.58	6:57
23	184	Tom Loch	Cedar Rapids	IA	55	M	21:36.00	6:58
24	187	Dan Best	North Liberty	IA	28	M	21:41.07	6:59
25	147	Grant Helle	Cedar Rapids	IA	15	M	21:43.00	7:00
26	205	Timothy Hau	Iowa City	IA	27	M	21:45.44	7:01
27	162	Scott Hollingsworth	Cedar Rapids	IA	48	M	22:07.83	7:08
28	222	Daniel Petersen	Toddville	IA	41	M	22:16.15	7:11
29	168	Ethan Guca	Swisher	IA	37	M	22:17.17	7:11
30	246	Cameron Roehlk	Cedar Rapids	IA	15	M	22:20.43	7:12
31	159	Thomas O'Shea	Marion	IA	37	M	22:59.19	7:24
32	266	Kim Wander	Eldorado	IA	51	M	23:03.44	7:26
33	112	Chris Roling	Marion	IA	41	M	23:08.69	7:27
34	78	John Armstrong	Cedar Rapids	IA	22	M	23:24.12	7:32
35	203	Matt Hansen	Cedar Rapids	IA	19	M	23:39.95	7:38
36	128	Michael Lown	North Liberty	IA	37	M	23:46.94	7:40
37	142	Alex Stratton	Cedar Rapids	IA	50	M	23:53.14	7:42
38	262	Brad Scott	Marion	IA	60	M	23:59.86	7:44
39	99	Ryan Young	Marion	IA	37	M	24:07.95	7:47
40	164	Joshua Pedelty	Cedar Rapids	IA	38	M	24:08.36	7:47
41	104	Cody Oberfoell	Cedar Rapids	IA	19	M	24:15.89	7:49
42	132	Shawn Johnson	Cedar Rapids	IA	30	M	24:17.91	7:50
43	271	Tom Viner	Cedar Rapids	IA	33	M	24:20.56	7:51
44	269	Tom Storey	North Liberty	IA	45	M	24:28.45	7:53
45	150	Christian Petersen	Cedar Rapids	IA	16	M	24:33.73	7:55
46	264	Seth Scott	Marion	IA	32	M	24:43.25	7:58
47	68	Chris Hubbs	Hiawatha	IA	36	M	24:49.95	8:00
48	138	Joel Rochleau	Cedar Rapids	IA	39	M	24:54.63	8:02
49	194	Ken Beck	Solon	IA	36	M	24:56.25	8:02

50	211	Doug Lorel	Lisbon	IA	58	M	25:03.54	8:04
51	196	Braxton Hobbs	Solon	IA	11	M	25:06.58	8:05
52	256	Kevin Lamparek	Swisher	IA	52	M	25:13.20	8:08
53	198	Brian Long	Cedar Rapids	IA	44	M	25:30.14	8:13
54	170	Adis Cejvanovic	Waterloo	IA	29	M	25:32.45	8:14
55	148	Derek Nohr	Marion	IA	35	M	25:48.58	8:19
56	140	John Leland	Marion	IA	77	M	25:58.45	8:22
57	267	Dennis Hrnccirik	Hiawatha	IA	60	M	26:00.75	8:23
58	110	Brian Cain	Cedar Rapids	IA	28	M	26:36.04	8:34
59	134	Steve Maxfield	Cedar Rapids	IA	24	M	26:37.45	8:35
60	156	Ken Collier	Cedar Rapids	IA	59	M	26:42.20	8:36
61	75	Aj Seely	Cedar Rapids	IA	19	M	26:50.65	8:39
62	149	Tom Petersen	Cedar Rapids	IA	50	M	26:59.70	8:42
63	101	Josh Lockhart	Cedar Rapids	IA	33	M	27:03.62	8:43
64	202	David Richardson	North Liberty	IA	40	M	27:04.84	8:43
65	235	Stevie McGrane	Cedar Rapids	IA	44	M	27:20.70	8:49
66	232	Amy Keating	Marion	IA	53	M	27:27.95	8:51
67	230	Tyler Harrison	Marion	IA	30	M	27:28.65	8:51
68	105	Steven Rodrick	Sycamore	IL	51	M	27:31.67	8:52
69	91	Kyle Webber	Verona	WI	27	M	27:50.52	8:58
70	176	Kye Kolpin	Hiawatha	IA	26	M	27:52.95	8:59
71	130	Brandon Spicer	Marion	IA	31	M	28:21.77	9:08
72	96	James Remington	Cedar Rapids	IA	33	M	28:24.20	9:09
73	237	Josh Baynes	Cedar Rapids	IA	34	M	28:53.96	9:19
74	259	Austin Nelson	Cedar Rapids	IA	18	M	28:59.32	9:20
75	87	Sean Meloy	Cedar Rapids	IA	40	M	29:25.67	9:29
76	188	Rick Kullander	Cedar Rapids	IA	51	M	29:51.43	9:37
77	279	Mark Meyer	Marion	IA	55	M	30:14.96	9:45
78	88	Ryan Stancel	Marion	IA	33	M	30:23.92	9:48
79	51	David Drury	Cedar Rapids	IA	44	M	30:30.00	9:50
80	157	Michael Lueth	Cedar Falls	IA	25	M	30:31.62	9:50
81	108	Joseph Miller	Cedar Falls	IA	29	M	30:39.71	9:53
82	74	Michael Maas	Cedar Falls	IA	23	M	30:44.01	9:54
83	182	Yon Abel	Toddville	IA	40	M	31:17.34	10:05
84	65	Mark Witham	Hiawatha	IA	52	M	32:56.17	10:37
85	206	Bailey Graybill	Hiawatha	IA	14	M	33:11.20	10:41
86	124	Francis Ginther	Marion	IA	36	M	33:24.78	10:46
87	121	Kevin Mohler	Marion	IA	52	M	33:51.97	10:55
88	63	Jason Eastvold	Marion	IA	26	M	34:41.70	11:11
89	83	Justin Jones	Lisbon	IA	29	M	35:35.97	11:28
90	126	Ben Neuman	Waterloo	IA	32	M	38:41.35	12:28
91	136	Michael Webber	Cedar Rapids	IA	58	M	40:03.92	12:54
92	270	Nathan Etten	Central City	IA	30	M	45:03.58	14:31
93	44	Matthew Shepherd	Hiawatha	IA	33	M	47:23.65	15:16
94	214	Ryan Holub	Coggon	IA	15	M	56:11.01	18:06

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	98	Jessie Clark	Hiawatha	IA	24	F	20:36.94	6:39
2	166	Reagan Gorman	Springville	IA	11	F	21:06.19	6:48
3	118	Jane McGee	Hiawatha	IA	50	F	21:55.67	7:04
4	169	Melissa Gucfa	Swisher	IA	27	F	22:30.69	7:15
5	276	Lucy Libe	Washington	IA	21	F	22:32.83	7:16
6	173	Gretchen Lawyer	Marion	IA	39	F	23:05.06	7:26
7	233	Lindsey Trimble	Cedar Rapids	IA	31	F	24:10.41	7:47
8	179	Kristin Swanke	Cedar Rapids	IA	17	F	24:19.70	7:50
9	81	Vivian Denge	Cedar Rapids	IA	32	F	24:23.58	7:52

10	56	Elizabeth Schaefer	Waterloo	IA	14	F	24:42.04	7:58
11	275	Kellan Petz	Cedar Rapids	IA	22	F	25:03.35	8:04
12	73	Whitney Ruffridge	Cedar Rapids	IA	24	F	25:09.01	8:06
13	263	Claudia Scott	Marion	IA	62	F	25:09.95	8:06
14	144	Alisha Jo Helbing	Mason City	IA	27	F	25:13.69	8:08
15	178	Gretchen Swanke	Cedar Rapids	IA	48	F	25:39.45	8:16
16	210	Ruth Hospodarsky	Hiawatha	IA	32	F	25:41.69	8:17
17	133	Michelle Ohaver	Solon	IA	35	F	25:54.69	8:21
18	216	Paige Holub	Coggon	IA	13	F	25:55.09	8:21
19	186	Bri Corkin	North Liberty	IA	28	F	25:57.45	8:22
20	215	Renee Holub	Coggon	IA	41	F	26:24.28	8:30
21	72	Tiffany Weyant	Cedar Rapids	IA	23	F	26:51.20	8:39
22	70	Emily Logan	Cedar Rapids	IA	37	F	26:51.88	8:39
23	268	Dulcie Harrold	Cedar Rapids	IA	33	F	26:55.87	8:41
24	192	Markell Kuper	Cedar Rapids	IA	31	F	27:03.42	8:43
25	191	Lindsay Koenig	Hiawatha	IA	32	F	27:03.42	8:43
26	280	Mandi Robertson	Marion	IA	38	F	27:08.49	8:45
27	163	Deb White	Cedar Rapids	IA	44	F	27:13.37	8:46
28	248	Amber McMullin	Cedar Rapids	IA	30	F	27:14.39	8:47
29	109	Jennifer Duerksen	Cedar Rapids	IA	42	F	27:24.93	8:50
30	116	Carolyn Green	Cedar Rapids	IA	24	F	27:28.65	8:51
31	82	Andrea McCurdy-Savago	Manchester	IA	34	F	27:52.35	8:59
32	177	Brynn Kolpin	Hiawatha	IA	27	F	27:54.70	9:00
33	92	Megan Webber	Verona	WI	27	F	27:54.70	9:00
34	195	Rachael Beck	Solon	IA	32	F	28:01.46	9:02
35	257	Mindy Jenkins	Jesup	IA	30	F	28:09.00	9:04
36	131	Sarah Contreras	Marion	IA	27	F	28:21.70	9:08
37	53	Julie Rosenberg	Cedar Rapids	IA	55	F	28:29.06	9:11
38	46	Angelique Hummel	Cedar Rapids	IA	42	F	28:29.06	9:11
39	261	Carrie Heims	Marion	IA	30	F	28:36.59	9:13
40	199	Lori Long	Cedar Rapids	IA	41	F	28:55.21	9:19
41	111	Meredith Cain	Cedar Rapids	IA	28	F	29:03.36	9:22
42	141	Deena Furry	Cedar Rapids	IA	48	F	29:07.96	9:23
43	165	Erin Gilson	Marion	IA	28	F	29:10.66	9:24
44	236	Amy McGrane	Cedar Rapids	IA	44	F	29:13.70	9:25
45	153	Stephanie Edmonds	Manchester	IA	37	F	29:16.35	9:26
46	100	Jill Lockhart	Cedar Rapids	IA	27	F	29:20.63	9:27
47	123	Malisa McQuown	Marion	IA	40	F	30:10.52	9:43
48	189	Jacqueline Kullander	Cedar Rapids	IA	46	F	30:24.12	9:48
49	172	Sherrri Bartels	Cedar Rapids	IA	31	F	30:25.34	9:48
50	154	Michelle Bei	Cedar Rapids	IA	27	F	30:27.57	9:49
51	180	Erica Pasterski	Cedar Rapids	IA	32	F	30:51.96	9:57
52	125	Dana Main	Waterloo	IA	30	F	30:53.21	9:57
53	113	Lori Manternach	Cascade	IA	50	F	31:00.96	9:59
54	274	Maggie Stutzman	Palo	IA	11	F	31:21.96	10:06
55	213	Brooke Holub	Anamosa	IA	18	F	31:24.45	10:07
56	209	Rhianne Lehner	Cedar Rapids	IA	19	F	31:25.46	10:07
57	106	Shelly Hamlin-Rodrick	Sycamore	IL	53	F	31:28.89	10:08
58	47	Kelli Swehla	Cedar Rapids	IA	30	F	31:30.92	10:09
59	152	Jaelynn Hauschild	Cedar Rapids	IA	12	F	31:32.95	10:10
60	160	Jennifer Hansen	Cedar Rapids	IA	40	F	31:35.96	10:11
61	158	Elizabeth Lueth	Cedar Falls	IA	23	F	31:41.91	10:13
62	200	Ella Kane	Cedar Rapids	IA	10	F	31:42.51	10:13
63	171	Sanela Cejvanovic	Waterloo	IA	27	F	31:53.70	10:16
64	79	Vicki Daugherty	Atkins	IA	36	F	31:57.71	10:18
65	80	Ellen Tominsky	Cedar Rapids	IA	38	F	32:05.97	10:20
66	225	Sarah Walton	Cedar Rapids	IA	39	F	32:06.21	10:20
67	223	Candice Dietz	Cedar Rapids	IA	30	F	32:16.84	10:24
68	95	Jennifer Schulte	Cedar Rapids	IA	33	F	32:20.46	10:25
69	217	Hannah Peacock	Winthrop	IA	22	F	32:28.37	10:28

70	69	Kim Lehrman	Cedar Rapids	IA	52	F	32:39.94	10:31
71	66	Renee Garbe	Cedar Rapids	IA	27	F	32:42.98	10:32
72	97	Carissa Brehm	Cedar Rapids	IA	26	F	32:51.46	10:35
73	201	Amy Kane	Cedar Rapids	IA	37	F	33:05.10	10:39
74	243	William Moser	Hiawatha	IA	11	F	33:11.40	10:41
75	143	Vicki Wheeler	Cedar Rapids	IA	43	F	33:23.77	10:45
76	218	Megan Burns	Winthrop	IA	20	F	33:25.19	10:46
77	278	Barb Lindstrom	Cedar Rapids	IA	57	F	33:25.80	10:46
78	244	Evan Moser	Hiawatha	IA	10	F	33:29.64	10:47
79	242	Shawn Moser	Hiawatha	IA	41	F	33:33.47	10:49
80	67	Jackie Wagner	Cedar Rapids	IA	38	F	33:43.87	10:52
81	115	Sally Treiber	Marion	IA	51	F	33:47.93	10:53
82	93	Donna Sanders	Cedar Rapids	IA	51	F	33:47.93	10:53
83	117	Victoria Wieben	Marion	IA	30	F	33:58.47	10:57
84	277	Laura Hauschild	Cedar Rapids	IA	13	F	34:08.41	11:00
85	151	Jenna Hauschild	Cedar Rapids	IA	14	F	34:11.97	11:01
86	57	Sarah Schares	Cedar Falls	IA	26	F	34:26.67	11:06
87	146	Maren Sullivan	Cedar Rapids	IA	36	F	34:47.60	11:12
88	41	Kimberly Bennett	Cedar Rapids	IA	39	F	35:03.45	11:18
89	258	Amber Grant	Cedar Rapids	IA	25	F	35:37.01	11:28
90	42	Karin Bloomquist	Marion	IA	22	F	35:43.90	11:31
91	43	Emily Petersen	Ames	IA	21	F	35:43.90	11:31
92	212	Dawn Hansen	Robins	IA	44	F	35:50.19	11:33
93	272	Renee Stutzman	Palo	IA	37	F	36:08.47	11:38
94	273	Brenlyn Stutzman	Cedar Rapids	IA	9	F	36:08.67	11:39
95	234	Molly Baynes	Cedar Rapids	IA	34	F	36:21.71	11:43
96	185	Ashley Sweeney	Hiawatha	IA	28	F	36:25.47	11:44
97	207	Felicia Rossman	Marion	IA	26	F	36:48.89	11:51
98	208	Shauna Graybill	Hiawatha	IA	41	F	36:49.22	11:52
99	90	Marcey Liebe	Center Point	IA	39	F	37:06.13	11:57
100	58	Dana Sperfslage	Alburnett	IA	37	F	37:28.25	12:04
101	59	Brie Sperfslage	Alburnett	IA	12	F	37:28.67	12:04
102	64	Robin Witham	Hiawatha	IA	47	F	38:02.48	12:15
103	85	Sandi Daubs	Marion	IA	44	F	38:11.09	12:18
104	60	Abby Lasecki	Cedar Rapids	IA	53	F	38:34.23	12:25
105	62	Lisa Wagner	Waterloo	IA	45	F	39:43.64	12:48
106	190	Kim Vandolah	Toddville	IA	29	F	40:20.38	13:00
107	245	Andrew Moser	Hiawatha	IA	8	F	44:26.23	14:19
108	241	Kathy Moser	Hiawatha	IA	41	F	44:44.90	14:25
109	48	Brenda Steinke	Marion	IA	52	F	46:56.43	15:07
110	250	Catharine Cashner	Cedar Rapids	IA	42	F	46:57.46	15:07
111	127	Jessica Snyder	Riverside	IA	30	F	48:33.25	15:38
112	183	Jenny Snyder	East Peoria	IL	28	F	48:33.47	15:38
113	224	Lynn Shannon	Cedar Rapids	IA	35	F	49:53.41	16:04
114	253	Joanna Nohr	Marion	IA	35	F	51:14.37	16:30