

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	28/2257	1/3	37	Ellen Ries	F	27	Urbandale	IA	2	6:09	00:40:22.8	1	6:02	00:39:33.0	6:05	01:19:52.7
2	31/2257	2/3	3	Shannon Suing	F	37	Lincoln	NE	1	6:08	00:40:17.5	2	6:14	00:40:53.6	6:11	01:21:09.0
3	34/2257	3/3	31	Bridget Easley	F	33	Lincoln	NE	3	6:11	00:40:37.5	3	6:21	00:41:38.7	6:16	01:22:14.1
4	39/2257	1/322	34	Michelle Paxton	F	37	Lincoln	NE	5	6:20	00:41:38.5	4	6:26	00:42:08.7	6:23	01:23:42.1
5	51/2257	1/202	11	Amber Sargent	F	26	Beatrice	NE	6	6:21	00:41:46.6	8	6:43	00:43:59.9	6:32	01:25:40.4
6	56/2257	2/322	1043	Joni Williamson	F	38	Lincoln	NE	11	6:34	00:43:22.9	5	6:34	00:43:00.8	6:33	01:26:02.9
7	59/2257	1/293	24	Frankie Petersen	F	32	Lincoln	NE	7	6:27	00:42:19.3	9	6:45	00:44:13.4	6:35	01:26:30.0
8	63/2257	2/202	28	Jessica Pape	F	28	Omaha	NE	8	6:29	00:42:39.7	12	6:47	00:44:30.8	6:38	01:27:04.1
9	67/2257	2/293	1257	Andrea Lee	F	33	Omaha	NE	10	6:33	00:43:12.7	11	6:46	00:44:20.4	6:39	01:27:20.9
10	71/2257	1/2	12	Theresa Gosnell	F	42	Omaha	NE	22	6:45	00:44:22.1	6	6:37	00:43:21.0	6:41	01:27:39.4
11	73/2257	3/322	38	Michelle Schmidt	F	38	Lincoln	NE	20	6:42	00:44:00.3	7	6:42	00:43:54.3	6:41	01:27:49.0
12	76/2257	2/2	591	Maureen Larsen	F	42	Gretna	NE	14	6:39	00:43:43.3	10	6:45	00:44:14.6	6:42	01:27:53.4
13	82/2257	3/293	1215	Lindsey Brezenski	F	32	Omaha	NE	19	6:42	00:44:00.1	13	6:47	00:44:32.0	6:44	01:28:26.4
14	84/2257	4/322	590	Amy Barry	F	35	Gretna	NE	12	6:38	00:43:33.7	14	6:52	00:45:00.4	6:45	01:28:30.4
15	87/2257	1/100	7	Haleigh Riggle	F	24	Lincoln	NE	15	6:40	00:43:46.4	19	6:56	00:45:26.3	6:48	01:29:09.9
16	88/2257	3/202	2738	Laurel Johnson	F	27	Lincoln	NE	18	6:41	00:43:57.6	16	6:55	00:45:19.9	6:48	01:29:11.8
17	91/2257	4/202	334	Lindsey Meyer	F	29	Omaha	NE	24	6:45	00:44:22.9	17	6:55	00:45:21.4	6:50	01:29:34.9
18	92/2257	5/322	8	Christy Nielsen	F	39	Omaha	NE	23	6:45	00:44:22.7	18	6:55	00:45:22.0	6:50	01:29:40.2
19	99/2257	5/202	2474	Blake Wageman	F	29	Elkhorn	NE	29	6:54	00:45:24.7	15	6:54	00:45:12.8	6:54	01:30:29.1
20	100/2257	6/322	702	Ann Hubl	F	35	Hebron	NE	13	6:39	00:43:40.4	23	7:09	00:46:54.1	6:54	01:30:30.8
21	103/2257	4/293	1288	Leslie Van Winkle	F	32	Lincoln	NE	9	6:32	00:42:56.5	35	7:17	00:47:47.7	6:55	01:30:40.4
22	105/2257	1/127	3563	Stacy Shaw	F	48	Omaha	NE	25	6:46	00:44:24.7	20	7:05	00:46:24.6	6:55	01:30:43.9
23	108/2257	1/219	3567	Amy Mccracken	F	40	Lincoln	NE	21	6:43	00:44:09.2	25	7:10	00:46:57.0	6:56	01:31:01.0
24	110/2257	2/100	2608	Hannah Johnson	F	24	Lincoln	NE	17	6:41	00:43:52.9	33	7:17	00:47:42.8	6:58	01:31:30.3
25	112/2257	2/219	2780	Natalie Jetensky	F	44	Tekamah	NE	26	6:49	00:44:51.7	27	7:10	00:47:00.6	7:00	01:31:46.0
26	114/2257	5/293	3442	Niki Hilgenberg	F	33	St Joseph	MO	27	6:54	00:45:17.3	21	7:07	00:46:41.9	7:00	01:31:54.0
27	115/2257	3/100	36	Kaitlin Reed	F	23	West Des Moines	IA	28	6:54	00:45:18.6	24	7:09	00:46:56.2	7:01	01:32:10.5
28	120/2257	4/100	961	Shelby Tucker	F	21	Gretna	NE	16	6:41	00:43:52.5	44	7:27	00:48:54.2	7:04	01:32:43.4
29	125/2257	7/322	2302	Kristen Ramm	F	35	Gretna	NE	34	7:08	00:46:54.5	22	7:09	00:46:50.2	7:08	01:33:37.4
30	134/2257	6/293	812	Julie Olson	F	31	Omaha	NE	32	7:08	00:46:54.5	34	7:17	00:47:46.2	7:12	01:34:33.3
31	137/2257	6/202	2172	Megan Vermaas	F	27	Omaha	NE	39	7:13	00:47:27.8	29	7:13	00:47:18.1	7:13	01:34:40.5
32	142/2257	7/202	323	Sarah Stevens	F	28	Omaha	NE	41	7:19	00:48:02.8	26	7:10	00:46:58.4	7:14	01:34:54.4
33	143/2257	2/127	3298	Marcia Esola	F	47	Omaha	NE	44	7:19	00:48:16.5	28	7:10	00:47:02.5	7:14	01:34:59.7
34	144/2257	7/293	1190	Laura Neel	F	33	Omaha	NE	33	7:08	00:46:54.5	40	7:24	00:48:33.9	7:16	01:35:19.2
35	145/2257	3/219	2548	Kjersten Welch	F	44	Sioux City	IA	30	7:06	00:46:44.8	43	7:26	00:48:45.8	7:16	01:35:20.5
36	146/2257	8/293	721	Amy Swartwood	F	33	Omaha	NE	43	7:19	00:48:11.5	31	7:15	00:47:32.3	7:17	01:35:33.3

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	159/2257	9/293	2711	Stacy Fey	F	34	Woodstock	MN	60	7:25	00:49:52.3	37	7:18	00:47:54.9	7:21	01:36:31.7
38	161/2257	8/322	259	Christy Rasmussen	F	35	Lincoln	NE	54	7:26	00:49:11.7	36	7:17	00:47:48.8	7:21	01:36:34.0
39	162/2257	4/219	337	Stacey Eddie	F	44	Storm Lake	IA	42	7:19	00:48:10.3	41	7:25	00:48:38.0	7:22	01:36:35.1
40	165/2257	9/322	2763	Rachel Hoger	F	39	Johnston	IA	56	7:29	00:49:19.8	32	7:16	00:47:38.5	7:22	01:36:42.4
41	166/2257	8/202	2325	Erin Beethe	F	26	Lincoln	NE	47	7:20	00:48:19.4	42	7:26	00:48:41.7	7:23	01:36:49.0
42	169/2257	9/202	299	Cailan Franz	F	26	Omaha	NE	31	7:08	00:46:52.5	55	7:39	00:50:07.1	7:23	01:36:52.4
43	170/2257	10/293	3474	Kristen Wetta	F	32	Omaha	NE	58	7:33	00:49:43.7	30	7:14	00:47:25.5	7:23	01:36:53.9
44	172/2257	11/293	503	Jill Tillinghast	F	33	Lincoln	NE	37	7:11	00:47:14.8	53	7:38	00:50:00.6	7:24	01:37:03.7
45	174/2257	10/322	1396	Carrie Grant	F	36	Lincoln	NE	46	7:20	00:48:17.8	45	7:28	00:49:00.2	7:24	01:37:04.3
46	175/2257	12/293	3290	Leah Wurth	F	32	Omaha	NE	36	7:08	00:47:11.8	58	7:40	00:50:18.7	7:24	01:37:05.3
47	179/2257	1/90	989	Nancy Stanley	F	51	Lincoln	NE	49	7:24	00:48:47.7	47	7:30	00:49:08.6	7:27	01:37:40.7
48	181/2257	13/293	1910	Christy Prang	F	31	Lincoln	NE	35	7:09	00:47:06.7	70	7:47	00:51:02.7	7:28	01:37:57.0
49	182/2257	14/293	436	Carol Barry	F	34	Valparaiso	NE	40	7:14	00:47:41.3	61	7:43	00:50:33.4	7:28	01:38:01.5
50	186/2257	15/293	707	Amber Oligmueller	F	33	Lincoln	NE	73	7:40	00:50:44.2	38	7:20	00:48:06.2	7:30	01:38:24.8
51	189/2257	10/202	2973	Shawntae Horst	F	28	Lincoln	NE	48	7:25	00:48:45.5	52	7:36	00:49:51.1	7:30	01:38:26.4
52	190/2257	16/293	2402	Kristie Brezenski	F	34	Columbus	NE	50	7:25	00:48:56.4	51	7:36	00:49:48.7	7:30	01:38:28.5
53	191/2257	11/202	864	Kylie Hubbell	F	25	Omaha	NE	62	7:33	00:50:07.8	46	7:28	00:49:00.4	7:30	01:38:29.7
54	195/2257	17/293	2149	Laura Lillie	F	34	Omaha	NE	38	7:12	00:47:20.3	75	7:51	00:51:28.1	7:31	01:38:40.5
55	198/2257	18/293	2682	Christina Bentley	F	34	Lincoln	NE	45	7:19	00:48:17.2	66	7:45	00:50:50.6	7:32	01:38:52.6
56	200/2257	11/322	3183	Caitlyn Ramey	F	35	Omaha	NE	74	7:43	00:50:57.5	39	7:23	00:48:26.0	7:33	01:38:59.9
57	203/2257	2/90	679	Kristi Newcomb	F	51	Lincoln	NE	51	7:28	00:49:08.4	57	7:39	00:50:11.0	7:33	01:39:07.1
58	207/2257	12/202	1916	Catie Deman	F	29	Omaha	NE	59	7:34	00:49:46.9	49	7:35	00:49:43.2	7:34	01:39:16.9
59	210/2257	19/293	2229	Katy Billings	F	33	Auburn	NE	52	7:27	00:49:09.4	62	7:43	00:50:36.0	7:35	01:39:26.4
60	216/2257	5/219	1358	Kami Alessandro	F	42	Omaha	NE	53	7:28	00:49:10.4	67	7:45	00:50:51.4	7:36	01:39:46.6
61	220/2257	13/202	2735	Anna Seeley	F	25	Aurora	NE	63	7:36	00:50:09.8	54	7:38	00:50:05.7	7:37	01:39:54.9
62	227/2257	6/219	2901	Kelly Crymble	F	43	Ogallala	NE	71	7:41	00:50:35.9	56	7:39	00:50:10.3	7:39	01:40:29.9
63	230/2257	7/219	244	Betsy Berentson	F	44	Omaha	NE	70	7:40	00:50:33.7	59	7:42	00:50:27.7	7:41	01:40:45.5
64	232/2257	20/293	415	Sam Eckhardt	F	30	Lincoln	NE	68	7:38	00:50:20.8	64	7:44	00:50:41.7	7:41	01:40:47.7
65	235/2257	3/90	751	Amanda Baron-Fritts	F	53	Lincoln	NE	72	7:41	00:50:41.8	63	7:44	00:50:40.4	7:42	01:41:01.8
66	238/2257	21/293	736	Elizabeth Barry	F	34	Lincoln	NE	77	7:44	00:51:02.7	60	7:42	00:50:28.4	7:42	01:41:08.0
67	241/2257	14/202	2419	Amber Nelson	F	29	Omaha	NE	66	7:27	00:50:20.6	94	8:01	00:52:30.8	7:43	01:41:22.3
68	242/2257	12/322	2698	Michelle Adler	F	37	Lincoln	NE	112	7:55	00:53:26.2	48	7:34	00:49:34.5	7:44	01:41:25.8
69	243/2257	8/219	3018	Julie Ortman	F	40	La Vista	NE	91	7:53	00:52:06.5	50	7:36	00:49:47.2	7:44	01:41:26.4
70	251/2257	22/293	2653	Karisa Ostdiek	F	34	Grand Island	NE	65	7:37	00:50:16.5	93	8:00	00:52:29.9	7:48	01:42:24.3
71	253/2257	13/322	1597	Heidi Tast	F	38	Lincoln	NE	69	7:39	00:50:21.8	89	7:59	00:52:20.4	7:49	01:42:31.7
72	258/2257	3/127	2893	Jeanne Rud	F	47	Madison	SD	109	7:56	00:53:15.2	65	7:44	00:50:42.5	7:50	01:42:43.6

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	260/2257	4/90	3349	Tracy Schmidt	F	53	Lincoln	NE	80	7:44	00:51:12.7	80	7:56	00:52:00.0	7:50	01:42:45.2
74	262/2257	14/322	3423	Lora Ullerich	F	37	Omaha	NE	64	7:35	00:50:14.3	103	8:07	00:53:15.5	7:51	01:42:56.9
75	263/2257	4/127	624	Claire Haag	F	46	Lincoln	NE	61	7:32	00:49:54.1	109	8:10	00:53:34.4	7:51	01:42:57.0
76	265/2257	15/322	1889	Kristi Casady	F	37	Lincoln	NE	79	7:46	00:51:10.2	83	7:57	00:52:05.8	7:51	01:42:59.8
77	267/2257	23/293	1032	Alisha Luebbe	F	31	Lincoln	NE	67	7:39	00:50:20.8	100	8:04	00:52:55.5	7:51	01:43:04.2
78	271/2257	16/322	642	Michelle Bivens	F	35	Lincoln	NE	97	7:56	00:52:30.8	74	7:50	00:51:23.0	7:53	01:43:22.5
79	273/2257	9/219	1335	Rachele Eller	F	44	Shelby	NE	85	7:50	00:51:42.8	87	7:58	00:52:17.0	7:54	01:43:41.2
80	277/2257	24/293	1381	Amy Ferguson	F	32	Lincoln	NE	115	8:04	00:53:36.2	68	7:46	00:50:52.7	7:54	01:43:46.1
81	283/2257	10/219	2216	Daria Springer	F	43	Lincoln	NE	98	7:55	00:52:32.3	85	7:58	00:52:13.0	7:56	01:44:08.2
82	285/2257	17/322	2536	Staci Hanus	F	36	Lincoln	NE	81	7:46	00:51:13.7	105	8:08	00:53:17.4	7:57	01:44:13.6
83	287/2257	18/322	2865	Molly Burgher	F	37	Lincoln	NE	78	7:46	00:51:09.4	106	8:08	00:53:21.9	7:57	01:44:17.1
84	288/2257	25/293	3551	Stephanie Boldt	F	30	Lincoln	NE	55	7:30	00:49:19.1	152	8:25	00:55:13.0	7:57	01:44:25.9
85	289/2257	5/100	1985	Erin Heiden	F	21	Lincoln	NE	143	8:10	00:54:04.3	69	7:47	00:50:58.9	7:58	01:44:28.8
86	290/2257	19/322	1345	Larissa Woosley	F	36	Lincoln	NE	82	7:47	00:51:14.3	108	8:10	00:53:34.1	7:58	01:44:35.8
87	292/2257	5/90	1166	Jo Mcelwain	F	50	Lincoln	NE	113	8:05	00:53:29.3	77	7:52	00:51:35.3	7:58	01:44:36.8
88	294/2257	6/100	2163	Allison Balderston	F	22	Salina	KS	144	8:10	00:54:04.8	72	7:48	00:51:10.3	7:59	01:44:41.0
89	296/2257	11/219	1897	Sandy Catlin	F	43	Verdon	NE	76	7:39	00:51:01.3	129	8:19	00:54:33.2	7:59	01:44:42.0
90	298/2257	15/202	2342	Emily Steenson	F	29	Lincoln	NE	96	7:56	00:52:30.1	97	8:02	00:52:42.0	7:59	01:44:45.5
91	299/2257	12/219	1371	Lori Bakker	F	40	Omaha	NE	95	7:57	00:52:29.8	96	8:02	00:52:41.3	7:59	01:44:45.8
92	301/2257	20/322	1488	Denise Petsche	F	37	Roca	NE	88	7:47	00:52:01.5	112	8:12	00:53:47.8	7:59	01:44:52.1
93	302/2257	26/293	1240	Jayme Lowell	F	34	Lincoln	NE	106	7:59	00:53:10.5	91	8:00	00:52:28.8	8:00	01:44:52.6
94	303/2257	27/293	3008	Haley Bidroski	F	30	Columbus	NE	152	8:11	00:54:22.3	73	7:49	00:51:13.7	8:00	01:44:54.9
95	309/2257	1/11	1909	Laura Packwood	F	17	Omaha	NE	100	8:01	00:52:57.6	95	8:01	00:52:30.9	8:00	01:45:05.2
96	315/2257	21/322	204	Lisa Sypal	F	35	Lincoln	NE	111	8:05	00:53:25.2	88	7:59	00:52:17.7	8:01	01:45:14.5
97	318/2257	28/293	995	Jenny Steuer	F	33	Lincoln	NE	128	8:08	00:53:48.8	81	7:56	00:52:01.4	8:02	01:45:20.3
98	319/2257	16/202	1563	Brittany Bausch	F	26	Auburn	NE	121	8:07	00:53:40.2	84	7:57	00:52:06.0	8:02	01:45:21.2
99	320/2257	17/202	2495	Elizabeth Vanwinkle	F	27	Omaha	NE	83	7:41	00:51:14.7	143	8:23	00:54:58.3	8:02	01:45:22.3
100	323/2257	18/202	3564	Kimberly Piening	F	28	Pleasant Dale	NE	239	8:14	00:56:48.2	76	7:52	00:51:31.9	8:02	01:45:29.8
101	326/2257	19/202	1107	Amanda Homes	F	27	Lincoln	NE	129	8:06	00:53:48.9	92	8:00	00:52:29.8	8:03	01:45:36.4
102	327/2257	22/322	441	Abbie Edie	F	37	Omaha	NE	127	8:08	00:53:47.7	86	7:58	00:52:14.6	8:03	01:45:37.0
103	331/2257	29/293	1037	Angela Sing	F	31	Omaha	NE	89	7:53	00:52:03.3	118	8:15	00:54:04.3	8:03	01:45:43.9
104	336/2257	23/322	221	Sonya Kelly	F	39	Thurston	NE	175	8:18	00:55:08.5	78	7:52	00:51:36.1	8:05	01:46:02.7
105	337/2257	30/293	3463	Traci Helton	F	30	Riverton	WY	108	8:03	00:53:14.4	104	8:07	00:53:16.3	8:05	01:46:05.0
106	339/2257	31/293	741	Kelia Dubas	F	32	Omaha	NE	163	8:14	00:54:47.5	90	7:59	00:52:21.7	8:06	01:46:17.6
107	341/2257	24/322	2154	Katie Trierweiler	F	37	Lincoln	NE	86	7:52	00:52:00.3	135	8:22	00:54:48.2	8:06	01:46:21.3
108	344/2257	32/293	219	Tasha Breitbarth	F	33	Pender	NE	148	8:11	00:54:13.8	98	8:04	00:52:52.6	8:07	01:46:28.7

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
109	345/2257	25/322	2313	Angie Frederick	F	39	Omaha	NE	153	8:18	00:54:23.4	82	7:57	00:52:05.7	8:07	01:46:29.1
110	346/2257	6/90	665	Rachelle Hadley	F	51	Lincoln	NE	105	8:01	00:53:07.1	117	8:14	00:53:58.7	8:07	01:46:29.6
111	347/2257	20/202	222	Melissa Hansen	F	29	Pender	NE	149	8:11	00:54:14.8	99	8:04	00:52:54.0	8:07	01:46:31.3
112	350/2257	26/322	212	Jill Vodicka	F	39	Lincoln	NE	146	8:09	00:54:06.7	102	8:07	00:53:14.5	8:08	01:46:37.7
113	353/2257	27/322	411	Nicole Wingert	F	36	Omaha	NE	193	8:22	00:55:35.4	79	7:55	00:51:56.1	8:08	01:46:44.6
114	354/2257	21/202	2667	Lisa Karel	F	27	Kansas City	MO	120	8:07	00:53:39.6	107	8:10	00:53:32.8	8:08	01:46:45.7
115	356/2257	7/90	2377	Julie Olmstead	F	51	Webster City	IA	94	7:55	00:52:27.3	148	8:24	00:55:07.0	8:09	01:47:01.1
116	357/2257	33/293	605	Molly Jensen	F	32	Omaha	NE	101	7:59	00:52:58.2	132	8:20	00:54:41.2	8:10	01:47:04.9
117	360/2257	5/127	977	Jennifer Burke	F	45	Lincoln	NE	124	8:07	00:53:41.3	116	8:14	00:53:57.3	8:10	01:47:13.4
118	361/2257	34/293	297	Tracy Garcia	F	34	Lincoln	NE	117	8:04	00:53:36.5	121	8:17	00:54:20.5	8:10	01:47:14.7
119	363/2257	35/293	241	Katie Garcia	F	33	Lincoln	NE	116	8:04	00:53:36.5	122	8:17	00:54:20.5	8:10	01:47:15.3
120	365/2257	6/127	801	Sharon Kruse	F	49	Elkhorn	NE	162	8:11	00:54:46.8	110	8:11	00:53:40.7	8:11	01:47:21.1
121	366/2257	22/202	1269	Kelsey Richters	F	27	Lincoln	NE	138	8:05	00:53:56.3	127	8:19	00:54:29.7	8:11	01:47:27.2
122	372/2257	7/100	1465	Brittany Schipman	F	24	Lincoln	NE	150	8:13	00:54:15.7	111	8:12	00:53:45.4	8:12	01:47:37.3
123	373/2257	28/322	510	Angie Thompson	F	37	Lincoln	NE	125	8:07	00:53:42.3	125	8:18	00:54:28.2	8:12	01:47:41.9
124	374/2257	36/293	3596	Sara Cover	F	32	Lincoln	NE	84	7:49	00:51:34.8	190	8:38	00:56:34.3	8:13	01:47:50.2
125	376/2257	13/219	3403	April Binder	F	41	Table Rock	NE	171	8:15	00:55:00.2	114	8:13	00:53:50.1	8:14	01:47:56.4
126	379/2257	23/202	1653	Cassie Jones Miller	F	26	Omaha	NE	119	8:07	00:53:37.5	136	8:22	00:54:48.3	8:14	01:47:58.5
127	381/2257	37/293	2807	Brandy Janicek	F	31	Lincoln	NE	87	7:49	00:52:00.7	197	8:39	00:56:43.9	8:14	01:48:00.7
128	383/2257	8/100	149	Melissa Wadzinski	F	24	Lincoln	NE	132	8:08	00:53:51.8	134	8:21	00:54:45.8	8:14	01:48:02.2
129	388/2257	29/322	2276	Jessie Carlson	F	37	Lincoln	NE	104	8:00	00:53:05.5	167	8:31	00:55:49.0	8:15	01:48:17.9
130	391/2257	14/219	209	Jenny Petersen	F	41	Lincoln	NE	408	8:43	00:59:51.9	71	7:48	00:51:06.9	8:15	01:48:18.5
131	392/2257	30/322	790	Jamie Peters	F	39	Lincoln	NE	99	7:55	00:52:32.5	180	8:36	00:56:21.7	8:15	01:48:19.2
132	394/2257	31/322	658	Lyndsay Jensen	F	35	Lincoln	NE	147	8:09	00:54:07.3	140	8:23	00:54:55.4	8:16	01:48:23.5
133	395/2257	15/219	1323	Meagan Van Gelder	F	44	Omaha	NE	154	8:13	00:54:24.8	130	8:19	00:54:33.7	8:16	01:48:25.2
134	396/2257	38/293	1021	Jill Hecker	F	33	Gretna	NE	156	8:12	00:54:31.8	133	8:21	00:54:42.0	8:16	01:48:26.1
135	397/2257	16/219	1189	Lara Schwartz	F	42	Lincoln	NE	142	8:09	00:54:03.7	145	8:24	00:55:03.9	8:16	01:48:29.7
136	398/2257	17/219	1203	Amy Arduser	F	44	Lincoln	NE	141	8:09	00:54:03.5	146	8:24	00:55:04.1	8:16	01:48:30.1
137	399/2257	9/100	2160	Breanna Jensby	F	24	Lincoln	NE	107	7:59	00:53:10.8	173	8:34	00:56:09.9	8:16	01:48:32.4
138	401/2257	24/202	3379	Megan Johnson	F	28	Columbus	NE	92	7:52	00:52:17.3	210	8:42	00:57:04.8	8:17	01:48:40.2
139	402/2257	39/293	1528	Kathy Occansey	F	34	Lincoln	NE	167	8:16	00:54:51.3	128	8:19	00:54:31.2	8:17	01:48:43.2
140	403/2257	8/90	823	Mary Amen	F	50	Lincoln	NE	75	7:44	00:50:59.9	252	8:51	00:58:01.9	8:17	01:48:47.6
141	405/2257	32/322	3377	Andrea Marshall	F	36	Omaha	NE	118	8:06	00:53:37.2	166	8:30	00:55:45.4	8:18	01:48:52.5
142	406/2257	33/322	573	Heather Tonjes	F	35	Gretna	NE	161	8:15	00:54:46.2	138	8:22	00:54:50.2	8:18	01:48:52.9
143	409/2257	10/100	1951	Maggie Hedlund	F	24	Lincoln	NE	57	7:32	00:49:29.3	319	9:05	00:59:31.0	8:18	01:48:53.2
144	410/2257	18/219	1337	Molly Kroeker	F	43	Lincoln	NE	134	8:07	00:53:53.6	165	8:30	00:55:41.1	8:18	01:48:55.9

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November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	413/2257	40/293	2022	Andrea Davis	F	34	Fairbury	NE	151	8:13	00:54:18.8	150	8:25	00:55:11.4	8:19	01:49:04.0
146	414/2257	41/293	1004	Natalie Greer	F	33	Omaha	NE	110	8:02	00:53:22.2	185	8:37	00:56:27.6	8:19	01:49:04.9
147	423/2257	34/322	223	Dana Beckman	F	37	Pender	NE	140	8:08	00:53:59.4	168	8:31	00:55:49.9	8:19	01:49:11.8
148	424/2257	35/322	664	Sara Sharp	F	37	Lincoln	NE	158	8:14	00:54:37.3	156	8:26	00:55:16.5	8:19	01:49:13.3
149	425/2257	9/90	1226	Linda Veldman	F	54	Denver	CO	198	8:22	00:55:48.4	123	8:18	00:54:27.9	8:20	01:49:17.6
150	426/2257	11/100	1227	Katie Mckitterick	F	22	Lincoln	NE	199	8:22	00:55:48.4	124	8:18	00:54:27.9	8:20	01:49:20.0
151	427/2257	42/293	1078	Rachel Murman	F	34	Lincoln	NE	202	8:25	00:55:50.4	119	8:16	00:54:12.9	8:20	01:49:22.7
152	431/2257	43/293	627	Melanie Johnson	F	33	Lincoln	NE	172	8:19	00:55:06.3	139	8:23	00:54:55.1	8:21	01:49:27.7
153	432/2257	7/127	2818	Kristel Bakker	F	45	Madison	SD	192	8:17	00:55:34.8	149	8:25	00:55:09.0	8:21	01:49:27.9
154	433/2257	25/202	1192	Rebecca Vacek	F	28	Lincoln	NE	135	8:08	00:53:53.8	175	8:34	00:56:11.0	8:21	01:49:28.6
155	434/2257	36/322	3268	Alexis Steiner	F	35	Omaha	NE	136	8:08	00:53:54.8	176	8:34	00:56:11.7	8:21	01:49:33.6
156	435/2257	12/100	1700	Emily Barla	F	23	Omaha	NE	197	8:24	00:55:45.1	126	8:19	00:54:29.7	8:21	01:49:34.0
157	437/2257	37/322	2626	Holly Persson	F	39	Lincoln	NE	166	8:17	00:54:50.8	155	8:26	00:55:16.5	8:21	01:49:37.9
158	439/2257	44/293	531	Sheena Case	F	33	Lincoln	NE	165	8:18	00:54:50.7	154	8:26	00:55:16.4	8:21	01:49:40.2
159	441/2257	38/322	363	Melinda Bentjen	F	35	Lincoln	NE	187	8:20	00:55:24.8	144	8:24	00:55:03.2	8:22	01:49:42.6
160	442/2257	45/293	296	Amy Williams	F	32	Lincoln	NE	123	8:05	00:53:40.8	196	8:39	00:56:43.0	8:22	01:49:43.4
161	443/2257	19/219	1095	Jori Newell	F	40	Eagle	NE	173	8:18	00:55:07.1	159	8:26	00:55:18.7	8:22	01:49:44.1
162	445/2257	46/293	481	Janice Ayres	F	34	Lincoln	NE	205	8:22	00:55:51.9	141	8:23	00:54:56.1	8:22	01:49:44.3
163	446/2257	39/322	2267	Angie Zabawa	F	37	Lincoln	NE	122	8:06	00:53:40.6	194	8:39	00:56:41.2	8:22	01:49:44.9
164	448/2257	10/90	2446	Laura Kapustka	F	52	Lincoln	NE	130	8:09	00:53:49.8	187	8:37	00:56:31.8	8:23	01:49:57.3
165	451/2257	40/322	1827	Shawna Hurley	F	38	Lincoln	NE	185	8:21	00:55:21.5	151	8:25	00:55:12.3	8:23	01:50:00.3
166	452/2257	8/127	3390	Rose Sutton	F	46	Wahoo	NE	236	8:25	00:56:40.9	137	8:22	00:54:48.6	8:23	01:50:00.3
167	454/2257	47/293	385	Brandy Nielson	F	32	Lincoln	NE	188	8:19	00:55:25.3	160	8:28	00:55:27.7	8:23	01:50:01.2
168	456/2257	48/293	2159	Ann Lesch	F	34	De Smet	SD	245	8:35	00:56:59.6	113	8:12	00:53:48.7	8:23	01:50:02.1
169	458/2257	9/127	3176	Rebecca Buchmann	F	48	Lincoln	NE	90	7:54	00:52:05.9	264	8:54	00:58:18.9	8:23	01:50:05.3
170	464/2257	20/219	571	Eva Lindahl	F	44	Lincoln	NE	114	8:05	00:53:31.9	212	8:44	00:57:12.9	8:24	01:50:15.0
171	465/2257	41/322	1256	Jenna Dubas	F	36	Waverly	NE	232	8:29	00:56:30.3	131	8:20	00:54:39.7	8:24	01:50:15.3
172	466/2257	42/322	981	S. Dusty Hatt	F	35	Lincoln	NE	126	8:08	00:53:46.7	205	8:41	00:56:58.5	8:24	01:50:15.5
173	467/2257	49/293	3525	Megan Dreyer	F	34	Lincoln	NE	133	8:09	00:53:52.7	198	8:40	00:56:47.6	8:24	01:50:16.0
174	469/2257	43/322	674	Rachel Horstman	F	35	Sterling	NE	139	8:09	00:53:58.3	202	8:40	00:56:51.2	8:24	01:50:17.9
175	470/2257	50/293	785	Jenn Kerschinske	F	32	Elkhorn	NE	177	8:20	00:55:12.5	164	8:29	00:55:40.1	8:24	01:50:18.5
176	472/2257	44/322	1343	Katie Carmichael	F	38	Gretna	NE	160	8:10	00:54:44.5	203	8:40	00:56:51.3	8:25	01:50:26.5
177	473/2257	26/202	1903	Rachel McGill	F	26	Lincoln	NE	195	8:22	00:55:44.3	163	8:29	00:55:35.3	8:25	01:50:28.2
178	474/2257	45/322	318	Jackie Kohtz	F	39	Kearney	NE	214	8:26	00:56:05.5	157	8:26	00:55:18.1	8:26	01:50:35.1
179	476/2257	51/293	316	Carrie Whiting	F	34	Kearney	NE	215	8:26	00:56:05.9	158	8:26	00:55:18.3	8:26	01:50:36.3
180	478/2257	27/202	275	Samantha Mccartney	F	28	Kearney	NE	247	8:29	00:57:04.7	147	8:24	00:55:05.8	8:26	01:50:41.1

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	480/2257	46/322	2062	Jeannie Rung	F	37	Lincoln	NE	131	8:08	00:53:51.5	229	8:46	00:57:27.1	8:26	01:50:45.9
182	481/2257	13/100	1664	Taylor Schultz	F	21	Helena	MT	293	8:41	00:58:26.5	115	8:13	00:53:51.3	8:27	01:50:48.0
183	482/2257	47/322	949	Pam Jurgensmeyer	F	35	Prairie Village	KS	259	8:38	00:57:30.5	120	8:16	00:54:14.1	8:27	01:50:49.1
184	483/2257	28/202	2703	Amy Kloeffkorn	F	29	Lincoln	NE	186	8:17	00:55:21.5	186	8:37	00:56:31.2	8:27	01:50:50.6
185	484/2257	29/202	336	Kelsey Meyer	F	25	Des Moines	IA	203	8:26	00:55:51.2	162	8:28	00:55:31.1	8:27	01:50:51.2
186	489/2257	48/322	279	Melanie Hartung	F	38	Laurel	NE	318	8:50	00:58:41.7	101	8:06	00:53:06.3	8:27	01:50:58.9
187	492/2257	21/219	3278	Anna Zach	F	40	Lincoln	NE	145	8:11	00:54:06.3	228	8:46	00:57:26.0	8:28	01:51:03.1
188	498/2257	49/322	1821	Niki Eisenmann	F	35	Lincoln	NE	174	8:18	00:55:07.9	199	8:40	00:56:48.5	8:29	01:51:16.9
189	500/2257	30/202	2825	Amanda Thaler	F	25	Omaha	NE	204	8:25	00:55:51.5	177	8:34	00:56:12.2	8:29	01:51:21.5
190	501/2257	52/293	1290	Megan Hecker	F	30	Omaha	NE	194	8:22	00:55:35.5	191	8:38	00:56:35.5	8:29	01:51:23.7
191	504/2257	22/219	220	Rebecca Tuttle	F	42	Lincoln	NE	224	8:22	00:56:20.5	195	8:39	00:56:41.8	8:30	01:51:32.1
192	506/2257	53/293	2509	Kendra Piening	F	31	Lincoln	NE	248	8:17	00:57:06.1	214	8:44	00:57:15.5	8:30	01:51:33.1
193	509/2257	54/293	1329	Sonja Gudgel	F	34	Omaha	NE	271	8:38	00:57:42.5	142	8:23	00:54:58.1	8:30	01:51:35.0
194	510/2257	50/322	645	Christine Weeks	F	35	Lincoln	NE	176	8:19	00:55:10.5	209	8:42	00:57:04.2	8:30	01:51:37.2
195	517/2257	55/293	3512	Mandy Wall	F	33	Lincoln	NE	93	7:56	00:52:25.9	332	9:08	00:59:53.0	8:32	01:51:53.6
196	522/2257	11/90	3501	Kimberley Jungck	F	50	Lincoln	NE	159	8:16	00:54:43.5	242	8:49	00:57:50.2	8:32	01:51:59.6
197	523/2257	56/293	840	Sarah Pillen	F	33	Columbus	NE	179	8:18	00:55:15.3	234	8:47	00:57:36.5	8:32	01:52:00.9
198	524/2257	23/219	570	Colleen Habrock	F	42	Papillion	NE	217	8:27	00:56:06.7	193	8:39	00:56:39.8	8:32	01:52:02.7
199	529/2257	51/322	1413	Christie Heacock	F	37	Kearney	NE	216	8:26	00:56:05.9	200	8:40	00:56:49.3	8:33	01:52:06.4
200	532/2257	52/322	890	Stacy Darnold	F	35	Papillion	NE	183	8:22	00:55:20.1	232	8:46	00:57:30.0	8:34	01:52:19.1
201	533/2257	24/219	273	Brooke Hoefs	F	40	Lincoln	NE	155	8:12	00:54:28.1	283	8:57	00:58:37.4	8:34	01:52:21.1
202	536/2257	25/219	1587	Gretchen Herron	F	42	South Bend	NE	190	8:21	00:55:31.5	238	8:48	00:57:40.9	8:34	01:52:28.8
203	538/2257	2/11	1511	Maddy Royse	F	17	Lincoln	NE	189	8:14	00:55:25.8	277	8:56	00:58:33.9	8:35	01:52:31.6
204	539/2257	57/293	1683	Stephanie Lambrecht	F	30	Lincolne	NE	230	8:23	00:56:23.8	233	8:47	00:57:34.7	8:35	01:52:32.1
205	540/2257	14/100	803	Lauren Larson	F	21	Lincoln	NE	206	8:26	00:55:52.2	215	8:44	00:57:15.8	8:35	01:52:32.4
206	543/2257	58/293	1701	Leah Kastrup	F	32	Omaha	NE	264	8:38	00:57:32.3	171	8:32	00:55:57.6	8:35	01:52:35.0
207	544/2257	15/100	2931	Rachel Manning	F	24	Omaha	NE	208	8:23	00:55:54.8	236	8:48	00:57:39.5	8:35	01:52:36.1
208	547/2257	10/127	379	Amy Erlbacher-Anderson	F	45	Omaha	NE	238	8:29	00:56:45.3	208	8:42	00:57:01.3	8:35	01:52:38.1
209	548/2257	53/322	3171	Julie Sass	F	35	Lavista	NE	275	8:39	00:57:52.7	170	8:32	00:55:56.1	8:35	01:52:38.7
210	550/2257	54/322	2732	Rebecca Krueger	F	35	Lincoln	NE	103	8:02	00:53:01.2	342	9:10	01:00:06.3	8:35	01:52:44.2
211	551/2257	59/293	2936	Gina Whitmore	F	34	Lincoln	NE	180	8:19	00:55:15.7	260	8:53	00:58:15.4	8:36	01:52:44.4
212	554/2257	26/219	1040	Barbara Wimmer	F	44	Omaha	NE	262	8:38	00:57:31.5	174	8:34	00:56:09.9	8:36	01:52:48.1
213	556/2257	27/219	264	Dawn Melcher	F	41	Elkhorn	NE	308	8:37	00:58:32.9	183	8:36	00:56:25.2	8:36	01:52:52.7
214	557/2257	28/219	260	Kimberly Nitchals	F	41	Omaha	NE	307	8:37	00:58:32.7	184	8:36	00:56:25.6	8:36	01:52:52.8
215	558/2257	60/293	280	Sarah Droge	F	30	Cozad	NE	380	8:48	00:59:18.8	153	8:25	00:55:13.5	8:36	01:52:53.0
216	560/2257	61/293	308	Jessica Florez	F	33	Lincoln	NE	315	8:37	00:58:39.3	188	8:37	00:56:32.4	8:37	01:53:00.2

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	564/2257	55/322	697	Jodie Sherman	F	37	Bellevue	NE	235	8:25	00:56:40.3	246	8:50	00:57:54.8	8:37	01:53:07.5
218	565/2257	56/322	2881	Teresa Edgerton	F	35	Lincoln	NE	102	8:05	00:53:00.6	343	9:10	01:00:07.0	8:37	01:53:07.6
219	566/2257	29/219	2462	Angie Schuler	F	40	Gretna	NE	281	8:34	00:58:04.8	206	8:42	00:57:00.8	8:37	01:53:08.1
220	567/2257	62/293	1846	Sara Kresser	F	32	Shickley	NE	265	8:38	00:57:32.7	189	8:38	00:56:33.1	8:37	01:53:10.3
221	568/2257	30/219	1410	Amy Fabricus	F	43	Lincoln	NE	273	8:30	00:57:47.4	227	8:45	00:57:24.4	8:38	01:53:10.8
222	569/2257	63/293	1492	Sarah Peed	F	33	Lincoln	NE	181	8:17	00:55:16.1	289	8:59	00:58:53.6	8:38	01:53:13.2
223	570/2257	11/127	712	Michelle Gish	F	48	Lincoln	NE	272	8:30	00:57:43.7	231	8:46	00:57:29.8	8:38	01:53:15.7
224	572/2257	64/293	3466	Melanie Huscher	F	33	Cedar Bluffs	NE	229	8:26	00:56:23.2	249	8:51	00:58:00.3	8:38	01:53:17.2
225	579/2257	31/219	609	Amy Harris	F	44	Lincoln	NE	244	8:32	00:56:55.9	237	8:48	00:57:39.8	8:40	01:53:37.5
226	580/2257	31/202	834	Ashley Krause	F	27	Lincoln	NE	157	8:16	00:54:35.4	317	9:04	00:59:29.0	8:40	01:53:38.5
227	582/2257	57/322	738	Kimberly Barrett	F	38	Lincoln	NE	210	8:26	00:55:56.7	267	8:54	00:58:19.6	8:40	01:53:40.0
228	583/2257	58/322	1920	Annie Bruns	F	37	Lincoln	NE	211	8:26	00:55:56.9	268	8:54	00:58:19.9	8:40	01:53:40.6
229	587/2257	59/322	2374	Melissa Wallman	F	35	Firth	NE	252	8:32	00:57:17.7	241	8:49	00:57:47.8	8:40	01:53:45.1
230	588/2257	16/100	2565	Leah Rebne	F	24	Bennington	NE	227	8:30	00:56:22.6	256	8:52	00:58:06.0	8:41	01:53:49.7
231	589/2257	32/202	3386	Whitney Miller	F	25	Fort Collins	CO	332	8:44	00:58:47.8	192	8:38	00:56:37.5	8:41	01:53:50.8
232	590/2257	32/219	2246	Michelle Plugge	F	43	Gretna	NE	354	8:49	00:58:58.2	172	8:33	00:56:03.8	8:41	01:53:50.9
233	591/2257	60/322	3394	Sarah Fehringer	F	36	Omaha	NE	460	8:54	01:00:45.6	161	8:28	00:55:29.0	8:41	01:53:51.1
234	593/2257	1/5	2543	Julia McMahon-Cole	F	14	Lincoln	NE	329	8:47	00:58:46.6	179	8:36	00:56:20.9	8:41	01:53:56.2
235	594/2257	61/322	3003	Courtney Morehead	F	36	Waverly	NE	233	8:29	00:56:30.5	269	8:54	00:58:21.1	8:41	01:53:56.9
236	595/2257	12/127	3151	Rachelle Smith	F	46	Hastings	NE	228	8:27	00:56:23.2	279	8:56	00:58:36.0	8:41	01:53:57.5
237	596/2257	12/90	1694	Deidre Garrett	F	53	Lincoln	NE	317	8:47	00:58:39.6	182	8:36	00:56:23.4	8:41	01:53:57.6
238	600/2257	65/293	3402	April Cave	F	34	Weeping Water	NE	277	8:41	00:58:00.4	211	8:43	00:57:06.6	8:41	01:54:01.3
239	601/2257	33/202	2071	Kristine Buhman	F	28	Omaha	NE	258	8:34	00:57:29.8	245	8:50	00:57:51.8	8:41	01:54:01.4
240	602/2257	62/322	1292	Tanja Noecker	F	37	Lincoln	NE	305	8:43	00:58:31.5	204	8:41	00:56:55.8	8:42	01:54:05.1
241	604/2257	33/219	312	Barbi Clementi	F	41	Lincoln	NE	321	8:48	00:58:45.1	181	8:36	00:56:23.0	8:42	01:54:06.5
242	605/2257	34/202	2094	Kara Buhman	F	28	Lincoln	NE	169	8:15	00:54:57.8	341	9:10	01:00:06.0	8:42	01:54:10.3
243	609/2257	13/127	2056	Tammie Nussrallah	F	46	Omaha	NE	242	8:32	00:56:51.3	263	8:54	00:58:18.4	8:43	01:54:17.0
244	612/2257	66/293	1851	Danielle Nitzel	F	34	Crete	NE	433	8:52	01:00:27.1	178	8:35	00:56:13.9	8:43	01:54:21.3
245	615/2257	17/100	2036	Mikalah Mertlik	F	20	Lincoln	NE	360	8:43	00:59:03.1	217	8:44	00:57:18.1	8:43	01:54:25.8
246	616/2257	3/11	2089	Camilla Erway	F	19	Bennet	NE	359	8:43	00:59:03.1	219	8:44	00:57:18.4	8:43	01:54:26.8
247	618/2257	63/322	1053	Stephanie Semple	F	35	Omaha	NE	301	8:43	00:58:31.1	218	8:44	00:57:18.2	8:43	01:54:27.8
248	619/2257	67/293	2611	Kate Stoklasa	F	31	Lincoln	NE	209	8:28	00:55:54.8	292	8:59	00:58:55.2	8:43	01:54:28.5
249	620/2257	64/322	1900	Jenny Schlosser	F	39	Omaha	NE	304	8:43	00:58:31.5	221	8:45	00:57:18.8	8:43	01:54:28.8
250	621/2257	35/202	3023	Amanda Reid	F	29	Omaha	NE	246	8:33	00:57:03.1	275	8:55	00:58:28.4	8:43	01:54:28.9
251	622/2257	68/293	765	Diana Friesen	F	34	Omaha	NE	303	8:43	00:58:31.5	222	8:45	00:57:19.0	8:44	01:54:29.3
252	623/2257	65/322	213	Jody Green	F	39	Omaha	NE	221	8:28	00:56:15.2	296	9:00	00:59:01.8	8:44	01:54:30.3

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	624/2257	34/219	1424	Kendra Fraser	F	43	Omaha	NE	249	8:35	00:57:10.2	259	8:52	00:58:10.9	8:44	01:54:30.5
254	625/2257	66/322	2390	Jennifer Engelhaupt	F	37	Lincoln	NE	250	8:34	00:57:11.8	270	8:54	00:58:21.5	8:44	01:54:30.5
255	626/2257	13/90	1446	Nancy Asselin	F	52	Lincoln	NE	394	8:56	00:59:35.2	169	8:32	00:55:56.0	8:44	01:54:32.0
256	627/2257	69/293	1235	Kimberly Keller	F	34	Lincoln	NE	331	8:45	00:58:47.5	213	8:44	00:57:14.2	8:44	01:54:35.7
257	630/2257	14/127	455	Kristin Adkins	F	45	Brooklyn	IA	196	8:25	00:55:44.8	318	9:04	00:59:29.6	8:45	01:54:43.0
258	631/2257	67/322	839	Andrea Hansen	F	36	Pender	NE	268	8:38	00:57:40.3	253	8:52	00:58:04.8	8:45	01:54:43.5
259	634/2257	18/100	2430	Lexie Thorell	F	22	Lincoln	NE	278	8:39	00:58:01.4	257	8:52	00:58:07.6	8:45	01:54:50.9
260	635/2257	36/202	3548	Maggie Knight Knaub	F	26	Papillion	NE	207	8:27	00:55:53.8	320	9:05	00:59:32.2	8:45	01:54:53.4
261	636/2257	35/219	2983	Holly Mains	F	42	Omaha	NE	309	8:47	00:58:35.2	224	8:45	00:57:20.0	8:45	01:54:54.5
262	637/2257	70/293	3042	Sara Sinanu	F	34	Olathe	KS	234	8:28	00:56:32.5	315	9:04	00:59:27.3	8:45	01:54:55.2
263	639/2257	68/322	1431	Stacia Heiser	F	37	Lincoln	NE	226	8:30	00:56:22.2	307	9:02	00:59:15.3	8:46	01:55:02.4
264	641/2257	36/219	1719	Kristen Stauffer	F	44	Lincoln	NE	335	8:48	00:58:48.5	226	8:45	00:57:23.3	8:46	01:55:06.4
265	643/2257	19/100	2535	Alisha Peterson	F	22	Lincoln	NE	366	8:49	00:59:06.1	216	8:44	00:57:17.5	8:46	01:55:07.3
266	644/2257	37/219	769	Jennifer Dearing	F	40	Lincoln	NE	219	8:27	00:56:13.2	325	9:07	00:59:47.0	8:46	01:55:08.2
267	645/2257	71/293	3558	Emily Swanda	F	34	Lincoln	NE	385	8:50	00:59:24.4	223	8:45	00:57:19.4	8:47	01:55:13.0
268	647/2257	69/322	2411	Melanie Mitchell	F	37	Lincoln	NE	267	8:39	00:57:39.3	280	8:56	00:58:36.3	8:47	01:55:18.3
269	648/2257	37/202	633	Karlin Warner	F	29	Lincoln	NE	391	8:54	00:59:32.5	207	8:42	00:57:00.9	8:47	01:55:19.8
270	649/2257	14/90	1222	Cheri Mckitterick	F	51	Lincoln	NE	294	8:43	00:58:27.9	258	8:52	00:58:10.2	8:47	01:55:20.9
271	650/2257	20/100	2310	Stephanie Ross	F	23	Grand Island	NE	220	8:25	00:56:14.2	344	9:10	01:00:07.6	8:47	01:55:21.1
272	651/2257	70/322	1837	Sara Stewart	F	37	Lincoln	NE	243	8:32	00:56:51.7	311	9:04	00:59:24.0	8:48	01:55:22.2
273	652/2257	71/322	1266	Jill Gries	F	38	Omaha	NE	398	8:47	00:59:40.3	239	8:49	00:57:47.1	8:48	01:55:22.8
274	654/2257	72/322	1663	Renee Zwick	F	38	Wahoo	NE	397	8:47	00:59:40.3	240	8:49	00:57:47.5	8:48	01:55:23.3
275	655/2257	72/293	687	Lindsey Sample	F	33	Pleasant Dale	NE	253	8:37	00:57:25.9	290	8:59	00:58:53.9	8:48	01:55:25.1
276	659/2257	38/219	700	Carmen Westfahl	F	40	Lincoln	NE	369	8:52	00:59:07.3	225	8:45	00:57:21.6	8:48	01:55:28.4
277	661/2257	4/11	2515	Morgen Jean Bianchi	F	15	Papillion	NE	282	8:36	00:58:05.9	303	9:01	00:59:07.7	8:48	01:55:33.2
278	662/2257	73/322	3357	Julie Nash	F	39	Gretna	NE	237	8:32	00:56:41.7	321	9:05	00:59:34.6	8:48	01:55:34.1
279	663/2257	74/322	1028	Jennifer Madson	F	36	Lincoln	NE	323	8:48	00:58:45.3	247	8:50	00:57:55.8	8:49	01:55:34.7
280	664/2257	38/202	962	Ashley Mcallister	F	27	Lincoln	NE	311	8:42	00:58:36.4	281	8:56	00:58:36.5	8:49	01:55:36.9
281	666/2257	39/202	1892	Jessica Cooley	F	28	Lincoln	NE	320	8:47	00:58:44.5	255	8:52	00:58:05.3	8:49	01:55:40.4
282	667/2257	73/293	2933	Christine Borer	F	33	Lincoln	NE	269	8:40	00:57:41.5	291	8:59	00:58:54.1	8:49	01:55:41.4
283	668/2257	74/293	3203	Amy Guenther	F	32	Lincoln	NE	184	8:21	00:55:20.8	371	9:18	01:00:56.3	8:49	01:55:43.3
284	669/2257	75/322	1244	Jennifer Springer	F	35	Lincoln	NE	361	8:48	00:59:03.9	250	8:51	00:58:00.4	8:49	01:55:43.8
285	670/2257	5/11	1618	Sierra Mongeon	F	18	Pleasant Dale	NE	439	8:55	01:00:29.2	220	8:44	00:57:18.6	8:49	01:55:44.6
286	671/2257	75/293	677	Ashley Sondgeroth	F	31	Gretna	NE	404	8:50	00:59:47.5	243	8:49	00:57:51.1	8:49	01:55:45.7
287	674/2257	76/293	467	Ashley Wilcox	F	32	Lincoln	NE	310	8:41	00:58:35.3	293	8:59	00:58:55.3	8:50	01:55:50.9
288	677/2257	21/100	2420	Cynthia Liu	F	22	Omaha	NE	383	8:50	00:59:23.2	251	8:51	00:58:01.3	8:50	01:55:53.7

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November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	681/2257	76/322	2683	Sarah Helvey	F	37	Omaha	NE	336	8:47	00:58:48.5	273	8:55	00:58:24.8	8:50	01:55:58.0
290	683/2257	39/219	793	Kelli Johnson	F	41	Lincoln	NE	276	8:33	00:58:00.2	335	9:09	00:59:58.8	8:50	01:55:59.2
291	684/2257	1/41	2832	Jane Franklin	F	58	Omaha	NE	373	8:48	00:59:11.9	262	8:54	00:58:17.7	8:51	01:56:02.4
292	685/2257	40/219	3420	Tracy Marshall	F	41	Louisville	NE	372	8:48	00:59:11.6	265	8:54	00:58:19.2	8:51	01:56:03.5
293	686/2257	1/3	3343	Mariana Phipps	F	70	Omaha	NE	374	8:49	00:59:12.9	261	8:53	00:58:17.2	8:51	01:56:03.6
294	688/2257	15/127	359	Joy Mckinney	F	48	Lincoln	NE	434	8:52	01:00:27.5	248	8:51	00:57:58.0	8:51	01:56:05.8
295	689/2257	77/322	1079	Jennifer Hoyt	F	39	Missouri Valley	IA	200	8:24	00:55:49.3	375	9:19	01:01:02.6	8:51	01:56:08.5
296	692/2257	15/90	824	Jean Ubbelohde	F	53	Papillion	NE	280	8:43	00:58:04.5	297	9:00	00:59:02.3	8:52	01:56:14.3
297	696/2257	40/202	1819	Samantha Ostrander	F	27	Kearney	NE	347	8:47	00:58:51.5	287	8:59	00:58:51.1	8:53	01:56:28.1
298	698/2257	16/90	637	Vicki Merkle	F	53	Lincoln	NE	251	8:33	00:57:15.5	355	9:13	01:00:27.2	8:53	01:56:30.0
299	703/2257	41/219	2574	Heather Hansen	F	40	Omaha	NE	371	8:48	00:59:09.2	284	8:58	00:58:48.6	8:53	01:56:33.6
300	705/2257	77/293	802	Jennie Clements	F	34	Omaha	NE	298	8:47	00:58:29.9	295	9:00	00:59:00.7	8:53	01:56:37.1
301	706/2257	78/293	258	Katie Taddeucci	F	34	Lincoln	NE	300	8:47	00:58:30.9	294	9:00	00:58:59.5	8:53	01:56:37.7
302	708/2257	22/100	1871	Rebecca Smith	F	24	Kearney	NE	342	8:47	00:58:50.3	305	9:01	00:59:08.9	8:54	01:56:41.7
303	709/2257	41/202	3051	Amy Keiser	F	26	Gothenburg	NE	168	8:11	00:54:52.8	479	9:37	01:03:05.5	8:54	01:56:41.8
304	714/2257	79/293	1155	Caitlin Hebrew	F	31	Omaha	NE	441	9:02	01:00:31.5	235	8:47	00:57:37.2	8:54	01:56:49.1
305	716/2257	80/293	3252	Desiree Ahmann	F	31	Lincoln	NE	344	8:41	00:58:50.7	331	9:08	00:59:51.9	8:54	01:56:50.9
306	717/2257	81/293	3487	Lissa Fellers	F	34	Lincoln	NE	170	8:16	00:54:59.4	455	9:33	01:02:38.7	8:54	01:56:51.6
307	720/2257	42/219	1760	Tiffany Beiermann	F	44	Lincoln	NE	368	8:52	00:59:07.1	288	8:59	00:58:52.1	8:55	01:56:58.4
308	723/2257	43/219	1160	Crystal Day	F	41	Lincoln	NE	326	8:48	00:58:46.2	309	9:03	00:59:23.0	8:55	01:57:01.7
309	725/2257	82/293	1980	Ashley Johnson	F	30	Lincoln	NE	241	8:35	00:56:50.8	369	9:17	01:00:52.3	8:56	01:57:08.3
310	728/2257	78/322	1144	Staci Jacoben	F	37	Ashland	NE	345	8:48	00:58:50.8	322	9:05	00:59:34.6	8:56	01:57:14.2
311	730/2257	83/293	2979	Alana Pfeifer	F	32	Marysville	KS	350	8:42	00:58:54.6	347	9:11	01:00:12.9	8:56	01:57:17.1
312	731/2257	44/219	1855	Karina Bartlett	F	41	Beatrice	NE	364	8:47	00:59:04.9	327	9:07	00:59:47.5	8:57	01:57:19.9
313	733/2257	79/322	2278	Jill Bolling	F	38	Kansas City	MO	287	8:44	00:58:17.7	340	9:10	01:00:05.5	8:57	01:57:21.5
314	734/2257	84/293	1364	Talia Janzen	F	31	Omaha	NE	292	8:45	00:58:25.5	337	9:10	01:00:02.7	8:57	01:57:23.0
315	735/2257	85/293	2417	Torri Janecek	F	34	Dubuque	IA	291	8:45	00:58:25.3	338	9:10	01:00:03.0	8:57	01:57:23.0
316	736/2257	86/293	2810	Renee Begger	F	32	Dalton	NE	496	9:03	01:01:37.5	254	8:52	00:58:04.9	8:57	01:57:23.1
317	737/2257	87/293	1557	Kylie Burley	F	34	Omaha	NE	435	8:59	01:00:27.5	276	8:55	00:58:28.5	8:57	01:57:23.4
318	738/2257	23/100	2329	Sara Berens	F	24	Lincoln	NE	306	8:46	00:58:32.5	334	9:09	00:59:58.2	8:57	01:57:24.2
319	739/2257	42/202	3040	Melissa James	F	29	Martell	NE	376	8:53	00:59:13.9	306	9:02	00:59:12.5	8:57	01:57:28.7
320	740/2257	88/293	1483	Sarah Podany	F	32	Omaha	NE	225	8:27	00:56:21.8	432	9:28	01:02:05.0	8:57	01:57:30.5
321	741/2257	17/90	2151	Kelly Erickson	F	51	Campbell	NE	569	9:10	01:02:56.2	230	8:46	00:57:27.3	8:58	01:57:32.8
322	742/2257	80/322	1029	Christine White	F	36	Omaha	NE	636	9:16	01:04:21.8	201	8:40	00:56:50.8	8:58	01:57:32.9
323	748/2257	89/293	1137	Amber Mcintyre	F	33	Lincoln	NE	288	8:44	00:58:19.3	356	9:13	01:00:27.4	8:58	01:57:45.1
324	750/2257	16/127	1010	Sue Dobson	F	45	Lincoln	NE	456	9:02	01:00:44.4	278	8:56	00:58:34.5	8:59	01:57:46.0

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	752/2257	90/293	422	Tracy Baker	F	33	Roca	NE	341	8:48	00:58:49.5	339	9:10	01:00:04.4	8:59	01:57:48.6
326	753/2257	81/322	2464	Lori Wilson	F	37	Omaha	NE	421	8:58	01:00:10.3	299	9:01	00:59:04.6	8:59	01:57:49.3
327	754/2257	45/219	2007	Jennifer Renton	F	40	Lincoln	NE	466	9:04	01:01:00.7	272	8:55	00:58:24.4	8:59	01:57:49.9
328	755/2257	82/322	2194	Tami Reilly	F	39	Saint Paul	NE	403	8:51	00:59:44.6	326	9:07	00:59:47.2	8:59	01:57:50.2
329	756/2257	46/219	552	Stephanie Welch	F	40	Lincoln	NE	461	9:04	01:00:45.6	271	8:54	00:58:23.7	8:59	01:57:51.5
330	759/2257	91/293	2514	Melissa Lee	F	31	Lincoln	NE	286	8:42	00:58:17.3	370	9:17	01:00:54.4	8:59	01:57:57.3
331	761/2257	24/100	1601	Kathryn Conroy	F	22	Papillion	NE	218	8:28	00:56:08.5	449	9:32	01:02:30.7	9:00	01:58:01.8
332	762/2257	43/202	133	Kristie Dugas	F	28	Lincoln	NE	609	9:11	01:03:46.3	244	8:50	00:57:51.8	9:00	01:58:02.3
333	765/2257	92/293	1699	Kaylene Harms	F	30	Crawford	NE	260	8:35	00:57:30.9	413	9:26	01:01:48.6	9:00	01:58:05.2
334	767/2257	83/322	401	Mindy Ohnoutka	F	39	Lincoln	NE	302	8:41	00:58:31.3	382	9:20	01:01:13.8	9:00	01:58:07.6
335	770/2257	93/293	1276	Jessica Kaczewski	F	32	Lincoln	NE	334	8:47	00:58:48.3	361	9:15	01:00:38.1	9:00	01:58:10.0
336	771/2257	2/41	404	Sandy Koozer	F	55	Lincoln	NE	346	8:49	00:58:50.9	353	9:13	01:00:23.1	9:01	01:58:12.1
337	773/2257	44/202	1960	Carrie Kenny	F	25	Lincoln	NE	392	8:51	00:59:33.2	345	9:11	01:00:10.9	9:01	01:58:12.7
338	775/2257	94/293	281	Niki Ruyle	F	32	Kearney	NE	164	8:13	00:54:48.6	538	9:49	01:04:23.3	9:01	01:58:13.5
339	776/2257	47/219	2063	Susie Bruning	F	44	Lincoln	NE	454	9:01	01:00:43.8	300	9:01	00:59:04.6	9:01	01:58:14.6
340	777/2257	84/322	511	Michaela Harrison	F	36	Lincoln	NE	352	8:50	00:58:56.8	352	9:12	01:00:22.0	9:01	01:58:15.5
341	778/2257	45/202	1647	Dani Michaelis	F	25	Wymore	NE	316	8:41	00:58:39.5	385	9:22	01:01:22.5	9:01	01:58:15.7
342	779/2257	46/202	120	Katie Bossung	F	29	Lincoln	NE	480	9:02	01:01:22.8	304	9:01	00:59:08.7	9:01	01:58:21.7
343	784/2257	47/202	1389	Maggie Pace	F	27	Omaha	NE	212	8:22	00:55:59.5	502	9:43	01:03:40.8	9:02	01:58:31.9
344	785/2257	95/293	534	Kate Collins	F	34	Lincoln	NE	256	8:38	00:57:28.5	416	9:26	01:01:52.8	9:02	01:58:31.9
345	786/2257	48/219	1724	Stephanie Johnson	F	42	Lincoln	NE	431	9:02	01:00:24.9	308	9:03	00:59:21.2	9:02	01:58:32.0
346	788/2257	96/293	1420	Kim Jakub	F	34	Burke	VA	312	8:49	00:58:36.4	364	9:16	01:00:45.4	9:02	01:58:36.3
347	789/2257	85/322	671	Jill Eberspacher	F	36	Beaver Crossing	NE	444	9:01	01:00:33.4	316	9:04	00:59:27.5	9:02	01:58:37.5
348	790/2257	86/322	713	Lyndsy Schulz	F	37	Seward	NE	445	9:02	01:00:33.5	314	9:04	00:59:27.2	9:02	01:58:37.7
349	791/2257	18/90	1486	Jane Dougherty	F	50	Lincoln	NE	401	8:55	00:59:43.2	346	9:11	01:00:12.9	9:03	01:58:38.3
350	793/2257	87/322	3076	Laura Anderson	F	36	Lincoln	NE	274	8:39	00:57:47.5	423	9:27	01:01:57.3	9:03	01:58:39.3
351	796/2257	25/100	1615	Ally Gilin	F	23	Omaha	NE							9:03	01:58:43.5
352	797/2257	17/127	1234	Doris Robertson	F	47	Lincoln	NE	537	9:12	01:02:03.3	274	8:55	00:58:27.0	9:03	01:58:43.7
353	798/2257	88/322	490	Michon Morrow	F	39	Roca	NE	314	8:50	00:58:37.7	366	9:17	01:00:48.8	9:03	01:58:46.8
354	799/2257	49/219	944	Lisa Janssen	F	40	Lincoln	NE	482	9:03	01:01:23.8	313	9:04	00:59:25.7	9:03	01:58:47.0
355	800/2257	19/90	2786	Cherie Noteboom	F	50	Elk Point	SD	507	9:09	01:01:42.0	286	8:58	00:58:50.1	9:03	01:58:48.6
356	804/2257	50/219	766	Jana Sittler	F	43	Hickman	NE	375	8:54	00:59:13.5	358	9:14	01:00:34.6	9:04	01:58:53.4
357	805/2257	48/202	875	Kirsten Murphy	F	27	Hastings	NE	263	8:33	00:57:31.7	462	9:35	01:02:48.9	9:04	01:58:53.9
358	806/2257	97/293	1106	Laura Thomsen	F	34	Lincoln	NE	137	8:09	00:53:55.7	582	9:59	01:05:26.1	9:04	01:58:54.0
359	807/2257	89/322	3001	Kelly Langfeldt	F	39	Omaha	NE	379	8:50	00:59:18.4	376	9:19	01:01:02.7	9:04	01:58:55.3
360	808/2257	98/293	1058	Lindsay Day	F	33	Lincoln	NE	389	8:44	00:59:31.3	403	9:25	01:01:41.5	9:04	01:58:55.8

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November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
361	809/2257	20/90	2492	Judy Greenhagen	F	52	Omaha	NE	411	8:55	00:59:59.5	354	9:13	01:00:25.9	9:04	01:58:56.2
362	810/2257	99/293	492	Sarah Bishoff	F	33	Roca	NE	266	8:41	00:57:36.5	430	9:28	01:02:02.5	9:04	01:58:57.3
363	812/2257	90/322	2987	Katie Evans	F	35	Grand Island	NE	328	8:42	00:58:46.5	421	9:27	01:01:56.9	9:04	01:58:57.5
364	815/2257	49/202	2072	Hannah Searcey	F	25	Lincoln	NE	365	8:43	00:59:05.5	414	9:26	01:01:49.5	9:04	01:58:59.7
365	816/2257	3/41	1134	Kristine Story	F	55	Omaha	NE	484	9:02	01:01:25.4	330	9:08	00:59:50.8	9:04	01:59:01.1
366	817/2257	50/202	2628	Tessa Dobish	F	26	Gibbon	NE	393	8:45	00:59:33.5	400	9:24	01:01:38.6	9:04	01:59:01.4
367	821/2257	26/100	942	Katelyn Stevens	F	23	Lincoln	NE	178	8:24	00:55:14.7	512	9:46	01:04:02.1	9:05	01:59:04.8
368	822/2257	18/127	1474	Jenny Linden	F	47	Omaha	NE	338	8:45	00:58:48.8	402	9:25	01:01:41.2	9:05	01:59:05.1
369	823/2257	100/293	727	Corie Lubash	F	34	Lincoln	NE	254	8:37	00:57:26.9	452	9:33	01:02:36.5	9:05	01:59:06.0
370	825/2257	19/127	327	Pam Bjerrum	F	47	Lincoln	NE	522	9:14	01:01:54.5	282	8:56	00:58:37.0	9:05	01:59:09.4
371	829/2257	91/322	1006	Eugena Foster	F	39	Lincoln	NE	415	8:56	01:00:06.4	363	9:16	01:00:42.6	9:05	01:59:14.3
372	831/2257	20/127	288	Cheryl Schow	F	46	Paxton	NE	515	9:03	01:01:50.3	333	9:09	00:59:56.5	9:05	01:59:15.5
373	835/2257	51/219	1553	Wendy Smith Johnsen	F	42	Lincoln	NE	191	8:21	00:55:34.8	554	9:52	01:04:38.5	9:06	01:59:20.2
374	838/2257	51/202	3355	Kayla Brandt	F	27	Lincoln	NE	487	9:04	01:01:28.3	336	9:09	00:59:59.3	9:06	01:59:24.3
375	839/2257	27/100	1841	Sara Zajicek	F	23	Lincoln	NE	465	9:06	01:00:59.7	329	9:08	00:59:49.8	9:06	01:59:27.9
376	842/2257	28/100	2398	Kristine Batenhorst	F	23	Omaha	NE	462	8:53	01:00:48.5	381	9:20	01:01:13.4	9:06	01:59:28.1
377	843/2257	52/219	2630	Tonya Korkow	F	41	Silver Coty	IA	355	8:48	00:58:59.8	410	9:25	01:01:46.7	9:06	01:59:30.2
378	844/2257	53/219	1320	Michelle Mazour	F	43	Lincoln	NE	201	8:25	00:55:49.8	540	9:49	01:04:23.9	9:07	01:59:32.0
379	847/2257	29/100	3374	Olivia Adam	F	21	Lincoln	NE	223	8:25	00:56:16.8	539	9:49	01:04:23.6	9:07	01:59:34.8
380	849/2257	101/293	947	Brianne Bayer	F	34	Lincoln	NE	617	9:21	01:03:58.1	266	8:54	00:58:19.5	9:07	01:59:36.1
381	850/2257	30/100	3375	Brooke Wissler	F	21	Auburn	NE	222	8:25	00:56:16.6	537	9:49	01:04:22.5	9:07	01:59:36.5
382	851/2257	92/322	1259	Charisse Stenger	F	36	Papillion	NE	388	8:55	00:59:30.8	378	9:20	01:01:10.9	9:07	01:59:37.3
383	852/2257	93/322	617	Lindsay Garlock	F	38	Lincoln	NE	530	9:14	01:01:58.8	302	9:01	00:59:06.9	9:07	01:59:38.2
384	854/2257	54/219	1044	Jennifer Hutzler	F	41	Lincoln	NE	576	9:11	01:03:05.8	312	9:04	00:59:25.3	9:07	01:59:39.7
385	855/2257	102/293	3557	Courtney Landon	F	34	Waverly	NE	386	8:50	00:59:24.7	408	9:25	01:01:44.4	9:07	01:59:39.9
386	856/2257	94/322	2753	Brenda Manteufel	F	38	Overland Park	KS	536	9:14	01:02:00.6	301	9:01	00:59:05.6	9:07	01:59:40.0
387	857/2257	103/293	634	Jessica Loontjer	F	33	Omaha	NE	430	9:03	01:00:23.3	349	9:12	01:00:18.7	9:07	01:59:41.6
388	858/2257	52/202	2493	Ashton Thorell	F	28	Loomis	NE	402	8:55	00:59:43.2	384	9:21	01:01:18.2	9:07	01:59:42.8
389	860/2257	95/322	2373	Thippy Nguyen	F	38	Lincoln	NE	333	8:51	00:58:48.2	406	9:25	01:01:42.0	9:08	01:59:44.8
390	861/2257	55/219	512	Jami Lanak	F	40	Lincoln	NE	358	8:50	00:59:01.5	418	9:26	01:01:53.8	9:08	01:59:46.0
391	862/2257	56/219	2164	Claudine Kennicutt	F	40	Gothenburg	NE	502	9:04	01:01:39.5	351	9:12	01:00:21.0	9:08	01:59:46.8
392	863/2257	21/127	596	Margaret Williams	F	48	Pleasant Dale	NE	357	8:50	00:59:01.1	419	9:27	01:01:54.2	9:08	01:59:47.0
393	864/2257	96/322	776	Jenny Williams	F	36	Lincoln	NE	489	9:04	01:01:29.5	350	9:12	01:00:20.2	9:08	01:59:47.0
394	867/2257	97/322	1031	Tracy Killion	F	37	Omaha	NE	290	8:46	00:58:22.4	446	9:30	01:02:19.9	9:08	01:59:48.5
395	868/2257	57/219	2991	Rhonda Ahrens	F	40	Gretna	NE	505	8:56	01:01:40.6	379	9:20	01:01:13.2	9:08	01:59:48.6
396	869/2257	53/202	748	Kelley Mason	F	28	Lincoln	NE	213	8:25	00:56:00.3	555	9:52	01:04:39.1	9:08	01:59:50.0

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	870/2257	58/219	3432	Mary Brown	F	43	Gretna	NE	349	8:41	00:58:54.2	472	9:36	01:02:57.3	9:08	01:59:50.6
398	871/2257	59/219	3562	Molly Ruby	F	41	Elk River	MN	261	8:38	00:57:31.3	482	9:39	01:03:13.0	9:08	01:59:50.7
399	874/2257	98/322	1362	Amy Ostermeyer	F	38	Lincoln	NE	440	8:48	01:00:30.2	436	9:29	01:02:09.1	9:08	01:59:52.4
400	876/2257	104/293	229	Gina Furr	F	32	Lincoln	NE	295	8:41	00:58:28.9	478	9:37	01:03:05.0	9:09	01:59:58.5
401	877/2257	21/90	3561	Kris Dittmer	F	53	Lincoln	NE	325	8:49	00:58:45.8	437	9:29	01:02:10.7	9:09	01:59:59.4
402	878/2257	54/202	3459	Cortney Denker	F	26	La Vista	NE	532	9:15	01:01:59.5	310	9:03	00:59:23.0	9:09	02:00:00.0
403	879/2257	105/293	2047	Niki Strotman	F	34	Bennington	NE	424	8:58	01:00:10.9	383	9:21	01:01:15.8	9:09	02:00:00.5
404	880/2257	106/293	402	Melissa Weber-Arnold	F	30	Gretna	NE	405	8:51	00:59:47.9	429	9:28	01:02:01.4	9:09	02:00:01.2
405	881/2257	60/219	2179	Kelly Apel	F	40	Lincoln	NE	285	8:48	00:58:15.2	447	9:31	01:02:22.3	9:09	02:00:01.3
406	884/2257	61/219	553	Kerrie Weitzel	F	42	Lincoln	NE	417	8:55	01:00:06.8	396	9:24	01:01:37.0	9:09	02:00:05.6
407	886/2257	99/322	1824	Kristen Gray	F	36	Papillion	NE	399	8:56	00:59:40.9	398	9:24	01:01:37.3	9:09	02:00:08.9
408	887/2257	100/322	630	Anna Fryda	F	36	Kearney	NE	491	9:08	01:01:35.9	348	9:11	01:00:15.2	9:10	02:00:10.1
409	889/2257	107/293	2935	Diana Kinney	F	32	Kansas City	MO	497	9:01	01:01:37.9	377	9:20	01:01:08.1	9:10	02:00:12.8
410	892/2257	108/293	1502	Carly Morse	F	33	Pullman	WA	555	9:24	01:02:24.4	285	8:58	00:58:49.0	9:11	02:00:25.6
411	893/2257	109/293	3450	Laura Deans	F	30	Lincoln	NE	356	8:50	00:59:00.3	451	9:33	01:02:33.3	9:11	02:00:28.1
412	894/2257	55/202	428	Sandy Munns	F	27	Lincoln	NE	400	8:57	00:59:42.9	412	9:26	01:01:48.2	9:11	02:00:31.2
413	896/2257	101/322	2321	Karrie Rosa	F	37	Lincoln	NE	446	8:56	01:00:35.1	427	9:28	01:02:00.7	9:11	02:00:32.7
414	898/2257	31/100	3384	Maddie Macdonald	F	22	Lincoln	NE	587	9:16	01:03:21.8	328	9:07	00:59:49.0	9:12	02:00:36.4
415	899/2257	102/322	2147	Erin Colonna	F	39	Lincoln	NE	449	9:00	01:00:39.5	392	9:24	01:01:34.8	9:12	02:00:37.7
416	900/2257	22/127	3015	Tammy Bagdasarian	F	46	Herndon	VA	409	8:54	00:59:55.6	443	9:30	01:02:16.4	9:12	02:00:38.5
417	901/2257	103/322	2929	Susan Otradovsky	F	38	Lincoln	NE	270	8:40	00:57:41.7	506	9:44	01:03:51.4	9:12	02:00:38.9
418	902/2257	32/100	2727	Kellie Peterson	F	24	West Des Moines	IA	514	9:10	01:01:49.9	357	9:14	01:00:29.9	9:12	02:00:39.0
419	903/2257	23/127	2549	Patrice McMahon	F	48	Lincoln	NE	337	8:48	00:58:48.8	475	9:37	01:03:02.0	9:12	02:00:41.0
420	905/2257	62/219	924	Carrie Henrichs	F	44	Lincoln	NE	395	8:56	00:59:36.2	434	9:28	01:02:06.0	9:12	02:00:42.6
421	906/2257	24/127	1448	Tina Meeske	F	49	Denton	NE	396	8:56	00:59:36.9	433	9:28	01:02:05.7	9:12	02:00:42.8
422	907/2257	104/322	2093	Catherine Nixon	F	36	Lincoln	NE	410	8:59	00:59:59.3	417	9:26	01:01:53.5	9:12	02:00:44.5
423	908/2257	105/322	2956	Angela Jirak	F	36	St. Paul	NE	289	8:49	00:58:21.8	474	9:37	01:03:01.6	9:12	02:00:48.5
424	909/2257	63/219	649	Rachel Zahn	F	41	Syracuse	NE	382	8:52	00:59:21.2	459	9:34	01:02:43.9	9:13	02:00:50.6
425	910/2257	110/293	1442	Angela Medina	F	34	Lincoln	NE	370	8:52	00:59:08.5	461	9:35	01:02:47.1	9:13	02:00:54.4
426	911/2257	111/293	2747	Katie Naumann	F	33	Omaha	NE	453	9:01	01:00:43.5	415	9:26	01:01:51.2	9:13	02:01:01.0
427	913/2257	6/11	954	Chloe Higgins	F	15	Nebraska City	NE	485	9:05	01:01:25.5	388	9:22	01:01:27.1	9:14	02:01:02.9
428	914/2257	22/90	955	Lori Enstrom	F	52	Lincoln	NE	499	9:06	01:01:38.7	387	9:22	01:01:25.6	9:14	02:01:03.1
429	916/2257	2/5	144	Madison Whitney	F	14	Lincoln	NE	339	8:47	00:58:49.1	491	9:41	01:03:31.0	9:14	02:01:07.3
430	918/2257	112/293	930	Joy Anderson	F	32	Omaha	NE	442	9:01	01:00:31.5	428	9:28	01:02:01.2	9:14	02:01:09.9
431	920/2257	25/127	352	Joeth Zucco	F	48	Lincoln	NE	340	8:47	00:58:49.1	494	9:42	01:03:33.7	9:14	02:01:11.2
432	921/2257	4/41	515	Kim Clouston	F	57	Lincoln	NE	553	9:13	01:02:19.7	368	9:17	01:00:49.3	9:14	02:01:11.8

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	926/2257	106/322	1314	Jessica Nielsen	F	39	Bennington	NE	387	8:58	00:59:25.3	454	9:33	01:02:37.5	9:15	02:01:22.3
434	927/2257	1/27	2188	Theresa Johnson	F	60	Omaha	NE	231	8:27	00:56:27.1	608	10:04	01:06:02.4	9:15	02:01:24.9
435	928/2257	56/202	871	Amy Locher	F	29	Omaha	NE	182	8:21	00:55:16.7	641	10:10	01:06:39.0	9:15	02:01:26.2
436	929/2257	23/90	1523	Donna Baddeley	F	54	Lincoln	NE	319	8:50	00:58:43.3	492	9:42	01:03:32.1	9:15	02:01:26.9
437	931/2257	64/219	668	Kristin Crawford	F	41	Hickman	NE	520	9:27	01:01:54.1	323	9:05	00:59:35.4	9:16	02:01:29.5
438	932/2257	107/322	2573	Sandy Ryan	F	36	Denton	NE	506	9:08	01:01:41.8	405	9:25	01:01:41.9	9:16	02:01:32.2
439	933/2257	113/293	485	Lyndsey Harms	F	31	Lincoln	NE	571	9:18	01:02:59.7	359	9:14	01:00:34.6	9:16	02:01:32.3
440	936/2257	33/100	1333	Jennifer Taylor	F	20	Oakland	IA	559	9:18	01:02:42.8	362	9:15	01:00:41.1	9:16	02:01:37.1
441	937/2257	65/219	389	Angela Cerny	F	40	Gretna	NE	511	9:09	01:01:45.2	394	9:24	01:01:36.0	9:16	02:01:38.4
442	940/2257	66/219	472	Alison Bickel	F	40	Gretna	NE	512	9:10	01:01:45.2	393	9:24	01:01:35.9	9:16	02:01:40.5
443	941/2257	114/293	3547	Jessie Bockelman	F	30	Lincoln	NE	572	9:18	01:02:59.9	365	9:16	01:00:48.2	9:17	02:01:45.3
444	944/2257	67/219	1243	Nicole Long	F	40	Tacoma	WA	297	8:49	00:58:29.9	511	9:46	01:04:00.4	9:17	02:01:50.0
445	945/2257	115/293	2811	Erin Howard	F	31	Kearney	NE	283	8:45	00:58:06.9	549	9:50	01:04:30.4	9:17	02:01:50.2
446	946/2257	24/90	1391	Christine Schlafke	F	51	White Bear Lake	MN	443	9:00	01:00:31.8	467	9:36	01:02:53.7	9:17	02:01:51.2
447	949/2257	116/293	788	Morgan Beach	F	30	Lincoln	NE	432	8:58	01:00:25.9	477	9:37	01:03:04.6	9:17	02:01:53.3
448	950/2257	26/127	3248	Mary Tompkin	F	45	Fort Collins	CO	427	8:56	01:00:15.5	485	9:40	01:03:20.0	9:17	02:01:54.2
449	951/2257	117/293	1802	Kylee Planer	F	32	Lincoln	NE	526	9:11	01:01:57.8	409	9:25	01:01:45.0	9:17	02:01:54.7
450	952/2257	118/293	560	Amanda Fangmeier	F	30	Denton	NE	425	8:57	01:00:13.5	484	9:39	01:03:18.3	9:18	02:01:55.9
451	953/2257	5/41	2665	Holly Beeman	F	56	Eagle	NE	622	9:21	01:04:08.3	360	9:15	01:00:38.1	9:18	02:01:58.4
452	957/2257	68/219	238	Amy Cole	F	42	Lincoln	NE	624	9:30	01:04:10.3	324	9:07	00:59:45.5	9:18	02:02:03.5
453	958/2257	27/127	2726	Kim Mowinkel	F	47	Gretna	NE	471	9:02	01:01:08.5	471	9:36	01:02:56.5	9:18	02:02:07.5
454	959/2257	69/219	2920	Monica Carrell	F	43	Omaha	NE	493	9:11	01:01:36.3	420	9:27	01:01:55.5	9:19	02:02:08.3
455	960/2257	108/322	1804	Deanna Sheets	F	38	Lincoln	NE	327	8:48	00:58:46.5	546	9:50	01:04:29.2	9:19	02:02:09.2
456	961/2257	119/293	907	Rachael Houghton	F	34	Omaha	NE	255	8:40	00:57:27.8	580	9:58	01:05:18.6	9:19	02:02:09.7
457	963/2257	57/202	263	Marian Pegler	F	29	Lincoln	NE	299	8:48	00:58:30.7	550	9:50	01:04:30.6	9:19	02:02:10.6
458	965/2257	28/127	452	Wenday Sorenson	F	49	Blair	NE	649	9:18	01:04:39.3	380	9:20	01:01:13.4	9:19	02:02:14.0
459	967/2257	120/293	483	Katie Houston	F	31	Omaha	NE	529	9:15	01:01:58.6	407	9:25	01:01:43.5	9:19	02:02:19.8
460	969/2257	58/202	1690	Whitney Shaw	F	28	Omaha	NE	604	9:22	01:03:41.5	372	9:18	01:00:57.1	9:20	02:02:22.8
461	970/2257	109/322	1154	Jocelyn Golden	F	36	Hickman	NE	416	8:59	01:00:06.6	493	9:42	01:03:32.6	9:20	02:02:25.3
462	972/2257	29/127	559	Isa Bales	F	46	Davey	NE	458	9:04	01:00:45.2	476	9:37	01:03:03.0	9:20	02:02:29.0
463	973/2257	70/219	953	Stacie Higgins	F	44	Nebraska City	NE	483	9:05	01:01:25.3	468	9:36	01:02:54.4	9:20	02:02:30.5
464	974/2257	110/322	2366	Victoria Palmer	F	35	Omaha	NE	477	9:08	01:01:20.2	458	9:34	01:02:41.0	9:21	02:02:35.5
465	975/2257	121/293	1060	April Pash	F	32	Council Bluffs	IA	420	8:58	01:00:10.3	505	9:44	01:03:48.3	9:21	02:02:36.7
466	979/2257	71/219	239	Vizma Shaeffer	F	43	Lincoln	NE	353	8:49	00:58:57.4	566	9:54	01:04:52.1	9:21	02:02:39.3
467	981/2257	6/41	1252	Therese Liegl	F	56	Lincoln	NE	451	9:03	01:00:42.5	488	9:40	01:03:21.8	9:21	02:02:39.9
468	982/2257	122/293	780	Halie Kopsa	F	30	Lincoln	NE	542	9:14	01:02:07.9	435	9:29	01:02:08.1	9:21	02:02:40.9

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	983/2257	25/90	1509	Kim Conroy	F	54	Papillion	NE	367	8:55	00:59:06.5	525	9:48	01:04:13.1	9:21	02:02:41.1
470	984/2257	59/202	796	Jennifer Kienzle	F	28	Lincoln	NE	568	9:19	01:02:56.2	395	9:24	01:01:36.5	9:21	02:02:42.5
471	985/2257	111/322	208	Angela Harnly	F	39	Gretna	NE	513	9:13	01:01:48.7	445	9:30	01:02:17.9	9:21	02:02:43.5
472	986/2257	72/219	2894	Teri Madsen	F	40	Papillion	NE	324	8:49	00:58:45.8	572	9:55	01:04:57.7	9:21	02:02:46.9
473	987/2257	112/322	3295	Angie Petersen	F	36	Gretna	NE	543	9:17	01:02:09.1	425	9:27	01:01:57.4	9:22	02:02:47.3
474	988/2257	113/322	2939	Denise Fields	F	35	Lincoln	NE	429	8:59	01:00:22.5	507	9:45	01:03:53.3	9:22	02:02:49.2
475	989/2257	114/322	1361	Becky Olsen	F	39	Omaha	NE	407	8:58	00:59:50.3	513	9:46	01:04:03.5	9:22	02:02:50.6
476	993/2257	115/322	3325	Jennifer Yager	F	38	Lincoln	NE	637	9:27	01:04:22.5	373	9:18	01:01:01.1	9:23	02:03:00.9
477	994/2257	2/27	1372	Jolleen Clymer	F	62	Lincoln	NE	495	9:03	01:01:36.9	504	9:43	01:03:44.4	9:23	02:03:01.9
478	995/2257	3/5	3365	Caitlyn Yager	F	14	Lincoln	NE	638	9:27	01:04:22.7	374	9:19	01:01:02.2	9:23	02:03:02.2
479	996/2257	123/293	451	Brandy Whitaker	F	34	Lincoln	NE	473	9:12	01:01:10.8	460	9:34	01:02:45.9	9:23	02:03:03.3
480	999/2257	73/219	1367	Karen Belair	F	43	Omaha	NE	412	8:56	00:59:59.9	548	9:50	01:04:30.2	9:23	02:03:06.7
481	1001/2257	116/322	3597	Jennifer O'Neill	F	38	Gretna	NE	390	8:51	00:59:31.4	578	9:56	01:05:06.0	9:23	02:03:08.5
482	1003/2257	117/322	842	Amy Carlson	F	38	Lincoln	NE	531	9:12	01:01:59.4	463	9:35	01:02:49.8	9:23	02:03:11.4
483	1006/2257	74/219	128	Tricia Faust	F	42	Columbus	NE	603	9:21	01:03:41.3	422	9:27	01:01:57.2	9:24	02:03:15.4
484	1007/2257	124/293	940	Miranda Watson	F	33	Lincoln	NE	594	9:26	01:03:31.4	386	9:22	01:01:24.9	9:24	02:03:16.0
485	1008/2257	118/322	2713	Janna Mashek	F	37	Gibbon	NE	564	9:19	01:02:48.9	438	9:29	01:02:10.7	9:24	02:03:16.2
486	1009/2257	119/322	2570	Amy Softley	F	39	Kearney	NE	563	9:19	01:02:48.5	439	9:29	01:02:12.3	9:24	02:03:17.5
487	1010/2257	75/219	426	Deb Toth	F	43	Lincoln	NE	601	9:26	01:03:36.9	390	9:23	01:01:30.2	9:24	02:03:18.7
488	1011/2257	60/202	2635	Rachael Grange	F	28	Papillion	NE	470	9:02	01:01:05.7	517	9:47	01:04:05.9	9:24	02:03:21.0
489	1012/2257	76/219	2489	Lora Iversen	F	42	Wahoo	NE	640	9:25	01:04:27.2	401	9:24	01:01:39.3	9:24	02:03:23.1
490	1015/2257	120/322	3326	Amanda Brewer	F	35	Milford	NE	562	9:19	01:02:45.5	448	9:31	01:02:23.2	9:25	02:03:29.9
491	1016/2257	30/127	3411	Lisa Grimminger	F	47	Ceresco	NE	627	9:34	01:04:12.3	367	9:17	01:00:49.0	9:25	02:03:34.7
492	1017/2257	77/219	2801	Melissa Nation	F	42	Council Bluffs	IA	500	9:12	01:01:39.1	483	9:39	01:03:18.2	9:25	02:03:36.9
493	1018/2257	121/322	656	Mandi Lucas	F	39	Firth	NE	284	8:44	00:58:10.8	627	10:08	01:06:25.0	9:26	02:03:42.5
494	1020/2257	26/90	625	Cathy Ebers	F	50	Lincoln	NE	463	9:05	01:00:53.8	522	9:47	01:04:10.7	9:26	02:03:45.9
495	1022/2257	78/219	1316	Colleen Olson	F	40	Omaha	NE	436	9:06	01:00:28.1	524	9:48	01:04:11.5	9:26	02:03:50.8
496	1024/2257	122/322	2924	Wendy Loewenstein	F	35	Omaha	NE	492	9:11	01:01:36.1	501	9:43	01:03:40.4	9:27	02:03:54.1
497	1025/2257	31/127	2380	Sandra Allbery	F	48	Omaha	NE	655	9:31	01:04:47.8	391	9:23	01:01:31.6	9:27	02:03:55.9
498	1026/2257	123/322	2688	Shannon Bruha	F	38	Kearney	NE	516	9:10	01:01:50.7	508	9:45	01:03:53.6	9:27	02:04:00.9
499	1030/2257	79/219	1911	Kim Atchison	F	43	Kearney	NE	581	9:26	01:03:10.3	444	9:30	01:02:17.0	9:27	02:04:05.0
500	1031/2257	34/100	959	Christine Ritta	F	24	La Vista	NE	474	9:05	01:01:11.8	551	9:51	01:04:33.8	9:27	02:04:05.3
501	1032/2257	80/219	2226	Cheryl Hruska	F	40	Omaha	NE	591	9:21	01:03:28.5	469	9:36	01:02:54.5	9:28	02:04:11.3
502	1033/2257	35/100	2502	Tatiana De Los Santos	F	24	Lincoln	NE	330	8:45	00:58:47.4	648	10:11	01:06:47.8	9:28	02:04:11.8
503	1034/2257	81/219	372	Heather Robbins	F	40	Lincoln	NE	549	9:15	01:02:16.7	496	9:42	01:03:35.9	9:28	02:04:11.8
504	1035/2257	61/202	1305	Jossy Rogers	F	29	Bellevue	NE	279	8:41	00:58:02.6	665	10:16	01:07:16.9	9:28	02:04:12.7

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
505	1036/2257	125/293	1586	Michelle Langley	F	31	Lincoln	NE	296	8:42	00:58:29.3	660	10:15	01:07:11.4	9:28	02:04:13.0
506	1039/2257	3/27	1375	Jan Schiefen-Koerner	F	62	Lincoln	NE	620	9:25	01:04:02.9	450	9:32	01:02:32.7	9:28	02:04:17.0
507	1040/2257	126/293	639	Amy Killeen	F	34	Lincoln	NE	378	8:52	00:59:17.3	610	10:05	01:06:06.3	9:28	02:04:17.3
508	1041/2257	62/202	284	Patricia Miller	F	29	Omaha	NE	524	9:09	01:01:55.8	535	9:49	01:04:21.4	9:29	02:04:22.5
509	1043/2257	127/293	2826	Keri Craddock	F	33	Gretna	NE	475	9:04	01:01:12.2	570	9:54	01:04:57.1	9:29	02:04:24.2
510	1044/2257	124/322	966	Jeri Swanson	F	37	Lincoln	NE	583	9:23	01:03:12.1	470	9:36	01:02:55.0	9:29	02:04:26.9
511	1045/2257	7/41	2175	Rebecca Ferguson	F	57	Lincoln	NE	539	9:13	01:02:05.5	514	9:46	01:04:04.2	9:29	02:04:29.3
512	1046/2257	125/322	856	Kris Rohde	F	37	Omaha	NE	313	8:50	00:58:36.8	637	10:09	01:06:32.5	9:29	02:04:30.1
513	1047/2257	128/293	899	Andrea Abel	F	31	Chicago	IL	600	9:25	01:03:35.3	464	9:35	01:02:50.3	9:30	02:04:36.8
514	1048/2257	82/219	477	Kelly Keith	F	43	Omaha	NE	615	9:25	01:03:53.3	465	9:35	01:02:50.9	9:30	02:04:37.5
515	1049/2257	63/202	3391	Margaret Dempsey	F	28	Omaha	NE	447	9:04	01:00:36.5	579	9:57	01:05:11.2	9:30	02:04:37.8
516	1050/2257	8/41	563	Dee Kraft	F	58	La Vista	NE	614	9:25	01:03:53.2	466	9:35	01:02:52.6	9:30	02:04:38.7
517	1052/2257	64/202	102	Megan Willman	F	25	Lincoln	NE	687	9:36	01:05:24.8	411	9:26	01:01:47.7	9:31	02:04:45.3
518	1053/2257	126/322	1834	Stephanie Eells	F	39	Lincoln	NE	645	9:35	01:04:33.3	424	9:27	01:01:57.4	9:31	02:04:46.3
519	1058/2257	129/293	1639	Katie Zulkoski	F	32	Lincoln	NE	593	9:23	01:03:30.4	486	9:40	01:03:21.3	9:31	02:04:50.4
520	1060/2257	127/322	1354	Stephanie Riekhof	F	36	Lincoln	NE	490	9:09	01:01:30.7	562	9:54	01:04:51.2	9:31	02:04:53.3
521	1061/2257	128/322	1085	Wendi Retzlaff	F	37	Eagle	NE	257	8:40	00:57:28.5	706	10:23	01:08:07.1	9:31	02:04:54.1
522	1062/2257	130/293	1080	Kirsten Hendrixson	F	33	Omaha	NE	419	8:58	01:00:09.8	613	10:06	01:06:11.5	9:31	02:04:56.9
523	1063/2257	83/219	1733	Amy Willeke	F	44	Lincoln	NE	723	9:40	01:06:19.7	399	9:24	01:01:38.4	9:32	02:04:59.3
524	1065/2257	84/219	293	Amber Burge	F	41	Gothenburg	NE	503	9:04	01:01:39.7	587	10:00	01:05:35.0	9:32	02:05:00.0
525	1066/2257	129/322	2028	Maria Andersen	F	38	Gothenburg	NE	501	9:04	01:01:39.5	588	10:00	01:05:35.0	9:32	02:05:00.5
526	1067/2257	131/293	2404	Courtney Lockridge	F	34	Walton	NE	508	9:10	01:01:42.4	565	9:54	01:04:52.1	9:32	02:05:01.0
527	1068/2257	32/127	3359	Brenda Buettner	F	49	Norfolk	NE	561	9:15	01:02:44.2	543	9:50	01:04:26.9	9:32	02:05:04.4
528	1072/2257	33/127	1109	Jean Phillips	F	48	Omaha	NE	629	9:36	01:04:14.2	440	9:30	01:02:14.7	9:32	02:05:07.7
529	1073/2257	130/322	1476	Amy Whitehead	F	38	Ashland	NE	509	9:11	01:01:43.6	569	9:54	01:04:55.2	9:32	02:05:09.0
530	1074/2257	34/127	1141	Cindy Gessert	F	49	Omaha	NE	525	9:14	01:01:57.8	553	9:52	01:04:38.4	9:32	02:05:11.1
531	1075/2257	131/322	2155	Kerri Merkel	F	37	Lincoln	NE	240	8:33	00:56:48.8	742	10:33	01:09:12.3	9:33	02:05:14.3
532	1076/2257	132/293	1714	Rebecca Gudmundson	F	32	Bennington	NE	599	9:42	01:03:33.2	404	9:25	01:01:41.6	9:33	02:05:14.9
533	1078/2257	85/219	2625	Katherine Finney	F	43	Council Bluffs	IA	450	8:59	01:00:39.9	620	10:07	01:06:20.6	9:33	02:05:16.1
534	1079/2257	9/41	2761	Jayme Nekuda	F	55	Omaha	NE	632	9:24	01:04:16.2	499	9:42	01:03:38.2	9:33	02:05:16.7
535	1081/2257	86/219	791	Amy Swanson	F	41	Lincoln	NE	504	9:12	01:01:40.6	573	9:55	01:05:00.3	9:33	02:05:20.0
536	1082/2257	133/293	1339	Sara Schmidt	F	30	Lincoln	NE	566	9:20	01:02:52.3	519	9:47	01:04:06.6	9:33	02:05:20.4
537	1083/2257	132/322	1207	Summer Zetterman	F	35	Hickman	NE	565	9:20	01:02:52.3	518	9:47	01:04:06.5	9:33	02:05:20.6
538	1084/2257	134/293	811	Holly Sain	F	30	Lincoln	NE	459	8:59	01:00:45.3	633	10:09	01:06:29.0	9:33	02:05:20.9
539	1085/2257	133/322	1574	Regina Rademacher	F	39	Lincoln	NE	481	9:02	01:01:23.2	612	10:06	01:06:09.6	9:33	02:05:22.7
540	1086/2257	10/41	2406	Peg Ogea-Ginsburg	F	55	Lincoln	NE	452	9:02	01:00:42.6	611	10:05	01:06:07.5	9:33	02:05:22.9

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
541	1087/2257	134/322	1230	Shannon Korth	F	38	Palmyra	NE	438	9:00	01:00:29.2	626	10:08	01:06:24.6	9:33	02:05:23.0
542	1090/2257	4/27	555	Nancy Vankirk	F	62	Lincoln	NE	550	9:13	01:02:18.8	574	9:55	01:05:01.7	9:33	02:05:24.5
543	1091/2257	135/293	1394	Shelly Leyden	F	32	Lincoln	NE	414	8:58	01:00:05.2	639	10:10	01:06:38.0	9:33	02:05:24.5
544	1092/2257	65/202	343	Christine Dahl	F	27	Lincoln	NE	362	8:47	00:59:04.1	694	10:21	01:07:50.0	9:34	02:05:24.8
545	1093/2257	36/100	2601	Sara Wadas	F	22	Lincoln	NE	384	8:52	00:59:23.6	670	10:16	01:07:19.9	9:34	02:05:25.0
546	1094/2257	37/100	2449	Claire Bergen	F	21	Lincoln	NE	488	9:04	01:01:28.3	607	10:04	01:05:58.5	9:34	02:05:26.2
547	1097/2257	35/127	980	Sheila Mikulicz	F	45	Omaha	NE	541	9:16	01:02:06.8	557	9:52	01:04:41.5	9:34	02:05:27.8
548	1098/2257	27/90	2872	Nancy Solberg	F	54	Alliance	NE	363	8:52	00:59:04.5	669	10:16	01:07:19.7	9:34	02:05:28.0
549	1099/2257	135/322	816	Erika Schafer	F	38	Lincoln	NE	608	9:26	01:03:45.9	495	9:42	01:03:35.6	9:34	02:05:28.1
550	1101/2257	87/219	3145	Kim Marsh	F	44	Papillion	NE	590	9:20	01:03:28.3	529	9:48	01:04:17.7	9:34	02:05:32.2
551	1102/2257	88/219	3433	Erin Clymer	F	41	Alvo	NE	656	9:32	01:04:48.8	473	9:37	01:03:01.0	9:34	02:05:33.0
552	1103/2257	66/202	1398	Amanda Rohde	F	29	Lincoln	NE	426	8:52	01:00:14.6	673	10:17	01:07:26.3	9:34	02:05:34.2
553	1105/2257	89/219	1947	Kim Riggs	F	41	Lincoln	NE	519	9:09	01:01:53.1	594	10:01	01:05:41.9	9:35	02:05:37.9
554	1106/2257	90/219	2620	Stacie Simonson	F	43	Fremont	NE	734	9:40	01:06:28.6	442	9:30	01:02:16.0	9:35	02:05:38.8
555	1107/2257	136/322	973	Carrie Nepple	F	37	Council Bluffs	IA	422	9:01	01:00:10.9	634	10:09	01:06:29.9	9:35	02:05:39.4
556	1108/2257	136/293	982	Julisa Novotny	F	33	Council Bluffs	IA	423	9:02	01:00:10.9	635	10:09	01:06:29.9	9:35	02:05:42.0
557	1109/2257	28/90	3449	Barb Leu	F	50	Columbus	NE	654	9:28	01:04:47.4	503	9:43	01:03:43.2	9:35	02:05:43.7
558	1112/2257	67/202	3083	Jayde Wohlgemuth	F	29	Funk	NE	592	9:20	01:03:29.2	556	9:52	01:04:41.4	9:36	02:05:54.4
559	1113/2257	91/219	1765	Leslie Rudd	F	42	Kearney	NE	652	9:34	01:04:45.7	480	9:38	01:03:10.5	9:36	02:05:54.5
560	1114/2257	137/293	2178	Mychelle Thompson	F	33	Bennet	NE	533	9:13	01:01:59.6	583	9:59	01:05:27.3	9:36	02:05:55.2
561	1115/2257	137/322	406	Tova Shaffer	F	39	Kearney	NE							9:36	02:05:55.2
562	1116/2257	36/127	357	Cherie Calcaterra	F	45	Kearney	NE	651	9:34	01:04:45.5	481	9:38	01:03:10.7	9:36	02:05:56.9
563	1117/2257	29/90	1115	Karen Thompson	F	54	Omaha	NE	479	9:07	01:01:22.4	617	10:06	01:06:13.1	9:36	02:05:58.3
564	1119/2257	11/41	2612	Janece Mollhoff	F	59	Ashland	NE	610	9:24	01:03:46.3	542	9:50	01:04:26.2	9:36	02:06:00.7
565	1121/2257	12/41	2571	Sharla Schultze	F	55	Lincoln	NE	621	9:21	01:04:08.1	559	9:52	01:04:43.5	9:36	02:06:02.3
566	1122/2257	38/100	1606	Christine Ochsner	F	23	Nelson	NE	742	9:50	01:06:43.6	397	9:24	01:01:37.3	9:37	02:06:06.0
567	1124/2257	39/100	2873	Kayla Rankin	F	21	Spalding	NE	760	9:47	01:07:25.1	431	9:28	01:02:03.7	9:37	02:06:15.0
568	1125/2257	37/127	2996	Theresa Huffman	F	47	Lincoln	NE	619	9:33	01:04:02.6	497	9:42	01:03:37.2	9:37	02:06:15.6
569	1126/2257	92/219	2201	Stacia Soderlin	F	40	Hallam	NE	618	9:33	01:04:02.6	498	9:42	01:03:37.8	9:37	02:06:16.0
570	1127/2257	138/293	1961	Amy Divis	F	33	Lincoln	NE	406	8:54	00:59:48.3	697	10:21	01:07:53.9	9:38	02:06:17.9
571	1129/2257	138/322	1790	Gina Hull	F	37	Olathe	KS	418	8:57	01:00:08.9	689	10:20	01:07:44.7	9:38	02:06:25.4
572	1130/2257	38/127	800	Susan Sisel	F	49	Dwight	NE	574	9:29	01:03:01.5	526	9:48	01:04:15.0	9:38	02:06:25.8
573	1131/2257	139/293	1552	Penny Befort	F	34	Deshler	NE	573	9:17	01:03:00.5	595	10:02	01:05:44.8	9:39	02:06:33.4
574	1132/2257	39/127	462	Nancy Scheufele	F	47	Omaha	NE	626	9:25	01:04:11.3	567	9:54	01:04:52.4	9:39	02:06:33.5
575	1133/2257	139/322	1636	Heather Spivey	F	37	Lincoln	NE							9:39	02:06:37.4
576	1134/2257	140/322	933	Beth Rawlings	F	37	Lincoln	NE	749	9:57	01:06:55.2	389	9:22	01:01:27.1	9:39	02:06:39.7

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
577	1135/2257	141/322	657	Diane Steinke	F	39	Lincoln	NE	721	9:50	01:06:18.8	441	9:30	01:02:14.8	9:39	02:06:40.3
578	1136/2257	140/293	122	Sara Baird	F	34	Papillion	NE	643	9:31	01:04:29.2	530	9:48	01:04:17.9	9:39	02:06:41.2
579	1138/2257	93/219	1002	Tammy Sealer	F	44	Omaha	NE	552	9:14	01:02:19.4	615	10:06	01:06:13.0	9:40	02:06:45.5
580	1139/2257	94/219	920	Julie Wohlers	F	40	Omaha	NE	554	9:14	01:02:19.8	614	10:06	01:06:12.3	9:40	02:06:45.8
581	1142/2257	142/322	1677	Sarah Zeleny	F	36	Gretna	NE	658	9:30	01:04:52.5	545	9:50	01:04:28.9	9:40	02:06:47.6
582	1143/2257	40/127	3341	Jennifer Gregg	F	47	Omaha	NE	703	9:33	01:05:46.1	523	9:48	01:04:11.5	9:40	02:06:48.1
583	1144/2257	41/127	2985	Annette Zeman	F	46	Springbrook	WI	702	9:33	01:05:45.9	521	9:47	01:04:10.6	9:40	02:06:48.7
584	1145/2257	141/293	1926	Susie Jones	F	33	Gretna	NE	659	9:30	01:04:52.5	547	9:50	01:04:29.7	9:40	02:06:49.6
585	1146/2257	95/219	2869	Allison Rankin	F	41	Spalding	NE	759	9:47	01:07:24.9	456	9:33	01:02:39.5	9:40	02:06:50.2
586	1147/2257	68/202	1668	Jessica Neville	F	27	Lincoln	NE	381	8:49	00:59:20.8	739	10:33	01:09:08.0	9:41	02:06:57.2
587	1149/2257	30/90	1452	Kathleen Phillips	F	54	Seward	NE	612	9:29	01:03:47.3	563	9:54	01:04:51.3	9:41	02:06:59.1
588	1153/2257	40/100	3010	Rachel Kocarnik	F	22	Lincoln	NE	680	9:34	01:05:21.3	533	9:49	01:04:18.7	9:41	02:07:00.8
589	1156/2257	41/100	2891	Jessica Boehm	F	22	Lincoln	NE	681	9:34	01:05:21.9	532	9:49	01:04:18.3	9:41	02:07:03.6
590	1157/2257	142/293	1693	Joy Donaldson	F	32	Dakota Dunes	SD	547	9:23	01:02:13.8	589	10:00	01:05:35.3	9:41	02:07:03.6
591	1159/2257	143/293	2107	Stephanie Johnson	F	30	Lincoln	NE	580	9:25	01:03:09.3	581	9:59	01:05:25.0	9:41	02:07:06.6
592	1160/2257	69/202	1112	Katie Weander	F	25	Omaha	NE	351	8:48	00:58:56.5	750	10:36	01:09:26.9	9:41	02:07:06.9
593	1162/2257	70/202	1584	Heather Lundgren	F	29	Omaha	NE	498	9:08	01:01:38.5	668	10:16	01:07:19.6	9:42	02:07:10.6
594	1164/2257	71/202	252	Vanessa Urbach	F	27	Omaha	NE	523	9:09	01:01:55.5	667	10:16	01:07:19.1	9:42	02:07:20.4
595	1165/2257	144/293	1902	Rosalina Romero	F	31	Omaha	NE	944	10:25	01:11:36.9	298	9:01	00:59:03.9	9:42	02:07:21.0
596	1166/2257	145/293	1630	Shauna Armstrong	F	32	Lincoln	NE	605	9:19	01:03:41.9	623	10:07	01:06:21.9	9:43	02:07:27.0
597	1167/2257	146/293	1376	Norie Rich	F	33	Omaha	NE	669	9:37	01:05:00.5	536	9:49	01:04:21.6	9:43	02:07:27.1
598	1168/2257	96/219	2099	Kristy Meader	F	43	Lincoln	NE	602	9:19	01:03:40.6	624	10:08	01:06:22.8	9:43	02:07:28.2
599	1169/2257	31/90	2092	Susan Blaha	F	52	Ord	NE	674	9:33	01:05:09.3	568	9:54	01:04:54.5	9:43	02:07:30.6
600	1171/2257	42/100	2032	Hailey Damrow	F	24	Holdrege	NE	726	9:48	01:06:25.1	489	9:41	01:03:30.6	9:44	02:07:42.3
601	1172/2257	42/127	1519	Jean Holt	F	45	Lincoln	NE	671	9:39	01:05:01.8	541	9:50	01:04:25.4	9:44	02:07:42.8
602	1173/2257	143/322	110	Valerie Williams	F	38	Lincoln	NE	585	9:28	01:03:17.3	591	10:01	01:05:38.3	9:44	02:07:44.3
603	1174/2257	144/322	1193	Emily Williams	F	39	Lincoln	NE	557	9:20	01:02:31.7	638	10:09	01:06:33.9	9:44	02:07:44.9
604	1175/2257	43/100	2518	Hannah Hyslop	F	24	Oakland	NE	727	9:48	01:06:25.5	490	9:41	01:03:30.8	9:44	02:07:45.0
605	1176/2257	44/100	3454	Katelyn Schoneweis	F	20	Beatrice	NE	606	9:24	01:03:42.2	619	10:06	01:06:13.5	9:45	02:07:50.6
606	1177/2257	97/219	672	Colleen Schoneweis	F	43	Beatrice	NE	607	9:24	01:03:42.3	616	10:06	01:06:13.0	9:45	02:07:50.8
607	1178/2257	72/202	2828	Belinda Wright	F	26	Chicago	IL	577	9:22	01:03:08.7	630	10:08	01:06:26.4	9:45	02:07:52.4
608	1179/2257	73/202	874	Jenny Sundberg	F	26	Lincoln	NE	578	9:22	01:03:08.9	631	10:08	01:06:26.7	9:45	02:07:53.3
609	1180/2257	145/322	1015	Lindsey Lee	F	35	Papillion	NE	611	9:20	01:03:47.3	645	10:11	01:06:42.5	9:45	02:07:53.5
610	1181/2257	45/100	1328	Kayla Kallenbach	F	20	Lincoln	NE	472	9:05	01:01:10.2	715	10:26	01:08:21.4	9:45	02:07:55.2
611	1182/2257	98/219	544	Barb Chmelka	F	43	Lincoln	NE	535	9:13	01:01:59.8	676	10:18	01:07:29.4	9:45	02:07:55.8
612	1183/2257	99/219	970	Michelle Svehla	F	44	Lincoln	NE	545	9:16	01:02:10.2	663	10:15	01:07:14.5	9:45	02:08:00.8

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
613	1184/2257	146/322	475	Angela Coniglio	F	36	Lincoln	NE	634	9:33	01:04:18.2	584	9:59	01:05:29.0	9:46	02:08:05.0
614	1185/2257	13/41	491	Jean Cotton	F	56	Lincoln	NE	701	9:44	01:05:45.1	531	9:49	01:04:18.1	9:46	02:08:05.9
615	1186/2257	43/127	1149	Kelley Pauley	F	45	Milford	NE	670	9:29	01:05:01.2	605	10:04	01:05:58.0	9:46	02:08:06.8
616	1188/2257	5/27	526	Marlene Swanson	F	60	Lincoln	NE	695	9:44	01:05:43.3	534	9:49	01:04:20.2	9:46	02:08:07.3
617	1189/2257	74/202	1170	Molly Johnson	F	27	Lincoln	NE	781	10:00	01:07:57.8	453	9:33	01:02:36.6	9:46	02:08:08.0
618	1190/2257	44/127	1401	Kris Newquist	F	48	Aurora	NE	478	9:11	01:01:21.3	701	10:22	01:07:58.5	9:46	02:08:09.0
619	1192/2257	100/219	367	Jennifer Zuelch	F	40	Lincoln	NE	736	9:46	01:06:31.4	520	9:47	01:04:07.6	9:46	02:08:09.8
620	1193/2257	75/202	2126	Ann Mchale	F	25	Lincoln	NE	780	10:00	01:07:57.4	457	9:34	01:02:40.3	9:46	02:08:13.0
621	1194/2257	147/322	1008	Hallie Ganz	F	37	Kearney	NE	773	9:47	01:07:50.5	515	9:47	01:04:05.1	9:46	02:08:13.1
622	1195/2257	14/41	584	Bonnie Engel	F	56	Lincoln	NE	668	9:38	01:04:58.8	577	9:56	01:05:04.0	9:46	02:08:13.6
623	1196/2257	6/27	946	Lynnette Stevens	F	62	Gothenburg	NE	771	9:47	01:07:50.3	516	9:47	01:04:05.4	9:47	02:08:16.1
624	1197/2257	76/202	1792	Taryn Schultz	F	26	Helena	MT	377	8:48	00:59:15.9	804	10:46	01:10:32.9	9:47	02:08:16.3
625	1198/2257	148/322	579	Carrie Pittman	F	38	Lincoln	NE	824	10:07	01:08:49.8	426	9:27	01:02:00.3	9:47	02:08:19.0
626	1199/2257	149/322	1201	Judy Wiggins	F	38	Lincoln	NE	567	9:21	01:02:52.5	655	10:14	01:07:01.9	9:47	02:08:19.0
627	1200/2257	147/293	2090	Elizabeth Katzberg	F	31	Lincoln	NE	650	9:30	01:04:44.7	609	10:05	01:06:04.4	9:47	02:08:21.9
628	1204/2257	148/293	908	Kim Sherwin	F	31	Union	NE	437	9:04	01:00:28.2	730	10:32	01:09:00.0	9:47	02:08:25.1
629	1205/2257	149/293	1873	Ashley Pham	F	31	Omaha	NE	664	9:34	01:04:56.5	593	10:01	01:05:41.3	9:47	02:08:25.3
630	1206/2257	150/293	3565	Tiffany Bohm	F	33	Lincoln	NE	588	9:26	01:03:23.3	642	10:10	01:06:39.5	9:47	02:08:27.2
631	1207/2257	45/127	3566	Carrie Kleinschmidt	F	46	Lincoln	NE	589	9:26	01:03:24.9	640	10:10	01:06:38.7	9:48	02:08:28.1
632	1209/2257	77/202	2181	Andrea Schneider	F	26	Golden	CO	811	9:53	01:08:20.6	500	9:42	01:03:38.6	9:48	02:08:28.7
633	1210/2257	101/219	1042	Amy Mack	F	42	Lincoln	NE	534	9:14	01:01:59.7	703	10:22	01:07:59.8	9:48	02:08:29.2
634	1211/2257	150/322	929	Kendra Thorberg	F	35	Mullen	NE	527	9:13	01:01:58.3	704	10:23	01:08:05.2	9:48	02:08:33.7
635	1212/2257	151/293	828	Deidre Ochsner	F	34	Omaha	NE	413	9:00	01:00:02.7	764	10:37	01:09:35.8	9:48	02:08:34.9
636	1213/2257	78/202	3242	Samantha Parolek	F	25	Omaha	AL	469	9:07	01:01:05.5	726	10:30	01:08:47.9	9:48	02:08:36.7
637	1214/2257	46/127	565	Kirsten Mills	F	46	Omaha	NE	630	9:35	01:04:14.5	600	10:03	01:05:53.0	9:49	02:08:42.9
638	1215/2257	151/322	582	Jeanne Stover	F	35	Omaha	NE	628	9:35	01:04:14.2	601	10:03	01:05:53.4	9:49	02:08:44.1
639	1216/2257	152/293	572	Sheena Rancourt	F	30	Lincoln	NE	528	9:13	01:01:58.3	710	10:25	01:08:16.5	9:49	02:08:44.1
640	1217/2257	79/202	909	Chelsea Christians	F	25	Omaha	NE	633	9:36	01:04:16.4	598	10:03	01:05:51.0	9:49	02:08:44.6
641	1219/2257	102/219	386	Dawn Sherlock	F	41	Alda	NE	322	8:50	00:58:45.3	813	10:48	01:10:49.9	9:49	02:08:46.5
642	1221/2257	153/293	262	Alexis Abel	F	33	Lincoln	NE	642	9:28	01:04:28.5	649	10:11	01:06:48.0	9:49	02:08:49.8
643	1222/2257	152/322	1322	Jessica Bauer	F	38	Omaha	NE	598	9:28	01:03:33.2	651	10:12	01:06:52.5	9:50	02:08:57.4
644	1223/2257	153/322	1887	Dangie Jansen	F	36	Bennington	NE	597	9:29	01:03:33.1	652	10:12	01:06:52.7	9:50	02:09:00.2
645	1225/2257	32/90	1027	Karen Watermeier	F	52	Lincoln	NE	725	9:50	01:06:22.8	558	9:52	01:04:42.8	9:51	02:09:08.3
646	1226/2257	47/127	1936	Kim Schultz	F	46	Helena	MT	538	9:14	01:02:04.8	721	10:28	01:08:36.7	9:51	02:09:08.8
647	1228/2257	33/90	1880	Jodi Kocher	F	51	Lincoln	NE	476	9:10	01:01:19.4	740	10:33	01:09:08.8	9:51	02:09:12.8
648	1229/2257	103/219	3523	Anitha Jwalanaiah	F	40	Lincoln	NE	715	9:42	01:06:09.1	597	10:03	01:05:50.8	9:52	02:09:27.6

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
649	1230/2257	154/293	254	Jessica Grant	F	30	Lincoln	NE	724	9:42	01:06:20.2	603	10:03	01:05:56.1	9:52	02:09:32.8
650	1232/2257	46/100	2927	Mary Leduc	F	23	Lincoln	NE	673	9:32	01:05:08.1	657	10:14	01:07:05.5	9:53	02:09:35.2
651	1235/2257	48/127	2643	June Kleinschmidt	F	46	Grafton	NE	739	9:47	01:06:36.5	592	10:01	01:05:40.6	9:54	02:09:48.9
652	1236/2257	47/100	2416	Jessica Brandt	F	24	Omaha	NE	653	9:33	01:04:46.1	662	10:15	01:07:13.8	9:54	02:09:49.3
653	1237/2257	48/100	1092	Laura Smith	F	23	Lincoln	NE	635	9:34	01:04:21.3	659	10:15	01:07:11.0	9:54	02:09:52.2
654	1239/2257	104/219	315	Stacey Mcconnell	F	40	Independence	MO	837	10:01	01:09:02.7	527	9:48	01:04:16.0	9:54	02:09:53.3
655	1240/2257	154/322	1406	Geri Canoyer	F	39	Walton	NE	343	8:49	00:58:50.7	867	11:00	01:12:08.4	9:54	02:09:53.7
656	1241/2257	105/219	3532	Joan Buchman	F	42	Fremont	NE	558	9:24	01:02:41.5	716	10:26	01:08:23.9	9:54	02:09:58.2
657	1242/2257	80/202	804	Lindsey Frohn	F	29	Lincoln	NE	785	10:00	01:07:59.5	544	9:50	01:04:28.4	9:55	02:10:00.6
658	1244/2257	49/127	1713	Lisa White	F	46	Lincoln	NE	616	9:21	01:03:56.2	725	10:29	01:08:45.3	9:55	02:10:03.3
659	1246/2257	155/293	2285	Kelly Dewing	F	34	Eagle	NE	517	9:06	01:01:51.3	802	10:45	01:10:30.3	9:55	02:10:10.8
660	1248/2257	81/202	465	Raquel Chavez	F	27	Lincoln	NE	825	10:07	01:08:49.8	509	9:45	01:03:57.6	9:56	02:10:15.4
661	1249/2257	156/293	990	Stephanie Verkamp	F	31	Lincoln	NE	546	9:10	01:02:13.2	788	10:43	01:10:12.8	9:56	02:10:16.6
662	1250/2257	15/41	575	Patty Clausen	F	56	Beatrice	NE	644	9:31	01:04:31.8	696	10:21	01:07:53.5	9:56	02:10:17.1
663	1251/2257	157/293	593	Sarah Dworak	F	34	Ralston	NE	797	9:57	01:08:05.6	576	9:55	01:05:03.6	9:56	02:10:17.8
664	1253/2257	49/100	1418	Holly Styskal	F	24	Lincoln	NE	823	10:07	01:08:49.6	510	9:45	01:03:57.8	9:56	02:10:18.2
665	1254/2257	155/322	1221	Pfeil Kristen	F	35	Lincoln	NE	678	9:44	01:05:16.3	636	10:09	01:06:29.9	9:56	02:10:19.9
666	1255/2257	34/90	2016	Debra Eschliman	F	52	Lincoln	NE	818	10:00	01:08:41.4	564	9:54	01:04:51.6	9:56	02:10:24.5
667	1256/2257	82/202	695	Jessi Huenink	F	29	Lincoln	NE	707	9:36	01:05:53.7	678	10:18	01:07:32.2	9:57	02:10:27.3
668	1257/2257	106/219	1737	Kelly Stich	F	42	Lincoln	NE	807	10:15	01:08:17.8	487	9:40	01:03:21.4	9:57	02:10:30.5
669	1258/2257	158/293	1893	Tina Stokes	F	34	Petersburg	NE	540	9:16	01:02:05.7	772	10:39	01:09:49.6	9:57	02:10:32.8
670	1259/2257	50/127	1211	Kelley Peterson	F	49	Eagle	NE	428	9:05	01:00:15.9	818	10:50	01:11:02.0	9:57	02:10:35.6
671	1260/2257	35/90	1247	Julie A. Moore	F	51	Lincoln	NE	836	10:01	01:09:02.3	571	9:55	01:04:57.4	9:57	02:10:38.0
672	1261/2257	156/322	2146	Jill Ramaekers	F	36	Columbus	NE	705	9:43	01:05:47.3	656	10:14	01:07:02.3	9:58	02:10:42.9
673	1262/2257	107/219	1623	Niki Henkel	F	43	Beatrice	NE	660	9:46	01:04:54.1	643	10:10	01:06:40.2	9:58	02:10:44.9
674	1264/2257	157/322	1231	Sarah Wilson	F	37	Lincoln	NE	455	9:01	01:00:44.3	854	10:57	01:11:45.8	9:59	02:10:52.4
675	1265/2257	158/322	1955	Chrissy Waido	F	38	Weston	NE	551	9:20	01:02:18.8	767	10:38	01:09:39.8	9:59	02:10:53.2
676	1268/2257	51/127	1088	Valerie Anderson	F	45	Omaha	NE	762	9:56	01:07:26.5	596	10:02	01:05:48.8	9:59	02:10:54.7
677	1269/2257	83/202	1762	Jamie Peterson	F	26	Overland Park	KS	757	9:51	01:07:15.6	625	10:08	01:06:23.8	9:59	02:10:56.9
678	1270/2257	52/127	1674	Molly Hoffmann	F	49	Lincoln	NE	521	9:14	01:01:54.5	800	10:45	01:10:26.3	9:59	02:11:00.3
679	1272/2257	159/322	2423	Amy Riggs	F	39	Omaha	NE	820	10:08	01:08:43.8	552	9:51	01:04:37.0	9:59	02:11:02.4
680	1273/2257	159/293	1809	Lindsey Gill	F	33	Lincoln	NE	796	9:58	01:08:05.5	602	10:03	01:05:53.6	10:00	02:11:11.8
681	1276/2257	160/293	2581	Becky Benson	F	33	Valentine	NE	556	9:18	01:02:26.8	796	10:45	01:10:24.7	10:01	02:11:21.3
682	1277/2257	108/219	3518	Angela Kiani	F	41	Lincoln	NE	699	9:38	01:05:44.3	713	10:25	01:08:17.5	10:01	02:11:26.6
683	1280/2257	160/322	2516	Amy Oliver	F	35	Grand Island	NE	464	9:02	01:00:55.2	876	11:03	01:12:24.4	10:02	02:11:36.1
684	1281/2257	50/100	2955	Abigail Allgood	F	21	Gretna	NE	743	9:48	01:06:43.6	672	10:17	01:07:25.0	10:02	02:11:37.0

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
685	1282/2257	109/219	1919	Chris Gossin	F	43	Ashland	NE	510	9:14	01:01:44.3	821	10:51	01:11:04.8	10:02	02:11:38.3
686	1284/2257	161/322	768	Angela Hogan	F	38	Lincoln	NE	686	9:47	01:05:24.4	679	10:18	01:07:32.8	10:02	02:11:38.7
687	1286/2257	7/27	3233	Beverly Janak	F	60	Omaha	NE	732	9:46	01:06:28.2	684	10:19	01:07:40.0	10:02	02:11:40.8
688	1287/2257	110/219	1593	Lori Hemmett	F	42	Lincoln	NE	641	9:33	01:04:27.4	734	10:32	01:09:03.2	10:02	02:11:41.3
689	1288/2257	161/293	884	Lisa Schiefen	F	33	Omaha	NE	494	9:03	01:01:36.5	875	11:02	01:12:21.6	10:02	02:11:41.5
690	1289/2257	8/27	2604	Barbara Whitehead	F	61	Lincoln	NE	690	9:34	01:05:40.7	735	10:32	01:09:03.9	10:02	02:11:44.1
691	1292/2257	51/100	978	Kerry Schwarzlander	F	22	Kennard	NE	812	10:11	01:08:31.2	575	9:55	01:05:02.4	10:03	02:11:47.9
692	1294/2257	162/293	1414	Jacqueline Christian	F	33	Bellevue	NE	794	9:54	01:08:04.5	654	10:13	01:06:57.0	10:03	02:11:52.9
693	1295/2257	162/322	3396	Amy Schmidt	F	37	Lincoln	NE	666	9:39	01:04:57.3	722	10:29	01:08:40.7	10:03	02:11:54.4
694	1296/2257	53/127	3526	Justina Ziemann	F	48	Hickman	NE	713	9:41	01:05:58.7	717	10:26	01:08:26.1	10:03	02:11:57.3
695	1297/2257	4/5	3475	Molly Lienemann	F	13	Lincoln	NE	765	9:51	01:07:36.7	671	10:17	01:07:22.5	10:03	02:11:57.3
696	1298/2257	52/100	345	Amber Kester	F	21	Clearwater	NE	647	9:36	01:04:35.9	729	10:32	01:08:59.6	10:04	02:11:58.1
697	1300/2257	111/219	228	Jennifer Lienemann	F	41	Lincoln	NE	764	9:51	01:07:36.1	674	10:17	01:07:27.7	10:04	02:11:59.3
698	1301/2257	163/322	205	Colleen Pribyl	F	39	Papillion	NE	763	9:50	01:07:35.3	675	10:18	01:07:28.5	10:04	02:11:59.3
699	1302/2257	36/90	2078	Jeanne Dryburgh	F	50	Seward	NE	623	9:32	01:04:09.8	760	10:36	01:09:31.7	10:04	02:12:02.2
700	1303/2257	163/293	2301	Crystal Bock	F	33	Lincoln	NE	803	10:08	01:08:11.1	590	10:01	01:05:37.3	10:04	02:12:03.9
701	1304/2257	164/322	118	Jasmin Roth	F	36	Milford	NE	767	9:54	01:07:42.8	661	10:15	01:07:12.5	10:04	02:12:08.6
702	1305/2257	165/322	680	Rebecca Bayne	F	35	Lincoln	NE	729	9:36	01:06:26.7	744	10:34	01:09:13.5	10:04	02:12:08.8
703	1306/2257	54/127	792	Roni Bliemeister	F	49	Lincoln	NE	728	9:36	01:06:26.3	745	10:34	01:09:13.9	10:04	02:12:08.8
704	1307/2257	84/202	3369	Rachel Hams	F	29	Lincoln	NE	730	9:36	01:06:27.3	743	10:34	01:09:13.0	10:04	02:12:09.5
705	1310/2257	85/202	684	Jill Soucek	F	26	Oklahoma City	OK	733	10:03	01:06:28.4	632	10:08	01:06:27.2	10:05	02:12:17.9
706	1311/2257	112/219	1512	Melissa Dorsch	F	44	Pawnee City	NE	467	9:12	01:01:01.3	860	10:59	01:12:01.8	10:05	02:12:20.0
707	1314/2257	166/322	210	Justina Mcconnell	F	35	Lincoln	NE	691	9:37	01:05:41.4	749	10:35	01:09:23.8	10:06	02:12:25.1
708	1315/2257	167/322	242	Audra Hitz	F	36	Lincoln	NE	625	9:30	01:04:10.5	784	10:42	01:10:07.0	10:06	02:12:25.2
709	1319/2257	86/202	1712	Cally Thompson	F	25	Omaha	NE	943	10:25	01:11:36.9	528	9:48	01:04:17.3	10:06	02:12:31.5
710	1320/2257	55/127	361	Kathy Ponte-Hamersky	F	46	Lincoln	NE	740	9:53	01:06:38.8	691	10:20	01:07:46.7	10:06	02:12:32.0
711	1321/2257	53/100	1049	Jane Smith	F	23	Omaha	NE	631	9:32	01:04:16.2	783	10:42	01:10:05.6	10:06	02:12:32.4
712	1322/2257	87/202	618	Kimberly Schultz	F	29	Lincoln	NE	809	10:05	01:08:19.2	629	10:08	01:06:25.9	10:06	02:12:32.4
713	1324/2257	168/322	3393	Mandi Wooledge	F	35	Lincoln	NE	774	10:07	01:07:53.8	622	10:07	01:06:21.3	10:07	02:12:37.2
714	1327/2257	113/219	2298	Laurie Rolfsmeyer	F	44	Seward	NE	677	9:40	01:05:14.8	748	10:34	01:09:18.7	10:07	02:12:38.7
715	1328/2257	114/219	136	Julie Williams	F	41	Bellevue	NE	682	9:42	01:05:22.3	737	10:33	01:09:06.6	10:07	02:12:39.3
716	1329/2257	164/293	2510	Nicole Abrahams	F	33	Omaha	NE	855	10:04	01:09:24.6	644	10:10	01:06:41.7	10:07	02:12:39.8
717	1331/2257	9/27	545	Alica Helmink	F	64	Lincoln	NE	752	9:56	01:07:04.6	683	10:19	01:07:38.8	10:07	02:12:46.0
718	1332/2257	169/322	1307	Amy Bock	F	38	Hickman	NE	822	10:08	01:08:47.5	621	10:07	01:06:20.6	10:07	02:12:47.7
719	1335/2257	88/202	2521	Emily Burdett	F	29	Papillion	NE	738	9:43	01:06:34.3	738	10:33	01:09:07.5	10:08	02:12:51.4
720	1336/2257	170/322	1621	Wendy Deyo	F	37	Kearney	NE	582	9:26	01:03:10.5	822	10:51	01:11:05.8	10:08	02:12:53.7

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
721	1337/2257	56/127	3237	Starla Post	F	48	Beatrice	NE	946	10:23	01:11:39.1	561	9:53	01:04:47.2	10:08	02:12:53.8
722	1338/2257	171/322	2839	Kirsten Licht	F	37	Lincoln	NE	828	10:13	01:08:50.9	604	10:04	01:05:57.8	10:08	02:12:54.4
723	1339/2257	57/127	3249	Greta Pinkerton	F	45	Beatrice	NE	948	10:24	01:11:39.2	560	9:53	01:04:47.2	10:08	02:12:54.4
724	1340/2257	172/322	1907	Deb Watts	F	39	Lincoln	NE	769	10:01	01:07:44.8	664	10:16	01:07:16.9	10:08	02:12:56.1
725	1341/2257	58/127	1626	Holly Luebbe	F	45	Bennington	NE	768	10:01	01:07:44.6	666	10:16	01:07:17.0	10:08	02:12:56.8
726	1343/2257	37/90	2394	Joyce Deaver	F	54	Cambridge	NE	885	10:09	01:10:01.6	628	10:08	01:06:25.5	10:08	02:13:00.7
727	1344/2257	173/322	3598	Tami Soares	F	39	Waverly	NE	746	9:56	01:06:50.6	700	10:22	01:07:57.2	10:08	02:13:01.6
728	1345/2257	38/90	797	Lori Pracheil	F	50	Dorchester	NE	834	10:15	01:09:01.5	599	10:03	01:05:51.2	10:09	02:13:04.9
729	1346/2257	174/322	984	Tara Benes	F	38	Waverly	NE	778	10:00	01:07:56.4	681	10:19	01:07:34.8	10:09	02:13:05.3
730	1347/2257	39/90	2743	Angie Gettys	F	50	Harlan	IA	793	9:56	01:08:03.9	699	10:22	01:07:55.2	10:09	02:13:05.5
731	1348/2257	175/322	1888	Anita Ruse	F	36	Adams	NE	779	10:00	01:07:56.5	682	10:19	01:07:35.3	10:09	02:13:06.2
732	1349/2257	176/322	2354	Jennifer Bestmann	F	36	Lincoln	NE	775	10:01	01:07:54.8	677	10:18	01:07:29.5	10:09	02:13:07.3
733	1350/2257	115/219	810	Jennifer Fotinos	F	41	Lincoln	NE	586	9:24	01:03:17.8	843	10:55	01:11:31.0	10:09	02:13:09.1
734	1351/2257	89/202	3019	Jenna Smith	F	29	Lincoln	NE	665	9:33	01:04:56.7	809	10:47	01:10:41.4	10:10	02:13:17.3
735	1352/2257	90/202	3025	Ashley Deisler	F	28	Lincoln	NE	663	9:33	01:04:56.3	810	10:47	01:10:42.0	10:10	02:13:18.8
736	1353/2257	177/322	701	Erica Paus	F	38	West Point	NE	915	10:20	01:10:46.8	586	10:00	01:05:34.9	10:10	02:13:20.2
737	1354/2257	178/322	699	Kelly Leeper	F	35	Omaha	NE	916	10:21	01:10:46.8	585	10:00	01:05:32.7	10:10	02:13:21.3
738	1355/2257	116/219	857	Tova Rathbone	F	43	Waverly	NE	795	9:55	01:08:04.7	714	10:25	01:08:19.4	10:10	02:13:21.9
739	1356/2257	165/293	2791	Alison Mumaugh	F	32	Lincoln	NE	704	9:40	01:05:46.5	781	10:41	01:10:04.3	10:10	02:13:27.9
740	1357/2257	59/127	2837	Cindy L. Murcek	F	45	Papillion	NE	657	9:36	01:04:49.2	805	10:46	01:10:33.4	10:11	02:13:30.3
741	1358/2257	117/219	1650	Carrie Weber	F	40	Lincoln	NE	706	9:37	01:05:51.2	799	10:45	01:10:25.2	10:11	02:13:30.7
742	1360/2257	179/322	1130	Aj Sanford	F	37	Omaha	NE	468	9:10	01:01:02.1	920	11:13	01:13:28.2	10:11	02:13:32.1
743	1361/2257	118/219	471	Kristi Puls	F	42	Lincoln	NE	696	9:38	01:05:43.6	801	10:45	01:10:27.9	10:11	02:13:38.0
744	1362/2257	91/202	976	Andrea Rezac	F	25	Weston	NE	751	9:57	01:06:57.3	718	10:27	01:08:27.2	10:11	02:13:38.2
745	1363/2257	2/3	3345	Anne Medeiros	F	71	Bellevue	NE	689	9:53	01:05:39.6	727	10:31	01:08:53.2	10:11	02:13:39.3
746	1364/2257	180/322	2699	Kristin Palmer	F	37	Denton	NE	684	9:40	01:05:23.8	794	10:44	01:10:22.4	10:11	02:13:42.5
747	1365/2257	119/219	1967	Paige Mongeon	F	43	Pleasant Dale	NE	888	10:12	01:10:06.3	650	10:12	01:06:48.8	10:12	02:13:43.3
748	1367/2257	166/293	1527	Michelle Dutcher	F	30	Kearney	NE	788	10:04	01:07:59.9	687	10:20	01:07:44.6	10:12	02:13:44.8
749	1368/2257	167/293	610	Becke Grundman	F	31	Lincoln	NE	787	10:04	01:07:59.9	688	10:20	01:07:44.6	10:12	02:13:45.3
750	1369/2257	181/322	286	Amy Le	F	38	Lincoln	NE	683	9:40	01:05:23.8	795	10:44	01:10:23.6	10:12	02:13:45.3
751	1370/2257	168/293	2813	Kaitlyn Podany	F	31	Lincoln	NE	698	9:53	01:05:44.3	731	10:32	01:09:00.8	10:12	02:13:45.5
752	1371/2257	92/202	3115	Catherine Burkhard	F	26	Chicago	IL	843	10:04	01:09:07.2	693	10:21	01:07:48.4	10:12	02:13:46.3
753	1372/2257	169/293	2583	Catherine Fletcher	F	32	Lincoln	NE	697	9:53	01:05:44.3	732	10:32	01:09:01.3	10:12	02:13:47.4
754	1373/2257	170/293	2770	Melanie Dresden	F	33	Blair	NE	548	9:21	01:02:15.7	889	11:05	01:12:41.0	10:13	02:13:58.1
755	1374/2257	93/202	3194	Denae Wolken	F	25	Ralston	NE	486	9:04	01:01:26.5	949	11:23	01:14:36.2	10:13	02:14:01.4
756	1375/2257	94/202	1942	Alyssa Smola	F	29	Lincoln	NE	675	9:33	01:05:12.9	842	10:54	01:11:28.7	10:13	02:14:02.1

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November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
757	1376/2257	120/219	2010	Shandra Uden	F	41	Kenesaw	NE	791	10:07	01:08:01.5	692	10:21	01:07:48.1	10:13	02:14:05.9
758	1377/2257	95/202	1264	Jennifer Joneson	F	29	Lincoln	NE	802	10:08	01:08:10.9	686	10:20	01:07:42.9	10:13	02:14:06.6
759	1379/2257	121/219	554	Amelia Fiser	F	40	Papillion	NE	596	9:28	01:03:31.8	863	11:00	01:12:06.0	10:14	02:14:10.4
760	1381/2257	60/127	230	Tammie Kruszczyk	F	47	Omaha	NE	613	9:27	01:03:51.6	872	11:02	01:12:20.5	10:14	02:14:17.0
761	1384/2257	171/293	1934	Lacey Guevara	F	32	Bellevue	NE	676	9:36	01:05:13.6	840	10:54	01:11:26.7	10:14	02:14:21.1
762	1385/2257	40/90	2475	Anne Thielen	F	52	Omaha	NE	761	9:59	01:07:26.5	728	10:31	01:08:56.6	10:15	02:14:23.0
763	1386/2257	182/322	423	Nicole Barker	F	35	Lincoln	NE	755	9:50	01:07:10.8	778	10:40	01:09:58.0	10:15	02:14:24.4
764	1388/2257	122/219	1498	Michaeleane Schultz	F	43	Lincoln	NE	750	9:51	01:06:56.8	777	10:40	01:09:57.0	10:15	02:14:28.1
765	1391/2257	61/127	2742	Sara Kosmicki	F	46	Lincoln	NE	570	9:25	01:02:56.3	892	11:07	01:12:52.0	10:16	02:14:36.8
766	1392/2257	16/41	2974	Lucinda Burkhard	F	55	Lincoln	NE	844	10:03	01:09:07.4	724	10:29	01:08:42.7	10:16	02:14:38.1
767	1393/2257	183/322	234	Sarah Hansen	F	37	Lincoln	NE	667	9:38	01:04:58.6	845	10:55	01:11:32.1	10:16	02:14:38.8
768	1395/2257	172/293	1388	Kathryn Keuck	F	34	Omaha	NE	831	10:08	01:08:55.8	711	10:25	01:08:16.8	10:16	02:14:42.1
769	1396/2257	173/293	574	Shelly Cruz	F	31	Council Bluffs	IA	672	9:42	01:05:04.8	832	10:53	01:11:17.8	10:17	02:14:54.0
770	1397/2257	41/90	1111	Sonia Spanheimer	F	51	Omaha	NE	457	9:01	01:00:44.6	983	11:34	01:15:50.0	10:17	02:14:58.7
771	1399/2257	96/202	1922	Emily Weber	F	26	Omaha	NE	963	10:30	01:11:51.6	618	10:06	01:06:13.1	10:18	02:15:02.8
772	1400/2257	97/202	1541	Morgan Mannlein	F	25	Omaha	NE	808	9:53	01:08:18.4	791	10:44	01:10:18.2	10:18	02:15:02.8
773	1402/2257	42/90	2277	Karen Border	F	52	Lincoln	NE	830	9:59	01:08:53.8	765	10:37	01:09:38.1	10:18	02:15:04.3
774	1403/2257	62/127	2756	Kelly Kostszewa	F	48	Omaha	NE	858	10:03	01:09:29.5	746	10:34	01:09:15.1	10:18	02:15:09.7
775	1404/2257	98/202	1051	Sallie Dietrich	F	26	Lincoln	NE	784	9:54	01:07:58.8	792	10:44	01:10:18.4	10:18	02:15:09.7
776	1405/2257	184/322	1543	Kelly Oltman	F	37	Denton	NE	932	10:27	01:11:09.3	646	10:11	01:06:43.7	10:18	02:15:10.9
777	1406/2257	99/202	3296	Megan Schlaebitz	F	27	Seward	NE	829	10:02	01:08:53.1	761	10:36	01:09:31.9	10:19	02:15:15.2
778	1407/2257	174/293	469	Abigail Sterling	F	30	Omaha	NE	711	9:38	01:05:56.3	862	11:00	01:12:05.6	10:19	02:15:15.4
779	1408/2257	63/127	353	Susan Bibler	F	48	Kearney	NE	709	9:38	01:05:55.8	865	11:00	01:12:06.5	10:19	02:15:15.9
780	1409/2257	185/322	808	Michelle Chastain	F	39	Blair	NE	560	9:28	01:02:44.2	914	11:11	01:13:16.1	10:19	02:15:16.9
781	1410/2257	175/293	314	Leah Stade	F	34	Kearney	NE	710	9:38	01:05:56.1	864	11:00	01:12:06.1	10:19	02:15:17.8
782	1411/2257	186/322	957	Cami Buel	F	37	Eagle	NE	792	10:03	01:08:02.7	759	10:36	01:09:30.6	10:19	02:15:21.9
783	1413/2257	100/202	342	Katelyn Pope	F	26	Lincoln	NE	913	10:21	01:10:45.3	680	10:19	01:07:34.5	10:19	02:15:25.4
784	1414/2257	43/90	3053	Lisa Ketcham	F	52	Elkhorn	NE	766	10:03	01:07:40.2	762	10:37	01:09:33.2	10:19	02:15:25.6
785	1415/2257	187/322	1034	Kerri Mees	F	38	Lincoln	NE	838	10:16	01:09:04.1	708	10:24	01:08:09.5	10:20	02:15:30.2
786	1416/2257	44/90	2868	Janet Permenter	F	52	Omaha	NE	949	10:26	01:11:40.3	658	10:14	01:07:06.4	10:20	02:15:32.5
787	1417/2257	101/202	845	Jessica Schiefen	F	26	Omaha	NE	879	10:12	01:09:52.3	723	10:29	01:08:42.2	10:20	02:15:34.1
788	1418/2257	123/219	1395	Bridgett Petzoldt	F	41	Gretna	NE	839	10:04	01:09:05.6	763	10:37	01:09:33.8	10:20	02:15:34.5
789	1420/2257	176/293	2421	Sarah Dixon	F	34	Lincoln	NE	584	9:34	01:03:14.5	895	11:08	01:12:58.8	10:20	02:15:39.4
790	1421/2257	177/293	1605	Bethany Thompson	F	32	Lincoln	NE	772	10:04	01:07:50.3	768	10:38	01:09:40.0	10:20	02:15:39.5
791	1422/2257	102/202	344	Heidi Martinez-Reyes	F	29	Lincoln	NE	917	10:22	01:10:49.5	690	10:20	01:07:46.1	10:21	02:15:41.0
792	1423/2257	178/293	2841	Lisa Lingenfelter	F	34	Elkhorn	NE	782	9:59	01:07:58.4	797	10:45	01:10:24.9	10:21	02:15:49.6

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
793	1426/2257	103/202	1789	Kathryn Krueger	F	28	Omaha	NE	866	10:05	01:09:37.8	771	10:39	01:09:47.6	10:22	02:15:54.7
794	1427/2257	188/322	364	Jennifer Eloge	F	38	Lincoln	NE	741	9:53	01:06:38.8	824	10:51	01:11:06.7	10:22	02:15:54.8
795	1428/2257	189/322	3275	Amber Soucek	F	38	Gretna	NE	841	10:04	01:09:05.8	776	10:40	01:09:53.7	10:22	02:15:55.9
796	1429/2257	179/293	2672	Jessica Tomasek	F	31	Lincoln	NE	872	10:09	01:09:47.3	753	10:36	01:09:29.0	10:22	02:15:58.6
797	1430/2257	180/293	1938	Ashley Tenopir	F	34	Lincoln	NE	871	10:09	01:09:47.2	754	10:36	01:09:29.8	10:22	02:15:59.9
798	1431/2257	190/322	2547	Kathleen Mcclung	F	37	Gretna	NE	544	9:17	01:02:09.3	960	11:28	01:15:10.0	10:22	02:16:00.0
799	1432/2257	17/41	497	Carol Healy	F	56	Omaha	NE	714	9:50	01:06:04.2	847	10:55	01:11:34.5	10:22	02:16:00.2
800	1433/2257	191/322	1148	Tiffany Hunt	F	35	Lincoln	NE	846	10:07	01:09:08.3	770	10:39	01:09:47.4	10:22	02:16:04.9
801	1434/2257	192/322	2215	Angie Judd	F	37	Fairbury	NE	920	10:26	01:10:54.8	685	10:20	01:07:42.7	10:22	02:16:05.0
802	1436/2257	104/202	2348	Jordin Gorka	F	29	Lincoln	NE	847	10:07	01:09:08.3	769	10:39	01:09:47.0	10:23	02:16:07.2
803	1438/2257	105/202	2796	Ashley Taber	F	27	Lincoln	NE	662	9:37	01:04:56.3	904	11:09	01:13:07.9	10:23	02:16:09.9
804	1439/2257	106/202	1019	Rachel Stratton	F	26	Lincoln	NE	896	10:13	01:10:21.3	741	10:33	01:09:08.8	10:23	02:16:10.2
805	1440/2257	193/322	902	Michele May	F	37	Lincoln	NE	661	9:37	01:04:55.7	905	11:10	01:13:08.9	10:23	02:16:13.2
806	1441/2257	18/41	937	Susan Macquiddy	F	59	Omaha	NE	938	10:23	01:11:24.3	712	10:25	01:08:17.0	10:23	02:16:18.4
807	1442/2257	124/219	1077	Tammie Mead	F	43	Syracuse	NE	996	10:35	01:12:45.3	653	10:13	01:06:55.4	10:23	02:16:18.6
808	1443/2257	181/293	1844	Allison Henderson	F	34	Sidney	IA	798	9:58	01:08:07.2	819	10:50	01:11:02.9	10:24	02:16:21.4
809	1445/2257	182/293	2410	Shaila Schwebke	F	32	Lincoln	NE	909	10:17	01:10:38.6	747	10:34	01:09:15.1	10:25	02:16:42.8
810	1447/2257	54/100	3494	Shelby Hamilton	F	23	Lincoln	NE	1016	10:40	01:13:13.2	647	10:11	01:06:47.3	10:25	02:16:45.7
811	1448/2257	107/202	3506	Maggie Bach	F	26	Lincoln	NE	904	10:21	01:10:33.9	733	10:32	01:09:01.4	10:26	02:16:49.9
812	1449/2257	125/219	1185	Amy Palmer	F	41	Lincoln	NE	816	10:00	01:08:40.1	835	10:53	01:11:20.0	10:26	02:16:51.5
813	1450/2257	126/219	600	Jodie Valish	F	41	Lincoln	NE	783	10:05	01:07:58.8	811	10:48	01:10:48.5	10:26	02:16:51.9
814	1455/2257	194/322	135	Adrienne Posey	F	36	Omaha	NE	804	9:48	01:08:11.3	893	11:07	01:12:53.3	10:27	02:17:05.9
815	1456/2257	183/293	294	Jenny Ebke	F	33	Crete	NE	722	9:42	01:06:19.6	926	11:15	01:13:41.9	10:28	02:17:18.0
816	1458/2257	195/322	1603	Molly Holloway	F	35	Cortland	NE	860	10:07	01:09:33.6	828	10:52	01:11:12.7	10:29	02:17:29.3
817	1460/2257	127/219	132	Tanya Poehler	F	40	Cairo	NE	889	10:19	01:10:08.7	775	10:40	01:09:53.4	10:29	02:17:31.5
818	1461/2257	196/322	673	Lisa Hernandez	F	38	Lincoln	NE	737	9:47	01:06:31.6	923	11:13	01:13:29.8	10:29	02:17:35.3
819	1462/2257	128/219	394	Pam Whisenhunt	F	42	Lincoln	NE	826	10:07	01:08:49.9	836	10:53	01:11:20.3	10:29	02:17:37.8
820	1463/2257	10/27	1550	Lisa Huff	F	60	Lincoln	NE	869	10:19	01:09:39.3	779	10:41	01:10:02.3	10:30	02:17:40.2
821	1464/2257	19/41	2319	Sue Bace	F	59	Omaha	NE	870	10:21	01:09:40.5	774	10:40	01:09:52.3	10:30	02:17:43.2
822	1465/2257	55/100	1588	Alli Benner	F	23	Omaha	NE	754	10:02	01:07:04.8	859	10:59	01:11:57.0	10:30	02:17:45.3
823	1466/2257	56/100	2508	Kyla Weseley	F	23	St. Louis	MO	753	10:03	01:07:04.6	858	10:59	01:11:56.9	10:30	02:17:47.3
824	1467/2257	108/202	1682	Jenny Egger	F	26	Lincoln	NE	790	10:01	01:08:00.5	869	11:01	01:12:13.4	10:30	02:17:50.6
825	1469/2257	129/219	1823	Christine Synowicki	F	42	Lincoln	NE	936	10:26	01:11:23.5	755	10:36	01:09:30.1	10:31	02:17:53.1
826	1470/2257	109/202	1949	Heather Strobe	F	28	Lincoln	NE	937	10:26	01:11:23.7	757	10:36	01:09:30.3	10:31	02:17:53.6
827	1472/2257	110/202	1998	Audrey Mcdonald	F	29	Lincoln	NE	921	10:18	01:10:57.7	807	10:46	01:10:34.0	10:31	02:18:02.3
828	1474/2257	197/322	3047	Holly Gaebel	F	35	Lincoln	NE	941	10:23	01:11:33.8	782	10:41	01:10:04.5	10:32	02:18:05.2

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
829	1477/2257	11/27	1729	Donna Thiellen	F	63	Lincoln	NE	887	10:17	01:10:04.3	812	10:48	01:10:49.1	10:32	02:18:11.1
830	1478/2257	198/322	1350	Becky Schroeder	F	39	Eagle	NE	1012	10:38	01:13:05.3	719	10:27	01:08:29.8	10:32	02:18:11.9
831	1479/2257	130/219	1070	Jill Robinson	F	42	Lincoln	NE	747	9:56	01:06:51.2	902	11:09	01:13:07.2	10:32	02:18:12.6
832	1481/2257	199/322	1248	Stacey Odle	F	37	Lincoln	NE	1018	10:41	01:13:21.2	709	10:24	01:08:10.5	10:32	02:18:14.0
833	1482/2257	184/293	2485	Bridget Bogle	F	34	Waverly	NE	748	9:56	01:06:51.3	903	11:09	01:13:07.3	10:32	02:18:15.4
834	1483/2257	111/202	1167	Kylie Hulme	F	28	Kearney	NE	745	9:51	01:06:47.9	930	11:15	01:13:46.1	10:32	02:18:17.9
835	1484/2257	45/90	1608	Carol Jenkins	F	53	Lincoln	NE	719	10:00	01:06:17.4	891	11:07	01:12:52.0	10:33	02:18:26.9
836	1487/2257	200/322	1874	Sarah Harms	F	35	Waverly	NE	776	9:59	01:07:55.9	899	11:08	01:13:01.6	10:33	02:18:29.8
837	1488/2257	185/293	2551	Ricci Miller	F	34	Omaha	NE	817	10:03	01:08:41.3	883	11:05	01:12:36.9	10:34	02:18:31.4
838	1489/2257	131/219	1562	Kathryn Langenberg	F	42	Lincoln	NE	881	10:13	01:09:52.8	844	10:55	01:11:31.8	10:34	02:18:32.4
839	1491/2257	201/322	2043	Pamela Kennedy	F	35	Papillion	NE	842	9:58	01:09:06.2	913	11:11	01:13:16.0	10:34	02:18:35.8
840	1492/2257	202/322	3329	Beth Boone	F	38	Omaha	NE	1058	11:05	01:14:13.2	606	10:04	01:05:58.2	10:34	02:18:35.8
841	1494/2257	203/322	2853	Robin Barrett	F	36	Lincoln	NE	1001	10:33	01:12:48.5	756	10:36	01:09:30.2	10:34	02:18:38.6
842	1495/2257	132/219	368	Amy Lage	F	43	Lincoln	NE	899	10:14	01:10:29.1	846	10:55	01:11:33.3	10:34	02:18:38.6
843	1496/2257	57/100	1393	Katie Schlafke	F	21	Lincoln	NE	448	9:00	01:00:38.7	1078	12:09	01:19:37.4	10:34	02:18:38.8
844	1497/2257	112/202	3031	Brittney Bills	F	28	Omaha	NE	827	10:16	01:08:50.5	837	10:53	01:11:20.7	10:34	02:18:39.8
845	1498/2257	204/322	3414	Jamie Fleckenstein	F	38	Omaha	NE	968	10:26	01:11:53.8	793	10:44	01:10:18.5	10:34	02:18:41.7
846	1499/2257	205/322	3382	Rachel Bonnema	F	37	Omaha	NE	966	10:26	01:11:53.4	790	10:43	01:10:18.1	10:34	02:18:42.8
847	1502/2257	64/127	1993	Jan Jindra	F	47	Lincoln	NE	756	9:58	01:07:14.5	918	11:11	01:13:20.7	10:34	02:18:43.5
848	1503/2257	206/322	2951	Carrie Hoarty	F	37	Omaha	NE	693	9:53	01:05:42.2	936	11:17	01:13:56.0	10:34	02:18:43.8
849	1504/2257	207/322	3378	Janine Cooper	F	36	Council Bluffs	IA	967	10:26	01:11:53.4	789	10:43	01:10:17.4	10:34	02:18:43.8
850	1506/2257	208/322	2287	Kelly Gering	F	39	Omaha	NE	1006	10:38	01:12:58.4	736	10:32	01:09:05.4	10:35	02:18:44.8
851	1507/2257	186/293	3294	Bridget Perry	F	31	Omaha	NE	952	10:26	01:11:43.7	798	10:45	01:10:25.1	10:35	02:18:46.5
852	1508/2257	209/322	2966	Jenni Bragg	F	36	Omaha	NE	692	9:53	01:05:41.4	938	11:17	01:13:56.6	10:35	02:18:46.7
853	1509/2257	113/202	2429	Hailey Johnson	F	28	Omaha	NE	1047	10:48	01:14:05.6	702	10:22	01:07:59.8	10:35	02:18:47.8
854	1510/2257	20/41	1135	Eyde Olson	F	55	Lincoln	NE	930	10:28	01:11:07.5	785	10:42	01:10:10.9	10:35	02:18:48.0
855	1513/2257	133/219	1204	Kim Blazek	F	44	Lincoln	NE	1046	10:48	01:14:05.2	707	10:24	01:08:08.4	10:35	02:18:53.9
856	1514/2257	134/219	2343	Jean Olson	F	43	Omaha	NE	1063	10:50	01:14:19.3	695	10:21	01:07:52.9	10:35	02:18:56.6
857	1515/2257	210/322	1966	Billie Jo Burns	F	39	Bellevue	NE	961	10:30	01:11:50.8	787	10:43	01:10:11.8	10:36	02:19:01.7
858	1516/2257	211/322	2221	Linda Meyer	F	36	Omaha	NE	833	10:15	01:08:59.8	856	10:58	01:11:52.5	10:36	02:19:05.9
859	1517/2257	135/219	1454	Christy Phillips	F	40	Lincoln	NE	777	10:01	01:07:56.3	921	11:13	01:13:28.2	10:36	02:19:06.3
860	1518/2257	187/293	1286	Abby Reese	F	32	Nebraska City	NE	973	10:28	01:11:58.9	803	10:46	01:10:31.9	10:36	02:19:07.3
861	1519/2257	188/293	2300	Bethany Bruce	F	30	Lincoln	NE	890	10:31	01:10:10.6	786	10:42	01:10:11.2	10:36	02:19:08.7
862	1520/2257	212/322	2349	Heather Monaster	F	39	Omaha	NE	862	10:12	01:09:34.6	871	11:01	01:12:15.1	10:36	02:19:10.2
863	1521/2257	213/322	2762	Angie Winegar	F	37	Omaha	NE	861	10:13	01:09:34.3	870	11:01	01:12:14.3	10:36	02:19:10.3
864	1522/2257	136/219	470	Diana Jacobsen	F	40	Lincoln	NE	518	9:11	01:01:52.7	1064	12:03	01:18:58.8	10:37	02:19:11.0

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
865	1523/2257	214/322	1285	Monica Pomajzl	F	39	Lincoln	NE	679	9:44	01:05:16.3	968	11:30	01:15:21.8	10:37	02:19:11.7
866	1525/2257	189/293	3431	Tiffany Ryck	F	34	Lincoln	NE	933	10:19	01:11:09.3	851	10:56	01:11:40.4	10:37	02:19:16.0
867	1526/2257	215/322	1169	Gina Long	F	37	Omaha	NE	770	10:00	01:07:45.9	929	11:15	01:13:45.1	10:37	02:19:17.6
868	1527/2257	216/322	3065	Kristen Lamontia	F	39	Omaha	NE	993	10:29	01:12:40.3	808	10:47	01:10:40.0	10:37	02:19:20.3
869	1528/2257	190/293	666	Gretchen Wagner	F	34	Lincoln	NE	1017	10:40	01:13:17.5	752	10:36	01:09:29.0	10:38	02:19:24.3
870	1529/2257	217/322	397	Ann Reinhardt	F	36	Denton	NE	716	9:44	01:06:12.1	976	11:33	01:15:40.2	10:38	02:19:31.5
871	1530/2257	218/322	287	Jaci Wagoner	F	36	Kenesaw	NE	717	9:45	01:06:12.1	978	11:33	01:15:40.5	10:38	02:19:32.4
872	1531/2257	191/293	2889	Sara Bennett	F	31	Omaha	NE	1099	10:54	01:15:24.5	705	10:23	01:08:06.3	10:38	02:19:33.0
873	1532/2257	219/322	1604	Kayla Thomas-Haire	F	39	Omaha	NE	848	10:08	01:09:16.5	907	11:10	01:13:09.1	10:38	02:19:34.1
874	1533/2257	137/219	1304	Jodi Andresen	F	44	Omaha	NE	718	9:52	01:06:13.9	956	11:26	01:14:54.1	10:38	02:19:35.1
875	1534/2257	138/219	1047	Sheila Johnsen	F	40	Lincoln	NE	685	9:45	01:05:24.2	975	11:33	01:15:39.4	10:38	02:19:36.1
876	1535/2257	12/27	446	Sue Leach	F	62	Lincoln	NE	935	10:29	01:11:12.2	814	10:49	01:10:52.5	10:38	02:19:36.5
877	1536/2257	139/219	3022	Tonya Mcilnay	F	41	Bennington	NE	806	10:15	01:08:17.6	879	11:03	01:12:28.6	10:39	02:19:37.9
878	1537/2257	114/202	267	Lisa Watermeier	F	25	Omaha	NE	986	10:27	01:12:29.8	825	10:51	01:11:06.8	10:39	02:19:40.1
879	1539/2257	192/293	1752	Rebecca Jurgens	F	34	Cortland	NE	731	9:49	01:06:27.8	971	11:31	01:15:27.7	10:40	02:19:49.8
880	1541/2257	220/322	1756	Amber Fader	F	38	Lincoln	NE	712	9:47	01:05:56.8	980	11:33	01:15:44.9	10:40	02:19:54.3
881	1542/2257	221/322	306	Meghan Gibbons	F	37	Lincoln	NE	867	10:12	01:09:38.6	908	11:10	01:13:12.2	10:40	02:20:02.4
882	1543/2257	222/322	341	Lora Carpenter-Janike	F	36	Lincoln	NE	865	10:12	01:09:37.7	912	11:10	01:13:14.1	10:41	02:20:03.3
883	1544/2257	58/100	2781	Britta Bowman	F	22	Firth	NE	980	10:25	01:12:05.2	852	10:57	01:11:45.2	10:41	02:20:03.4
884	1545/2257	140/219	2675	Crystal Bowman	F	44	Firth	NE	979	10:25	01:12:04.8	853	10:57	01:11:45.7	10:41	02:20:03.8
885	1546/2257	141/219	1470	Karoline Anderson	F	43	Omaha	NE	821	10:12	01:08:47.2	906	11:10	01:13:09.0	10:41	02:20:03.8
886	1548/2257	115/202	1757	Marypat Heineman	F	29	Lincoln	NE	835	10:11	01:09:01.7	919	11:12	01:13:25.8	10:41	02:20:08.9
887	1550/2257	142/219	3464	Darla Berks	F	40	Lincoln	NE	810	10:04	01:08:20.1	941	11:20	01:14:14.3	10:41	02:20:11.7
888	1552/2257	46/90	2315	Lil O'Neill	F	53	Lincoln	NE	646	9:34	01:04:33.5	1039	11:50	01:17:34.6	10:41	02:20:14.6
889	1553/2257	21/41	1460	Ina Akerson	F	56	Lincoln	NE	853	10:10	01:09:19.1	925	11:14	01:13:38.8	10:41	02:20:15.3
890	1556/2257	116/202	1928	Ashley Egger	F	29	Lincoln	NE	789	10:01	01:08:00.5	950	11:24	01:14:43.1	10:42	02:20:22.5
891	1557/2257	47/90	2186	Christyn Stumps	F	53	Gretna	NE	956	10:32	01:11:46.3	834	10:53	01:11:18.8	10:42	02:20:22.9
892	1558/2257	193/293	1685	Stephanie Widoe	F	30	Lincoln	NE	688	9:36	01:05:39.4	1030	11:49	01:17:25.7	10:42	02:20:24.2
893	1559/2257	117/202	1489	Amanda Gilmore	F	27	Lincoln	NE	962	10:28	01:11:51.2	855	10:57	01:11:48.1	10:42	02:20:24.6
894	1560/2257	118/202	2384	Lillian Kottich	F	28	Lincoln	NE	648	9:38	01:04:38.3	1027	11:47	01:17:14.5	10:42	02:20:24.6
895	1561/2257	59/100	1629	Jessica Remaly	F	21	Rossville	IN	990	10:34	01:12:33.8	826	10:52	01:11:10.9	10:42	02:20:24.8
896	1562/2257	1/7	3478	Joy Mann	F	65	Omaha	NE	575	9:22	01:03:03.3	1066	12:04	01:19:02.9	10:42	02:20:25.9
897	1563/2257	223/322	1648	Melanie Krumsick	F	38	Omaha	NE	1095	10:58	01:15:21.1	720	10:28	01:08:35.4	10:43	02:20:30.8
898	1564/2257	224/322	2550	Lindsey Hess	F	36	Elkhorn	NE	1031	10:45	01:13:53.7	780	10:41	01:10:02.8	10:43	02:20:30.9
899	1565/2257	143/219	1434	Jackie Ostrowicki	F	40	Lincoln	NE	700	9:51	01:05:45.1	989	11:36	01:15:59.6	10:43	02:20:31.1
900	1568/2257	194/293	1935	Latava Sanders	F	33	Lincoln	NE	1049	10:48	01:14:06.3	773	10:39	01:09:51.1	10:43	02:20:37.1

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
901	1569/2257	144/219	121	Amber Springer	F	43	Axtell	NE	998	10:35	01:12:46.6	831	10:52	01:11:14.6	10:43	02:20:40.3
902	1570/2257	225/322	1275	Cherish Johnette	F	38	Omaha	NE	958	10:27	01:11:48.1	866	11:00	01:12:07.8	10:43	02:20:40.5
903	1571/2257	48/90	2967	Christine Anderson	F	50	Str	NE	954	10:27	01:11:45.3	868	11:01	01:12:09.5	10:43	02:20:41.1
904	1573/2257	65/127	2739	Jodi McGill	F	47	Lincoln	NE	876	10:18	01:09:50.7	915	11:11	01:13:17.9	10:44	02:20:47.7
905	1578/2257	66/127	2288	Christine Niemann	F	47	Lincoln	NE	934	10:25	01:11:10.3	882	11:04	01:12:33.8	10:44	02:20:53.8
906	1579/2257	226/322	3364	Holly Baker	F	35	Omaha	NE	873	10:21	01:09:48.9	898	11:08	01:13:01.2	10:44	02:20:54.4
907	1580/2257	145/219	3376	Stacey Dobesh	F	42	Omaha	NE	874	10:21	01:09:49.3	896	11:08	01:13:00.8	10:44	02:20:54.4
908	1583/2257	67/127	546	Reena Sohi	F	47	Lincoln	NE	851	10:15	01:09:18.2	931	11:16	01:13:50.5	10:45	02:21:01.0
909	1584/2257	227/322	1447	Timoree Klingler	F	35	Lincoln	NE	929	10:28	01:11:06.1	878	11:03	01:12:27.5	10:45	02:21:01.0
910	1585/2257	68/127	547	Chris Bolte	F	46	Lincoln	NE	850	10:15	01:09:17.8	933	11:16	01:13:50.7	10:45	02:21:01.3
911	1586/2257	69/127	520	Manette Kidney	F	46	Lincoln	NE	849	10:15	01:09:17.8	934	11:16	01:13:50.9	10:45	02:21:04.6
912	1587/2257	22/41	588	Martha Stoddard	F	57	Lincoln	NE	931	10:22	01:11:08.1	901	11:09	01:13:04.7	10:45	02:21:05.2
913	1588/2257	119/202	3259	Jessica Kortum	F	27	Lincoln	NE	953	10:29	01:11:45.1	874	11:02	01:12:21.4	10:45	02:21:06.0
914	1590/2257	146/219	3227	Jo Leader	F	43	Lincoln	NE	856	10:14	01:09:27.1	940	11:17	01:14:00.4	10:45	02:21:06.2
915	1591/2257	70/127	3200	Angela Roberson	F	48	Topeka	KS	1027	10:54	01:13:42.3	766	10:38	01:09:39.0	10:45	02:21:06.2
916	1592/2257	228/322	1455	Renee Sundberg	F	39	Silver City	IA	1002	10:32	01:12:48.8	861	11:00	01:12:04.9	10:45	02:21:08.1
917	1593/2257	60/100	1180	Christy Burger	F	24	Lincoln	NE	799	10:06	01:08:08.3	958	11:26	01:14:56.7	10:45	02:21:08.2
918	1594/2257	195/293	246	Jennifer Coon	F	33	Lincoln	NE	1103	10:57	01:15:31.3	751	10:36	01:09:27.9	10:46	02:21:11.5
919	1595/2257	120/202	2426	Kelsey Homolka	F	25	Dorchester	NE	984	10:34	01:12:17.3	857	10:59	01:11:56.5	10:46	02:21:12.0
920	1596/2257	23/41	2754	Theresa Dolezal	F	57	Lincoln	NE	895	10:21	01:10:20.5	917	11:11	01:13:20.1	10:46	02:21:12.2
921	1597/2257	61/100	2383	Sarah Daehling	F	24	Elkhorn	NE	579	9:32	01:03:08.9	1061	12:00	01:18:41.5	10:46	02:21:12.2
922	1600/2257	229/322	3122	Amy Uhlmann	F	39	Lincoln	NE	964	10:30	01:11:52.2	877	11:03	01:12:25.7	10:46	02:21:18.0
923	1601/2257	121/202	1706	Jocelyn Suing	F	28	Omaha	NE	1024	10:45	01:13:41.5	815	10:49	01:10:53.1	10:46	02:21:19.4
924	1602/2257	49/90	682	Karen Fischer	F	54	Lincoln	NE	801	9:56	01:08:09.8	998	11:37	01:16:10.0	10:46	02:21:19.4
925	1603/2257	196/293	3282	Tasha Riggins	F	32	Concordia	KS	947	10:29	01:11:39.1	884	11:05	01:12:38.3	10:46	02:21:20.3
926	1604/2257	13/27	2593	Marilyn Cotten	F	61	Omaha	NE	974	10:27	01:12:00.1	890	11:06	01:12:48.2	10:46	02:21:20.6
927	1605/2257	147/219	378	Tammy Davis	F	41	Elkhorn	NE	924	10:24	01:11:01.8	909	11:10	01:13:13.4	10:47	02:21:25.0
928	1607/2257	197/293	913	Kellie Johnson	F	33	Lincoln	NE	1023	10:49	01:13:38.4	806	10:46	01:10:33.7	10:47	02:21:28.7
929	1608/2257	230/322	3052	Paige Hardy	F	36	Omaha	NE	694	9:53	01:05:42.9	1014	11:42	01:16:42.8	10:47	02:21:33.2
930	1609/2257	122/202	1754	Michelle Foley	F	27	Lincoln	NE	786	10:00	01:07:59.7	991	11:36	01:16:01.5	10:47	02:21:33.9
931	1610/2257	231/322	1441	Danielle Weaver	F	38	Omaha	NE	1115	11:00	01:16:04.4	758	10:36	01:09:30.4	10:47	02:21:34.3
932	1611/2257	5/5	2651	Madison Duran	F	13	Firth	NE	639	9:27	01:04:23.5	1080	12:09	01:19:40.0	10:48	02:21:34.7
933	1612/2257	232/322	319	Steph Montgomery-Loder	F	36	Lincoln	NE	1032	10:43	01:13:55.3	833	10:53	01:11:18.1	10:48	02:21:35.8
934	1613/2257	71/127	2224	Gina Heath	F	49	Lincoln	NE	901	10:21	01:10:32.5	928	11:15	01:13:42.6	10:48	02:21:36.4
935	1615/2257	233/322	848	Brandy Reisdorff	F	35	Lincoln	NE	744	9:59	01:06:46.7	997	11:37	01:16:09.5	10:48	02:21:37.6
936	1616/2257	50/90	986	Trish Peterson	F	52	Lincoln	NE	940	10:33	01:11:32.9	881	11:04	01:12:31.7	10:48	02:21:39.1

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
937	1617/2257	234/322	1212	Kimberly Bultsma	F	39	Bennington	NE	922	10:24	01:11:00.2	922	11:13	01:13:29.2	10:48	02:21:39.2
938	1619/2257	72/127	1779	Tanya Kieslingchristensen	F	45	Lincoln	NE	1054	10:48	01:14:08.1	817	10:49	01:10:57.0	10:48	02:21:42.4
939	1620/2257	148/219	1646	Karen Foster	F	43	Lincoln	NE	1060	10:46	01:14:14.6	827	10:52	01:11:11.5	10:48	02:21:45.6
940	1621/2257	198/293	2575	Trisha Erickson	F	32	Omaha	NE	960	10:29	01:11:50.8	900	11:09	01:13:02.3	10:48	02:21:46.3
941	1623/2257	123/202	1464	Rachel Talero	F	25	Lincoln	NE	951	10:34	01:11:42.4	880	11:04	01:12:31.2	10:49	02:21:49.4
942	1624/2257	199/293	1014	Erin Schlautman	F	30	Lincoln	NE	1056	10:48	01:14:10.5	823	10:51	01:11:06.2	10:49	02:21:52.1
943	1628/2257	200/293	770	Jill Watkins	F	34	Lincoln	NE	1033	10:50	01:13:57.9	820	10:50	01:11:03.7	10:50	02:22:05.4
944	1629/2257	149/219	1445	Lois Wies	F	40	Lincoln	NE	1041	10:47	01:14:03.8	838	10:53	01:11:23.5	10:50	02:22:05.8
945	1630/2257	51/90	390	Kathy Nelson	F	50	Bennet	NE	994	10:34	01:12:40.8	894	11:07	01:12:54.4	10:50	02:22:07.2
946	1632/2257	73/127	3074	Lisa Farmer	F	45	Lincoln	NE	595	9:28	01:03:31.6	1093	12:15	01:20:14.5	10:51	02:22:15.0
947	1633/2257	235/322	1450	Janice Manka	F	37	Grand Island	NE	1043	10:47	01:14:04.2	848	10:55	01:11:34.9	10:51	02:22:17.9
948	1634/2257	150/219	3262	Tiffany Sheets	F	44	Lincoln	NE	972	10:30	01:11:58.3	924	11:13	01:13:30.6	10:51	02:22:20.3
949	1635/2257	201/293	479	Sara Reed	F	32	Lincoln	NE	720	9:41	01:06:18.3	1063	12:02	01:18:55.5	10:51	02:22:26.1
950	1636/2257	236/322	1546	Cheryl Dietrich	F	35	Lincoln	NE	1061	10:49	01:14:15.8	849	10:55	01:11:36.7	10:52	02:22:27.7
951	1637/2257	52/90	532	Stacey Carey	F	51	Lincoln	NE	893	10:13	01:10:17.1	969	11:31	01:15:27.3	10:52	02:22:27.9
952	1638/2257	53/90	1253	Steph Morrison	F	53	Lincoln	NE	1020	10:39	01:13:25.8	888	11:05	01:12:40.8	10:52	02:22:30.1
953	1639/2257	54/90	1090	Diana Krause	F	54	Lincoln	NE	859	10:10	01:09:31.5	985	11:34	01:15:52.1	10:52	02:22:30.8
954	1640/2257	74/127	1233	Holly Sullivan	F	45	Omaha	NE	1064	10:51	01:14:19.7	839	10:54	01:11:24.3	10:52	02:22:31.2
955	1641/2257	202/293	813	Courtney Krei	F	30	Lincoln	NE	758	10:01	01:07:24.5	1018	11:44	01:16:51.7	10:52	02:22:33.8
956	1642/2257	203/293	2563	Sarah Huenink	F	32	Firth	NE	1055	10:51	01:14:09.3	841	10:54	01:11:27.7	10:52	02:22:34.6
957	1643/2257	237/322	245	Lori Borer	F	38	Firth	NE	1038	10:53	01:14:02.8	830	10:52	01:11:14.3	10:52	02:22:37.2
958	1644/2257	151/219	1061	Jane Rhodes	F	43	Avoca	NE	1040	10:54	01:14:03.4	829	10:52	01:11:14.0	10:52	02:22:37.8
959	1648/2257	204/293	429	Jill Brown	F	33	Lincoln	NE	907	10:19	01:10:36.4	959	11:28	01:15:07.2	10:53	02:22:47.2
960	1649/2257	124/202	2468	Lauren Shoemaker	F	25	Omaha	NE	819	10:09	01:08:43.4	1003	11:39	01:16:21.9	10:53	02:22:51.4
961	1652/2257	125/202	2280	Margaret Luebcke	F	26	Lincoln	NE	995	10:33	01:12:45.2	939	11:17	01:14:00.0	10:55	02:23:06.4
962	1653/2257	238/322	3269	Angie Mcgill	F	37	Prague	NE	845	10:03	01:09:07.8	1028	11:47	01:17:17.3	10:55	02:23:07.6
963	1654/2257	126/202	215	Micaela Lewis	F	26	Lincoln	NE	978	10:34	01:12:03.3	932	11:16	01:13:50.7	10:55	02:23:08.4
964	1656/2257	152/219	2360	Brenda Alberts	F	42	Axtell	NE	805	10:00	01:08:14.7	1042	11:51	01:17:40.4	10:55	02:23:11.9
965	1657/2257	153/219	1801	Pam Rademacher	F	42	Lincoln	NE	914	10:23	01:10:45.8	961	11:28	01:15:10.6	10:55	02:23:13.0
966	1658/2257	205/293	500	Amanda Kuta	F	34	Lincoln	NE	1022	10:49	01:13:33.7	873	11:02	01:12:20.7	10:55	02:23:17.6
967	1659/2257	24/41	3150	Ann Hegstrom	F	58	De Soto	IA	1015	10:47	01:13:09.7	887	11:05	01:12:39.9	10:56	02:23:19.5
968	1661/2257	55/90	2892	Dayna Conow	F	51	Lincoln	NE	905	10:13	01:10:34.8	1005	11:40	01:16:25.8	10:56	02:23:26.1
969	1662/2257	239/322	1917	Renae Wirth	F	37	Omaha	NE	868	10:13	01:09:38.6	1007	11:40	01:16:29.2	10:56	02:23:29.9
970	1663/2257	154/219	2919	Dalayne Spier	F	44	Madison	SD	1065	10:49	01:14:20.8	886	11:05	01:12:38.7	10:56	02:23:31.4
971	1664/2257	127/202	2915	Lia Eastman	F	29	Sioux Falls	SD	1066	10:49	01:14:21.2	885	11:05	01:12:38.3	10:57	02:23:34.7
972	1665/2257	56/90	2275	Kathy Krienert	F	50	Fairmont	NE	886	10:19	01:10:01.8	990	11:36	01:16:00.1	10:57	02:23:36.2

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
973	1668/2257	128/202	3327	Emily Campbell	F	28	Lincoln	NE	906	10:16	01:10:36.3	1004	11:39	01:16:22.6	10:57	02:23:39.7
974	1672/2257	62/100	3080	Caitlin Weaver	F	24	Lincoln	NE	912	10:17	01:10:40.9	1001	11:39	01:16:18.5	10:57	02:23:43.8
975	1673/2257	129/202	620	Molly Manning	F	25	Omaha	NE	877	10:22	01:09:51.5	986	11:35	01:15:55.6	10:58	02:23:50.9
976	1674/2257	206/293	1397	Katie Becker	F	34	Lincoln	NE	999	10:36	01:12:46.6	944	11:21	01:14:23.7	10:58	02:23:55.0
977	1675/2257	207/293	3310	Jessica Fauss	F	33	Omaha	NE	1096	11:02	01:15:22.4	850	10:56	01:11:36.9	10:58	02:23:57.0
978	1676/2257	63/100	1139	Whitney Franklin	F	24	Omaha	NE	735	10:03	01:06:29.8	1054	11:55	01:18:08.7	10:59	02:24:00.9
979	1677/2257	208/293	123	Ashley Garey	F	30	Lincoln	NE	919	10:29	01:10:53.9	965	11:29	01:15:17.7	10:59	02:24:01.9
980	1678/2257	240/322	3035	Shelly Haiar	F	35	Omaha	NE	976	10:31	01:12:02.9	967	11:29	01:15:19.4	11:00	02:24:13.9
981	1679/2257	155/219	1953	Anne Kitten	F	44	Lincoln	NE	908	10:22	01:10:37.3	1002	11:39	01:16:20.0	11:00	02:24:16.6
982	1680/2257	209/293	3037	Bobbi Heffelfinger	F	32	Omaha	NE	977	10:31	01:12:03.1	966	11:29	01:15:19.1	11:00	02:24:17.4
983	1681/2257	156/219	3142	Jo Wilson	F	44	Missouri Valley	IA	955	10:27	01:11:45.3	984	11:34	01:15:50.3	11:00	02:24:20.4
984	1682/2257	157/219	2204	Kim Harris	F	44	Bellevue	NE	898	10:27	01:10:26.5	982	11:34	01:15:49.1	11:00	02:24:20.9
985	1684/2257	130/202	927	Kayla Pottebaum	F	27	Omaha	NE	880	10:12	01:09:52.5	1038	11:50	01:17:33.0	11:01	02:24:25.1
986	1685/2257	131/202	1793	Nicole Miksch	F	26	Elkhorn	NE	1072	10:48	01:14:32.8	927	11:15	01:13:42.1	11:01	02:24:27.2
987	1686/2257	132/202	2764	Tami Thiesen	F	29	North Bend	NE	813	10:18	01:08:36.1	1021	11:45	01:17:03.4	11:01	02:24:35.9
988	1687/2257	133/202	654	Kayla Torske	F	25	Lincoln	NE	1083	10:53	01:14:49.5	910	11:10	01:13:13.6	11:01	02:24:36.4
989	1688/2257	64/100	655	Ashley Torske	F	22	Lincoln	NE	1084	10:53	01:14:49.5	911	11:10	01:13:13.7	11:01	02:24:37.1
990	1689/2257	25/41	450	Karen Knap	F	57	Lincoln	NE	945	10:33	01:11:38.3	972	11:31	01:15:31.9	11:02	02:24:38.7
991	1690/2257	158/219	1640	Emily Koenig	F	41	Lincoln	NE	989	10:34	01:12:33.8	970	11:31	01:15:27.3	11:02	02:24:40.4
992	1694/2257	26/41	2860	Patti Fusselman	F	56	Lincoln	NE	1009	10:44	01:13:02.6	947	11:22	01:14:29.3	11:02	02:24:49.7
993	1695/2257	65/100	1001	Anna Schmidt	F	23	Lincoln	NE	708	9:50	01:05:53.9	1100	12:17	01:20:28.5	11:03	02:24:59.0
994	1696/2257	210/293	2560	Kelly Neemann	F	34	Lincoln	NV	926	10:25	01:11:03.6	1017	11:43	01:16:48.9	11:03	02:25:03.3
995	1697/2257	211/293	2712	Kari Neemann	F	34	Papillion	NE	927	10:25	01:11:04.6	1016	11:43	01:16:48.5	11:03	02:25:04.0
996	1700/2257	241/322	1866	Jennifer Ramaekers	F	35	Lincoln	NE	863	10:17	01:09:35.4	1041	11:51	01:17:39.2	11:04	02:25:06.4
997	1703/2257	75/127	3027	Angela Penner	F	49	Lincoln	NE	1000	10:33	01:12:47.2	996	11:37	01:16:09.3	11:05	02:25:19.8
998	1705/2257	212/293	2253	Jen Davidson	F	31	Lincoln	NE	800	10:05	01:08:09.2	1072	12:05	01:19:15.1	11:05	02:25:21.2
999	1707/2257	213/293	1726	Anne Fargen	F	34	Lincoln	NE	1053	10:47	01:14:08.1	953	11:25	01:14:50.9	11:06	02:25:32.7
1000	1711/2257	159/219	1739	Kari Braun	F	42	Hebron	NE	902	10:23	01:10:33.5	1049	11:53	01:17:53.7	11:08	02:25:57.4
1001	1712/2257	214/293	3491	Katie Penas	F	31	Lincoln	NE	883	10:03	01:09:57.8	1089	12:13	01:20:06.6	11:08	02:26:02.5
1002	1713/2257	66/100	1982	Shannon Winkler	F	24	Lincoln	NE	1035	10:57	01:14:00.6	942	11:20	01:14:17.3	11:08	02:26:03.5
1003	1715/2257	215/293	3465	Dara Kelberlau	F	34	Lincoln	NE	864	10:15	01:09:37.6	1069	12:04	01:19:05.1	11:09	02:26:17.8
1004	1716/2257	216/293	2454	Kelley Wilde	F	32	Sherwood	AR	1051	10:47	01:14:07.5	973	11:32	01:15:35.9	11:09	02:26:18.2
1005	1717/2257	217/293	2011	Stephanie Fickenscher	F	30	Lincoln	NE	1052	10:47	01:14:07.7	974	11:32	01:15:36.1	11:09	02:26:18.5
1006	1718/2257	160/219	1041	Heather Lantz	F	40	Lincoln	NE	965	10:30	01:11:52.3	1034	11:49	01:17:27.5	11:09	02:26:19.3
1007	1719/2257	161/219	1766	Rebecca Senkbeil	F	44	Lincoln	NE	1010	10:38	01:13:04.3	1013	11:42	01:16:39.5	11:10	02:26:24.3
1008	1720/2257	57/90	632	Cyndi Mains	F	54	Waverly	NE	875	10:13	01:09:49.9	1076	12:08	01:19:33.5	11:10	02:26:30.8

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1009	1721/2257	218/293	1184	Kelly Terrell	F	30	Gothenburg	NE	1261	12:00	01:22:19.3	698	10:22	01:07:54.4	11:10	02:26:31.8
1010	1722/2257	134/202	460	Amy Orth	F	26	Lincoln	NE	969	10:27	01:11:55.7	1051	11:54	01:18:00.8	11:10	02:26:32.3
1011	1723/2257	162/219	141	Kimberly Jack	F	40	Lincoln	NE	1094	10:57	01:15:17.1	951	11:25	01:14:48.3	11:10	02:26:32.9
1012	1725/2257	135/202	660	Missy Gearhart	F	27	Lincoln	NE	1111	11:01	01:15:47.2	943	11:21	01:14:23.6	11:10	02:26:35.4
1013	1728/2257	76/127	1852	Didi Overton	F	48	Lincoln	NE	1004	10:35	01:12:50.1	1025	11:47	01:17:12.4	11:11	02:26:38.1
1014	1729/2257	77/127	1773	Lynn Price	F	49	Roca	NE	882	10:16	01:09:56.1	1073	12:07	01:19:22.2	11:11	02:26:39.4
1015	1730/2257	163/219	3084	Kathleen Sindt	F	42	Omaha	NE	1030	10:42	01:13:52.3	1010	11:41	01:16:34.6	11:11	02:26:41.6
1016	1732/2257	242/322	1988	Jane Stricker	F	37	Lincoln	NE	1042	10:46	01:14:04.2	1000	11:38	01:16:14.1	11:12	02:26:51.6
1017	1733/2257	58/90	2912	Jeanie Fitzgerald	F	50	Lincoln	NE	1019	10:40	01:13:22.1	1019	11:45	01:16:59.6	11:12	02:26:52.4
1018	1734/2257	59/90	2386	Diane Hawkins	F	50	Syracuse	NE	1157	11:14	01:17:34.8	916	11:11	01:13:19.2	11:12	02:26:54.8
1019	1736/2257	164/219	2725	Mary Lea Free	F	43	Hickman	NE	1178	11:18	01:18:14.2	897	11:08	01:13:01.0	11:13	02:27:02.6
1020	1737/2257	243/322	1200	Alicia Peters	F	36	Ft Calhoun	NE	815	10:02	01:08:39.1	1112	12:24	01:21:17.2	11:13	02:27:02.7
1021	1738/2257	244/322	256	Jaime Manz	F	38	Wayne	NE	814	10:02	01:08:38.8	1113	12:24	01:21:17.6	11:13	02:27:02.7
1022	1739/2257	60/90	1534	Beth Ackland	F	52	Martell	NE	1021	10:41	01:13:28.7	1020	11:45	01:17:02.6	11:13	02:27:04.0
1023	1740/2257	78/127	530	Chris Stungis	F	46	Omaha	NV	840	10:16	01:09:05.8	1083	12:11	01:19:48.9	11:13	02:27:09.1
1024	1743/2257	27/41	2317	Debbie Lewis	F	59	Lincoln	NE	1112	11:06	01:15:56.9	946	11:22	01:14:28.3	11:13	02:27:15.3
1025	1745/2257	79/127	1005	Ann Thompson Reicks	F	47	Lincoln	NE	897	10:16	01:10:24.8	1087	12:13	01:20:01.5	11:14	02:27:17.4
1026	1746/2257	136/202	3217	Maira Wentworth	F	28	Lincoln	NE	1132	11:11	01:17:04.3	937	11:17	01:13:56.6	11:14	02:27:17.6
1027	1747/2257	61/90	2363	Donna Upton	F	50	Lincoln	NE	1059	10:47	01:14:14.4	1011	11:41	01:16:37.6	11:14	02:27:17.8
1028	1748/2257	137/202	1163	Ella Durham	F	28	Lincoln	NE	1133	11:12	01:17:04.5	935	11:17	01:13:55.3	11:14	02:27:19.5
1029	1749/2257	245/322	2662	Elizabeth Kavan	F	36	Juniata	NE	1102	11:08	01:15:30.3	945	11:21	01:14:26.6	11:14	02:27:22.0
1030	1750/2257	67/100	139	Heidi Noecker	F	24	Lincoln	NE	894	10:22	01:10:20.1	1075	12:08	01:19:29.3	11:14	02:27:24.9
1031	1751/2257	62/90	1684	Peg Coover	F	50	Cairo	NE	891	10:19	01:10:12.6	1082	12:11	01:19:48.7	11:14	02:27:28.1
1032	1752/2257	14/27	2351	Pat Hammond	F	62	Lincoln	NE	1076	10:55	01:14:34.6	988	11:35	01:15:56.5	11:15	02:27:30.7
1033	1753/2257	246/322	3539	Heather Morrow	F	35	Holland	NE	1014	10:37	01:13:08.1	1048	11:53	01:17:53.1	11:15	02:27:31.6
1034	1754/2257	68/100	886	Jaycie Vanderbeek	F	24	Lincoln	NE	832	10:17	01:08:56.6	1088	12:13	01:20:05.6	11:15	02:27:31.6
1035	1755/2257	219/293	3554	Brooklynne Rosado	F	33	La Vista	NE	1069	10:49	01:14:28.9	1009	11:41	01:16:34.5	11:15	02:27:31.6
1036	1756/2257	220/293	2102	Julie Schiltz	F	32	Lincoln	NE	1008	10:42	01:13:01.1	1031	11:49	01:17:26.3	11:15	02:27:35.9
1037	1758/2257	247/322	3149	Natalie Erb	F	36	Lincoln	NE	991	10:37	01:12:37.3	1052	11:55	01:18:07.9	11:15	02:27:41.6
1038	1760/2257	2/7	2318	Carol Anderson	F	65	Lincoln	NE	1037	10:47	01:14:02.2	1024	11:47	01:17:11.8	11:16	02:27:51.4
1039	1761/2257	138/202	1643	Megan Baldonado	F	28	Omaha	NE	970	10:42	01:11:57.3	1045	11:52	01:17:45.3	11:16	02:27:53.2
1040	1762/2257	248/322	1344	Jessica Lafollette	F	38	Syracuse	NE	997	10:35	01:12:45.8	1059	11:59	01:18:32.7	11:16	02:27:54.2
1041	1763/2257	139/202	1931	Morgan Yardley	F	28	Ashland	NE	971	10:42	01:11:57.3	1044	11:52	01:17:45.1	11:17	02:27:55.6
1042	1764/2257	221/293	3291	Natalie Lenzen	F	31	Omaha	NE	1013	10:38	01:13:06.5	1057	11:56	01:18:14.4	11:17	02:27:58.7
1043	1765/2257	63/90	1598	Julie Meyer	F	54	Lincoln	NE	1034	10:48	01:14:00.3	1026	11:47	01:17:13.6	11:17	02:28:00.6
1044	1767/2257	165/219	2875	Heather Sejkora	F	41	Cortland	NE	992	10:45	01:12:38.7	1050	11:53	01:17:54.6	11:19	02:28:21.9

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1045	1768/2257	166/219	2644	Stacey Centarri	F	44	Omaha	NE	1086	10:57	01:14:58.8	1015	11:43	01:16:46.6	11:19	02:28:33.6
1046	1769/2257	222/293	1963	Brandy Johnson	F	32	Lincoln	NE	1110	11:02	01:15:46.4	999	11:38	01:16:14.1	11:20	02:28:36.6
1047	1770/2257	223/293	3300	Jill Redmond	F	34	West Point	NE	1152	11:12	01:17:30.3	962	11:28	01:15:11.5	11:20	02:28:38.6
1048	1772/2257	249/322	2479	Shannon Wakeley	F	36	Lincoln	NE	1153	11:12	01:17:30.5	963	11:29	01:15:13.6	11:20	02:28:41.6
1049	1773/2257	28/41	1995	Kristin Foley	F	59	Waco	NE	911	10:25	01:10:39.6	1099	12:17	01:20:28.2	11:20	02:28:43.5
1050	1774/2257	80/127	3313	Lonnie Gibson	F	49	Omaha	NE	1088	11:09	01:15:01.9	977	11:33	01:15:40.4	11:21	02:28:47.9
1051	1775/2257	140/202	2364	Kristin Syde	F	29	Lincoln	NE	975	10:36	01:12:01.7	1074	12:07	01:19:27.6	11:21	02:28:53.7
1052	1777/2257	64/90	2654	Debra O'brien	F	52	Lincoln	NE	1124	11:10	01:16:41.2	979	11:33	01:15:41.1	11:21	02:28:55.3
1053	1779/2257	250/322	1600	Natalya Young	F	36	Lincoln	NE	923	10:40	01:11:01.6	1068	12:04	01:19:04.1	11:21	02:28:56.9
1054	1782/2257	65/90	2705	Tam Schlueter	F	53	Hastings	NE	910	10:20	01:10:38.6	1114	12:24	01:21:18.0	11:21	02:28:59.0
1055	1783/2257	167/219	255	Wendy Mar	F	40	Lincoln	NE	928	10:28	01:11:05.8	1103	12:18	01:20:33.9	11:22	02:29:08.6
1056	1784/2257	81/127	2050	Dawn Jensen	F	48	Lincoln	NE	900	10:14	01:10:31.5	1124	12:32	01:22:08.3	11:22	02:29:12.0
1057	1785/2257	69/100	2824	Jincy Osborn	F	20	Mullen	NE	957	10:28	01:11:47.5	1108	12:20	01:20:52.3	11:24	02:29:28.1
1058	1787/2257	251/322	3453	Patti Lee	F	39	David City	NE	939	10:38	01:11:31.8	1084	12:12	01:19:55.3	11:24	02:29:37.5
1059	1790/2257	82/127	1011	Lana Tolbert	F	49	Lincoln	NE	1050	10:47	01:14:06.9	1067	12:04	01:19:03.5	11:25	02:29:45.1
1060	1791/2257	224/293	595	Laurie Miller	F	32	Lincoln	NE	1114	10:58	01:16:03.3	1047	11:53	01:17:50.6	11:25	02:29:45.1
1061	1792/2257	252/322	3048	Mary Riha	F	37	Omaha	NE	1140	11:11	01:17:20.7	1006	11:40	01:16:28.9	11:25	02:29:49.2
1062	1793/2257	141/202	3406	Katherine Martz	F	27	Lincoln	NE	1144	11:15	01:17:23.8	993	11:37	01:16:06.6	11:26	02:29:53.9
1063	1794/2257	142/202	3416	Anna Wolfe	F	27	Kansas City	MO	1145	11:15	01:17:23.8	994	11:37	01:16:06.6	11:26	02:29:54.2
1064	1795/2257	143/202	1948	Sierra Falter	F	27	Lincoln	NE	1147	11:16	01:17:25.5	992	11:37	01:16:05.7	11:26	02:29:54.5
1065	1796/2257	29/41	3409	Shiela Quinn	F	55	Omaha	NE	1146	11:16	01:17:24.4	995	11:37	01:16:06.7	11:26	02:29:56.8
1066	1797/2257	70/100	3304	Megan Foss	F	24	Lincoln	NE	1154	11:18	01:17:32.5	987	11:35	01:15:55.9	11:26	02:29:57.1
1067	1798/2257	253/322	1778	Emily O'neill	F	35	Omaha	NE	1136	11:13	01:17:11.2	1008	11:40	01:16:30.8	11:26	02:30:01.8
1068	1799/2257	254/322	2588	Jessica Hatfield	F	35	Lincoln	NE	1108	10:59	01:15:43.7	1055	11:55	01:18:08.7	11:27	02:30:09.7
1069	1800/2257	225/293	2472	Lisa Haffey	F	31	Lincoln	NE	1107	10:59	01:15:43.7	1053	11:55	01:18:08.6	11:27	02:30:10.2
1070	1801/2257	30/41	734	Donna Shear	F	59	Lincoln	NE	1028	10:45	01:13:50.9	1081	12:10	01:19:43.9	11:27	02:30:10.4
1071	1802/2257	71/100	2884	Ashton Mcdonald	F	24	Lincoln	NE	852	10:14	01:09:18.6	1144	12:41	01:23:09.2	11:27	02:30:11.3
1072	1803/2257	168/219	3555	Amy Holst	F	43	Lincoln	NE	1163	11:21	01:17:58.5	981	11:34	01:15:47.8	11:27	02:30:14.9
1073	1804/2257	255/322	1237	Julie Singh	F	36	Lincoln	NE	1070	10:47	01:14:29.1	1077	12:09	01:19:35.0	11:27	02:30:18.8
1074	1805/2257	83/127	863	Dena Noe	F	45	Lincoln	NE	981	10:38	01:12:09.8	1104	12:18	01:20:36.5	11:28	02:30:20.6
1075	1808/2257	15/27	2140	Pat Golden	F	62	Lincoln	NE	950	10:56	01:11:41.3	1062	12:02	01:18:50.0	11:28	02:30:31.4
1076	1809/2257	256/322	1294	Heather Mueller	F	37	Lincoln	NE	1123	11:07	01:16:37.5	1040	11:51	01:17:38.1	11:29	02:30:32.1
1077	1810/2257	66/90	103	Linda McClain	F	54	Fremont	NE	1090	11:02	01:15:12.5	1056	11:56	01:18:13.1	11:29	02:30:32.3
1078	1811/2257	226/293	1280	Kathryn Thompson	F	33	Lincoln	NE	1127	11:10	01:16:58.6	1033	11:49	01:17:26.9	11:29	02:30:37.0
1079	1812/2257	72/100	1755	Missy Lewis	F	22	Omaha	NE	1230	11:37	01:19:58.6	948	11:22	01:14:29.9	11:29	02:30:37.4
1080	1813/2257	227/293	1449	Bridget Jedrzejczyk	F	34	Lincoln	NE	1128	11:10	01:16:58.6	1032	11:49	01:17:26.9	11:29	02:30:39.1

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1081	1815/2257	228/293	2806	Erin Hussey	F	32	Lincoln	NE	1003	10:50	01:12:49.1	1079	12:09	01:19:39.1	11:29	02:30:42.7
1082	1816/2257	144/202	237	Katie Farritor	F	26	Lincoln	NE	1029	10:46	01:13:50.9	1090	12:14	01:20:09.4	11:29	02:30:45.0
1083	1818/2257	257/322	494	Erica Duncan	F	38	Lincoln	NE	1106	11:10	01:15:43.5	1043	11:51	01:17:41.2	11:30	02:30:52.3
1084	1819/2257	145/202	303	Courtney Broman	F	28	Lincoln	NE	1207	11:37	01:19:42.1	955	11:25	01:14:52.1	11:31	02:31:00.3
1085	1820/2257	146/202	2303	Hilary Hanigan	F	29	Lincoln	NE	1209	11:37	01:19:42.3	954	11:25	01:14:51.8	11:31	02:31:00.6
1086	1823/2257	147/202	1415	Emily Anderson	F	28	Omaha	NE	1214	11:38	01:19:47.8	952	11:25	01:14:50.7	11:31	02:31:06.4
1087	1824/2257	148/202	3059	Ashley Mcbratney	F	29	Fremont	NE	1119	11:06	01:16:19.9	1058	11:57	01:18:20.8	11:31	02:31:07.4
1088	1825/2257	169/219	2283	Stacy Styskal	F	40	Lincoln	NE	854	10:18	01:09:19.4	1161	12:45	01:23:35.2	11:31	02:31:07.9
1089	1826/2257	3/7	3521	Nancy Howard	F	69	Lincoln	NE	1215	11:38	01:19:48.3	957	11:26	01:14:54.9	11:31	02:31:10.6
1090	1828/2257	229/293	1835	Ella Vance	F	33	Laurel	NE	1113	11:06	01:16:01.6	1060	11:59	01:18:33.0	11:32	02:31:18.0
1091	1829/2257	230/293	3204	Elizabeth Waszgis	F	30	Omaha	NE	1171	11:20	01:18:10.5	1022	11:46	01:17:05.1	11:32	02:31:20.9
1092	1831/2257	231/293	1696	Katherine Weimer	F	32	Omaha	NE	1172	11:20	01:18:10.7	1023	11:46	01:17:08.1	11:33	02:31:25.2
1093	1832/2257	170/219	1746	Melissa Bowen	F	41	Lincoln	NE	1156	11:17	01:17:34.6	1046	11:52	01:17:49.7	11:34	02:31:46.9
1094	1835/2257	171/219	2731	Kris Roper	F	42	Omaha	NE	1131	11:09	01:17:02.8	1065	12:03	01:19:01.9	11:36	02:32:06.5
1095	1836/2257	67/90	1854	Colleen Sweeney	F	53	Pawnee City	NE	1005	10:41	01:12:57.8	1127	12:33	01:22:14.7	11:36	02:32:14.7
1096	1837/2257	258/322	2049	Charity Moody	F	35	Palmyra	NE	1007	10:41	01:12:58.5	1128	12:33	01:22:15.0	11:36	02:32:14.8
1097	1838/2257	259/322	3267	Jennifer Peters	F	35	Lincoln	NE	1091	10:53	01:15:13.8	1111	12:21	01:20:59.5	11:37	02:32:21.1
1098	1840/2257	149/202	3344	Becky Peters	F	27	Lincoln	NE	1044	10:43	01:14:04.8	1125	12:32	01:22:10.2	11:37	02:32:25.4
1099	1841/2257	232/293	1628	Molly Dudley	F	31	Adams	NE	1039	10:57	01:14:02.8	1106	12:18	01:20:38.5	11:37	02:32:26.6
1100	1842/2257	73/100	2213	Maggie Stollberg	F	24	Scribner	NE	1234	11:36	01:20:07.9	1012	11:42	01:16:38.2	11:38	02:32:41.7
1101	1844/2257	74/100	409	Morgan Braun	F	20	Lincoln	NE	1026	10:50	01:13:41.7	1120	12:28	01:21:44.2	11:39	02:32:43.8
1102	1845/2257	84/127	1427	Suzi Dearmont	F	46	Hickman	NE	1190	11:30	01:19:02.3	1029	11:49	01:17:25.1	11:39	02:32:46.5
1103	1846/2257	150/202	1327	Frances Hayes	F	29	Lincoln	NE	1057	10:46	01:14:11.6	1129	12:33	01:22:15.6	11:39	02:32:47.3
1104	1847/2257	68/90	454	Rhonda Weyenberg	F	50	Lincoln	NE	1105	11:02	01:15:40.1	1101	12:17	01:20:29.3	11:39	02:32:49.6
1105	1848/2257	69/90	1435	Shannon Petersen	F	52	Beatrice	NE	1138	11:16	01:17:13.7	1070	12:04	01:19:08.4	11:40	02:32:58.9
1106	1849/2257	4/7	3184	Lana Best	F	66	Topeka	KS	1087	11:06	01:15:01.3	1091	12:14	01:20:13.2	11:40	02:32:59.4
1107	1850/2257	151/202	1433	Leshah Stamler	F	26	Lincoln	NE	1137	11:16	01:17:12.8	1071	12:05	01:19:09.8	11:40	02:32:59.9
1108	1851/2257	85/127	1453	Amy Jurgens	F	47	Lincoln	NE	988	10:38	01:12:31.4	1150	12:44	01:23:25.9	11:41	02:33:09.8
1109	1852/2257	172/219	1238	Beth Volin	F	44	Lincoln	NE	987	10:38	01:12:30.6	1154	12:44	01:23:26.6	11:41	02:33:10.3
1110	1854/2257	70/90	104	Michele Peon-Casanova	F	50	Lincoln	NE	959	10:47	01:11:48.5	1133	12:37	01:22:40.8	11:41	02:33:21.7
1111	1857/2257	86/127	1943	Kristine Smith Hahne	F	47	Lincoln	NE	878	10:25	01:09:51.7	1188	13:01	01:25:17.9	11:42	02:33:33.8
1112	1858/2257	233/293	2138	Allison Werner	F	32	Omaha	NE	1025	10:45	01:13:41.5	1143	12:41	01:23:08.6	11:42	02:33:34.7
1113	1859/2257	71/90	1805	Cathy Clare	F	52	Lincoln	NE	1036	10:48	01:14:01.8	1136	12:40	01:23:00.5	11:44	02:33:48.8
1114	1860/2257	72/90	891	Suzan Manthey	F	54	Lincoln	NE	982	10:39	01:12:10.8	1168	12:51	01:24:13.3	11:44	02:33:58.8
1115	1863/2257	173/219	3192	Linda Finney	F	41	Springfield	NE	1062	10:51	01:14:17.8	1145	12:41	01:23:09.5	11:46	02:34:16.5
1116	1864/2257	152/202	1469	Amanda Corcoran	F	28	Lincoln	NE	857	10:15	01:09:28.5	1209	13:18	01:27:08.3	11:46	02:34:20.5

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1117	1865/2257	260/322	2439	Katie Aldag	F	38	Lincoln	NE	1089	11:02	01:15:09.8	1126	12:32	01:22:11.3	11:47	02:34:30.4
1118	1868/2257	87/127	711	Becky Sudik	F	48	Lincoln	NE	1067	10:53	01:14:22.8	1158	12:45	01:23:32.3	11:49	02:34:55.9
1119	1869/2257	88/127	1373	Debbie Barry	F	48	Weston	NE	1068	10:54	01:14:23.6	1157	12:45	01:23:32.1	11:49	02:34:56.0
1120	1870/2257	75/100	2540	Haley Fudge	F	21	Ashland	NE	1078	10:54	01:14:37.8	1159	12:45	01:23:35.0	11:49	02:35:01.9
1121	1871/2257	261/322	2523	Ally Miller	F	38	Ashland	NE	1077	10:54	01:14:37.5	1160	12:45	01:23:35.2	11:49	02:35:02.4
1122	1872/2257	174/219	3154	Jessica Greenwald	F	41	Lincoln	NE	1045	10:58	01:14:05.2	1147	12:42	01:23:11.9	11:49	02:35:02.7
1123	1873/2257	16/27	678	Diane Lerch	F	61	Lincoln	NE	1104	11:20	01:15:34.6	1109	12:21	01:20:54.6	11:50	02:35:10.5
1124	1874/2257	234/293	1152	Kaitlyn Bright	F	33	Lincoln	NE	983	10:51	01:12:15.3	1166	12:50	01:24:06.6	11:50	02:35:13.0
1125	1875/2257	175/219	2248	Laura Isaac	F	40	Ceresco	NE	1011	10:35	01:13:05.1	1194	13:07	01:25:55.0	11:50	02:35:16.3
1126	1876/2257	76/100	1128	Kristen Upp	F	23	Lincoln	NE	1148	11:21	01:17:26.3	1110	12:21	01:20:58.1	11:51	02:35:23.1
1127	1877/2257	262/322	330	Michelle Belsaas	F	37	Omaha	NE	1116	11:00	01:16:07.1	1149	12:43	01:23:23.8	11:51	02:35:29.0
1128	1879/2257	73/90	925	Pam Rasmussen	F	54	Ceresco	NE	1188	11:30	01:18:49.9	1098	12:16	01:20:24.6	11:52	02:35:45.8
1129	1881/2257	74/90	2208	Brenda Zingler	F	54	Lincoln	NE	903	10:22	01:10:33.5	1223	13:25	01:27:55.2	11:53	02:35:50.7
1130	1882/2257	153/202	112	Kristi Mccarthy	F	28	Waukehsa	WI	1205	11:33	01:19:40.7	1095	12:15	01:20:18.4	11:54	02:35:59.8
1131	1883/2257	154/202	888	Sarah Anderson	F	28	Lincoln	NE	1204	11:33	01:19:40.7	1096	12:15	01:20:18.9	11:54	02:36:00.1
1132	1884/2257	77/100	2481	Kim Ellicott	F	24	Lincoln	NE	918	10:33	01:10:51.8	1205	13:16	01:26:55.6	11:54	02:36:02.2
1133	1885/2257	235/293	147	Molly Jensen	F	31	Lincoln	NE	1191	11:34	01:19:06.6	1092	12:14	01:20:13.3	11:54	02:36:05.4
1134	1886/2257	263/322	2749	Christi Hoke	F	38	Manhattan	KS	1085	10:54	01:14:57.4	1180	12:56	01:24:45.1	11:54	02:36:10.8
1135	1887/2257	264/322	2906	Kara Burbach	F	35	Martell	NE	1130	11:13	01:16:59.8	1138	12:40	01:23:01.3	11:56	02:36:34.2
1136	1888/2257	265/322	2909	April Stone	F	35	Lincoln	NE	1129	11:13	01:16:59.3	1139	12:40	01:23:01.8	11:56	02:36:35.2
1137	1889/2257	155/202	2051	Racheal Slattery	F	29	Lincoln	NE	1160	11:28	01:17:54.6	1117	12:26	01:21:29.8	11:56	02:36:38.8
1138	1890/2257	236/293	2525	Kristi Lunzmann	F	30	Lincoln	NE	1161	11:28	01:17:54.6	1118	12:26	01:21:30.3	11:57	02:36:39.7
1139	1892/2257	237/293	2526	Sarah Baumert	F	32	Bennet	NE	1101	11:08	01:15:29.8	1163	12:46	01:23:41.8	11:57	02:36:41.5
1140	1893/2257	156/202	3093	Gina Boltz	F	26	Kansas City	MO	1143	11:14	01:17:23.4	1141	12:41	01:23:07.7	11:57	02:36:43.5
1141	1894/2257	266/322	2068	Allison Boltz	F	35	Lincoln	NE	1142	11:14	01:17:23.4	1142	12:41	01:23:08.2	11:57	02:36:44.1
1142	1895/2257	238/293	1764	Michelle Mccarthy	F	33	Lincoln	NE	1071	10:59	01:14:31.1	1181	12:56	01:24:46.2	11:57	02:36:48.3
1143	1896/2257	239/293	2566	Tiffanie Glaser	F	30	Lincoln	NE	1174	11:20	01:18:11.8	1134	12:38	01:22:45.7	11:58	02:37:04.4
1144	1898/2257	157/202	2671	Rachael Middleton	F	25	Lincoln	NE	1118	11:06	01:16:17.9	1172	12:53	01:24:29.2	11:59	02:37:13.8
1145	1899/2257	158/202	1311	Jessica Meza	F	25	Lincoln	NE	1117	11:06	01:16:16.8	1173	12:54	01:24:30.3	11:59	02:37:16.7
1146	1900/2257	176/219	894	Carly Hunt	F	40	Lincoln	NE	1283	12:11	01:23:37.3	1035	11:49	01:17:29.9	11:59	02:37:18.3
1147	1901/2257	159/202	2592	Emily Pederson	F	29	Lincoln	NE	1166	11:27	01:18:02.8	1130	12:34	01:22:20.0	12:00	02:37:20.4
1148	1902/2257	240/293	1384	Jesi Dewitt	F	34	Omaha	NE	1284	12:11	01:23:37.3	1037	11:50	01:17:30.6	12:00	02:37:22.5
1149	1903/2257	267/322	1385	Julie Dierberger	F	35	Omaha	NE	1285	12:11	01:23:37.5	1036	11:50	01:17:30.5	12:00	02:37:22.6
1150	1905/2257	241/293	2871	Lexi Jensen	F	31	Shelton	NE	1224	11:38	01:19:52.9	1115	12:25	01:21:20.0	12:01	02:37:34.6
1151	1906/2257	89/127	3482	Karen Barnard	F	49	Lincoln	NE	1158	11:25	01:17:39.7	1146	12:42	01:23:11.1	12:03	02:37:59.2
1152	1907/2257	90/127	1796	Victoria Kovar	F	46	Lincoln	NE	1219	11:37	01:19:51.4	1122	12:30	01:21:58.2	12:03	02:38:06.1

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1153	1908/2257	268/322	3497	Sara Gilliam	F	37	Lincoln	NE	1218	11:37	01:19:51.3	1121	12:30	01:21:57.5	12:03	02:38:08.7
1154	1909/2257	5/7	2437	Tabby Goodwater	F	65	Lincoln	NE	1220	11:41	01:19:52.1	1119	12:27	01:21:36.4	12:03	02:38:08.8
1155	1910/2257	177/219	2638	Kerri Duran	F	42	Firth	NE	1247	11:58	01:21:26.1	1086	12:12	01:19:55.5	12:05	02:38:24.1
1156	1911/2257	91/127	2656	Jill Armstrong	F	46	Firth	NE	1248	11:58	01:21:26.3	1085	12:12	01:19:55.3	12:05	02:38:24.2
1157	1912/2257	242/293	3061	Jackie Grotrian	F	33	Austin	TX	1321	12:41	01:26:54.8	964	11:29	01:15:14.4	12:05	02:38:24.7
1158	1913/2257	243/293	2173	Jessica Fern	F	32	Lincoln	NE	1249	11:51	01:21:30.1	1107	12:19	01:20:45.4	12:05	02:38:27.4
1159	1914/2257	244/293	3247	Amy Forsythe	F	34	Council Bluffs	IA	1252	11:53	01:21:32.3	1105	12:18	01:20:38.1	12:05	02:38:30.9
1160	1916/2257	78/100	2652	Samantha Menard	F	24	Grafton	NE	1162	11:31	01:17:55.5	1140	12:41	01:23:05.2	12:05	02:38:31.3
1161	1919/2257	178/219	2740	Tiffany Rohlf	F	43	Omaha	NE	1170	11:23	01:18:07.9	1164	12:49	01:23:59.3	12:05	02:38:34.8
1162	1920/2257	269/322	3079	Kara Felton	F	39	Lincoln	NE	1079	10:53	01:14:38.7	1212	13:19	01:27:17.7	12:06	02:38:40.1
1163	1921/2257	270/322	646	Rachel Schlieve	F	37	Lincoln	NE	1167	11:30	01:18:03.4	1153	12:44	01:23:26.4	12:06	02:38:47.1
1164	1922/2257	271/322	943	Shannon Linder	F	39	Lincoln	NE	1169	11:30	01:18:03.8	1151	12:44	01:23:26.0	12:06	02:38:47.1
1165	1923/2257	179/219	621	Sheri Pfeil	F	42	Lincoln	NE	1168	11:30	01:18:03.8	1152	12:44	01:23:26.0	12:06	02:38:47.3
1166	1924/2257	160/202	2113	Ashlea Allberry	F	27	Lincoln	NE	1149	11:29	01:17:29.1	1156	12:45	01:23:32.1	12:07	02:38:50.8
1167	1926/2257	161/202	2777	Heidi Thompson	F	27	Lincoln	NE	1227	11:46	01:19:54.7	1123	12:31	01:21:59.9	12:08	02:39:05.6
1168	1927/2257	245/293	2297	Heidi Couch	F	34	Mead	NE	1213	11:34	01:19:47.1	1148	12:43	01:23:23.4	12:08	02:39:10.1
1169	1928/2257	162/202	2428	Sarah Kugler	F	26	Lincoln	NE	1092	11:08	01:15:14.9	1198	13:10	01:26:20.4	12:09	02:39:20.0
1170	1929/2257	272/322	607	Jennifer Demuth	F	35	Hooper	NE	1097	11:01	01:15:24.5	1210	13:18	01:27:10.8	12:09	02:39:25.2
1171	1930/2257	246/293	1360	Mary Reynolds	F	34	Hooper	NE	1098	11:01	01:15:24.5	1211	13:18	01:27:10.9	12:09	02:39:25.6
1172	1931/2257	273/322	1655	Rebecca Wesch	F	39	Omaha	NE	1120	11:14	01:16:27.8	1195	13:07	01:25:55.3	12:10	02:39:30.7
1173	1932/2257	79/100	2029	Madison Deeds	F	20	Lincoln	NE	884	10:29	01:09:59.2	1258	13:51	01:30:48.7	12:10	02:39:31.4
1174	1934/2257	75/90	2772	Kim Thompson	F	54	Raymond	NE	1226	11:46	01:19:54.5	1132	12:34	01:22:24.9	12:10	02:39:32.7
1175	1935/2257	274/322	2721	Cindy Napier	F	38	David City	NE	1135	11:10	01:17:07.8	1200	13:11	01:26:26.1	12:10	02:39:35.4
1176	1937/2257	163/202	774	Allison Bonander	F	26	Lincoln	NE	1184	11:20	01:18:29.5	1191	13:02	01:25:24.9	12:11	02:39:44.1
1177	1938/2257	92/127	3533	Melanie Anderson	F	46	Omaha	NE	1278	12:06	01:23:13.2	1102	12:17	01:20:29.9	12:11	02:39:45.9
1178	1940/2257	80/100	2314	Brittany Johnsen	F	23	Lincoln	NE	1048	10:53	01:14:05.8	1236	13:32	01:28:41.2	12:12	02:40:04.2
1179	1941/2257	180/219	3207	Carmen Hinman	F	41	Fairbury	NE	1159	11:13	01:17:47.2	1204	13:14	01:26:44.4	12:13	02:40:15.7
1180	1943/2257	247/293	2443	Kristi Mitchell	F	34	Omaha	NE	1189	11:29	01:18:51.1	1186	12:58	01:25:01.4	12:13	02:40:19.9
1181	1944/2257	164/202	339	Lauren Jones	F	29	Omaha	NE	1074	11:00	01:14:34.4	1232	13:29	01:28:23.5	12:14	02:40:28.6
1182	1945/2257	181/219	1232	Rayma Seipel	F	44	Lincoln	NE	1221	11:40	01:19:52.3	1165	12:49	01:24:00.6	12:14	02:40:30.1
1183	1947/2257	248/293	1659	Jen Roeber	F	33	Lincoln	NE	1217	11:36	01:19:50.3	1178	12:54	01:24:36.0	12:15	02:40:38.2
1184	1948/2257	81/100	3219	Lindsey Arneson	F	21	Nashua	IA	1173	11:35	01:18:11.5	1179	12:56	01:24:44.5	12:15	02:40:40.1
1185	1949/2257	275/322	1530	Angie Stueckrath	F	38	Lincoln	NE	1238	11:47	01:20:36.1	1155	12:45	01:23:31.5	12:15	02:40:43.1
1186	1951/2257	276/322	1521	Adie Schmit	F	36	Waverly	NE	1228	11:38	01:19:56.1	1177	12:54	01:24:35.5	12:15	02:40:48.1
1187	1953/2257	277/322	2766	Keri Homolka	F	36	Columbus	NE	1241	11:47	01:20:51.2	1162	12:46	01:23:39.0	12:16	02:40:50.7
1188	1954/2257	93/127	3218	Michelle Arneson	F	45	Nashua	IA	1175	11:35	01:18:11.8	1185	12:58	01:24:59.9	12:16	02:40:55.4

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1189	1955/2257	17/27	2085	Sue Bollwitt	F	62	Lincoln	NE	1151	11:21	01:17:30.3	1201	13:13	01:26:34.4	12:16	02:41:01.2
1190	1957/2257	182/219	365	Jenny Unruh	F	40	Lincoln	NE	1109	11:10	01:15:44.5	1226	13:26	01:28:00.1	12:17	02:41:12.1
1191	1958/2257	249/293	1273	Dana Gill	F	31	Lincoln	NE	1273	12:02	01:22:48.8	1131	12:34	01:22:22.1	12:18	02:41:15.1
1192	1960/2257	18/27	268	Janice Beethe	F	62	Burr	NE	1180	11:22	01:18:26.6	1206	13:16	01:26:57.0	12:18	02:41:27.3
1193	1961/2257	82/100	3016	Elise Warnke	F	24	Lincoln	NE	1194	11:30	01:19:24.6	1197	13:10	01:26:19.3	12:20	02:41:41.4
1194	1962/2257	165/202	2616	Brittany Novotny	F	26	Ashland	NE							12:20	02:41:44.5
1195	1964/2257	83/100	456	Ally Lamb	F	24	Lincoln	NE	1121	11:16	01:16:35.5	1224	13:25	01:27:58.3	12:20	02:41:49.5
1196	1965/2257	84/100	457	Nicole Vaverek	F	24	Lincoln	NE	1122	11:16	01:16:35.5	1225	13:25	01:27:58.4	12:20	02:41:50.1
1197	1966/2257	166/202	631	Lisa Crawford	F	27	Lavista	NE	1222	11:40	01:19:52.5	1189	13:02	01:25:22.1	12:20	02:41:53.4
1198	1967/2257	167/202	3490	Nicole Kaye-Skinner	F	27	Lavista	NE	1223	11:40	01:19:52.8	1190	13:02	01:25:23.0	12:21	02:41:54.1
1199	1968/2257	278/322	1657	Erin Messersmith	F	36	Waverly	NE	1126	11:13	01:16:52.5	1230	13:29	01:28:22.2	12:21	02:41:55.8
1200	1970/2257	279/322	1589	Tina Johnson	F	37	Woodbury	MN	1309	12:29	01:25:47.6	1094	12:15	01:20:16.0	12:22	02:42:07.1
1201	1971/2257	280/322	1732	Ginger Willson	F	38	Lincoln	NE	1212	11:34	01:19:47.1	1199	13:11	01:26:21.8	12:22	02:42:08.3
1202	1972/2257	19/27	1791	Kathy Kealy	F	62	Sutherland	NE	1155	11:24	01:17:33.7	1214	13:20	01:27:24.7	12:22	02:42:10.2
1203	1973/2257	76/90	400	Terri Dier	F	53	Lincoln	NE	1195	11:41	01:19:33.6	1192	13:03	01:25:34.2	12:22	02:42:11.2
1204	1974/2257	7/11	140	Mackenzie Martin	F	19	Lincoln	NE	1134	11:16	01:17:07.3	1231	13:29	01:28:23.0	12:22	02:42:15.0
1205	1975/2257	250/293	2664	Amanda Rucker	F	32	Omaha	NE	1082	11:07	01:14:46.4	1242	13:38	01:29:23.7	12:22	02:42:15.4
1206	1976/2257	77/90	1941	Margaret Niedbalski	F	52	Columbus	NE	1281	12:08	01:23:34.3	1135	12:38	01:22:47.4	12:23	02:42:22.2
1207	1977/2257	78/90	3443	Rochelle Dahlquist	F	50	Lincoln	NE	1233	11:53	01:20:06.9	1175	12:54	01:24:34.7	12:23	02:42:31.4
1208	1978/2257	85/100	2225	Katelyn Bright	F	22	Hickman	NE	1183	11:25	01:18:27.3	1219	13:23	01:27:40.9	12:23	02:42:32.0
1209	1979/2257	94/127	2129	Tammy Doran	F	46	Lincoln	NE	942	10:33	01:11:34.5	1306	14:16	01:33:30.3	12:24	02:42:38.7
1210	1980/2257	168/202	2838	Crystal Ojeda	F	26	Lincoln	NE	1100	11:17	01:15:29.1	1238	13:33	01:28:45.8	12:24	02:42:44.8
1211	1981/2257	95/127	464	Deb Waechter	F	46	Lincoln	NE	1265	11:58	01:22:21.3	1170	12:53	01:24:26.5	12:25	02:42:53.7
1212	1982/2257	251/293	1177	Angela O'neal	F	34	Lincoln	NE	1286	12:12	01:23:45.4	1137	12:40	01:23:00.9	12:25	02:42:56.2
1213	1983/2257	281/322	476	Amy Gunn	F	35	Lincoln	NE	1266	11:58	01:22:21.4	1174	12:54	01:24:33.0	12:25	02:42:56.9
1214	1984/2257	252/293	366	Ashley Kumpula	F	32	Lincoln	NE	1267	11:58	01:22:21.6	1176	12:54	01:24:35.3	12:26	02:42:59.5
1215	1985/2257	169/202	2080	Megan Bollish	F	26	Lincoln	NE	985	10:45	01:12:24.1	1291	14:08	01:32:35.0	12:26	02:43:01.9
1216	1987/2257	183/219	915	Rachel Balkovec	F	40	Omaha	NE	1216	11:37	01:19:48.6	1207	13:16	01:26:58.8	12:26	02:43:10.2
1217	1988/2257	96/127	2035	Denise Anderson	F	46	Pender	NE	1237	11:44	01:20:34.7	1196	13:09	01:26:13.8	12:26	02:43:10.8
1218	1989/2257	170/202	3354	Anna Walker	F	26	Lincoln	NE	1312	12:38	01:26:01.8	1097	12:16	01:20:21.5	12:26	02:43:12.1
1219	1991/2257	184/219	1129	Renee Wanderscheid	F	43	Omaha	NE	1125	11:34	01:16:49.5	1218	13:22	01:27:36.6	12:27	02:43:22.5
1220	1992/2257	282/322	1525	Natalie Johnson	F	39	Lincoln	NE	1186	11:29	01:18:47.7	1228	13:27	01:28:07.6	12:28	02:43:26.9
1221	1993/2257	171/202	3131	Summer Froehlich	F	26	Lincoln	NE	1080	10:56	01:14:39.7	1286	14:02	01:31:55.2	12:28	02:43:36.3
1222	1994/2257	86/100	3137	Jasmine Froehlich	F	21	Lincoln	NE	1081	10:56	01:14:40.3	1284	14:01	01:31:54.6	12:28	02:43:37.1
1223	1996/2257	172/202	105	Brandie Hinkle	F	29	Lincoln	NE	1210	11:40	01:19:45.8	1217	13:22	01:27:34.8	12:30	02:44:03.8
1224	1997/2257	185/219	2968	Candice Phipps	F	42	Papillion	NE	1229	11:38	01:19:56.3	1227	13:26	01:28:00.8	12:31	02:44:14.0

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1225	1998/2257	253/293	1921	Danielle Barbosa	F	31	Lincoln	NE	1093	11:04	01:15:16.3	1287	14:03	01:32:05.2	12:33	02:44:35.9
1226	1999/2257	186/219	2176	Amy Hobza	F	43	Lincoln	NE	1289	12:10	01:23:51.5	1183	12:57	01:24:53.0	12:33	02:44:39.4
1227	2000/2257	254/293	2393	Christy Young	F	33	Lincoln	NE	1290	12:11	01:23:55.2	1182	12:57	01:24:50.4	12:33	02:44:43.8
1228	2002/2257	20/27	2947	Pat Franks	F	62	Lincoln	NE	1274	12:10	01:22:49.2	1187	13:00	01:25:10.0	12:34	02:44:54.7
1229	2003/2257	31/41	3128	Lisa Froehlich	F	55	Lincoln	NE	1235	11:49	01:20:24.2	1221	13:23	01:27:42.5	12:35	02:45:08.3
1230	2004/2257	187/219	2372	Monica Janssen	F	40	Lincoln	NE	1332	12:47	01:27:38.3	1116	12:26	01:21:29.1	12:36	02:45:13.7
1231	2005/2257	173/202	760	Becky Chambers	F	29	Omaha	NE	1073	11:00	01:14:33.2	1301	14:13	01:33:10.7	12:36	02:45:14.2
1232	2006/2257	174/202	763	Brianne Dacy	F	26	Bennington	NE	1075	11:00	01:14:34.5	1300	14:13	01:33:09.4	12:36	02:45:16.2
1233	2007/2257	175/202	2185	Stein Mach	F	28	Lincoln	NE	1150	11:29	01:17:29.5	1249	13:44	01:29:57.4	12:36	02:45:16.5
1234	2008/2257	8/11	2399	Tayce Debrie	F	19	Lincoln	NE	1253	11:53	01:21:42.2	1215	13:20	01:27:25.2	12:36	02:45:21.6
1235	2009/2257	188/219	2494	Margaret Otto	F	42	Lincoln	NE	1240	11:51	01:20:50.6	1220	13:23	01:27:42.0	12:36	02:45:22.8
1236	2010/2257	97/127	3510	Jeanne Schroeder	F	46	Malcolm	NE	1193	11:33	01:19:10.6	1247	13:42	01:29:44.8	12:37	02:45:24.2
1237	2012/2257	189/219	2957	Holly Mann	F	41	Burwell	NE	1275	12:03	01:22:56.3	1202	13:13	01:26:38.6	12:37	02:45:35.4
1238	2013/2257	98/127	2496	Peggy Zier	F	45	Omaha	NE	892	10:40	01:10:13.3	1336	14:36	01:35:39.6	12:37	02:45:35.4
1239	2014/2257	255/293	1652	Tiffany Buss	F	33	Lincoln	NE	1225	11:39	01:19:53.3	1241	13:38	01:29:19.0	12:38	02:45:39.2
1240	2015/2257	87/100	106	Sarah Barrett	F	23	Lincoln	NE	1203	11:42	01:19:40.5	1240	13:35	01:29:00.4	12:38	02:45:42.1
1241	2016/2257	283/322	2168	Robyn Mendenhall	F	36	Lincoln	NE	1192	11:27	01:19:10.6	1257	13:51	01:30:45.9	12:38	02:45:47.7
1242	2018/2257	176/202	1484	Rachel Santo	F	27	Omaha	NE	1179	11:34	01:18:14.5	1252	13:46	01:30:15.6	12:40	02:46:03.3
1243	2019/2257	284/322	2750	Heather Maynard	F	36	Papillion	NE	1231	11:41	01:20:02.2	1245	13:39	01:29:29.6	12:40	02:46:05.1
1244	2020/2257	177/202	2008	Sarah Wesner	F	29	Omaha	NE	1177	11:34	01:18:14.1	1255	13:47	01:30:17.7	12:40	02:46:05.2
1245	2021/2257	190/219	538	Shona Kassebaum	F	42	Waverly	NE	1303	12:28	01:25:21.9	1184	12:58	01:24:58.6	12:42	02:46:38.7
1246	2022/2257	285/322	2849	Andrea Zeiler	F	36	Lincoln	NE	1259	11:59	01:22:15.5	1229	13:28	01:28:15.9	12:43	02:46:47.1
1247	2023/2257	191/219	2830	Leslie Zeman	F	40	Bassett	NE	1185	11:31	01:18:45.5	1265	13:56	01:31:21.5	12:43	02:46:50.0
1248	2024/2257	9/11	1913	Lindsey Celesky	F	18	Ceresco	NE	1211	11:35	01:19:46.8	1264	13:54	01:31:08.6	12:44	02:47:01.9
1249	2025/2257	99/127	1526	Mary Volkmer	F	49	Lincoln	NE	1320	12:38	01:26:39.1	1169	12:52	01:24:22.8	12:44	02:47:08.3
1250	2027/2257	79/90	211	Peg Pearson	F	50	Omaha	NE	1197	11:32	01:19:37.8	1277	13:59	01:31:36.4	12:45	02:47:10.5
1251	2028/2257	286/322	1537	Andrea Kabourek	F	37	Lincoln	NE	1200	11:32	01:19:38.9	1271	13:58	01:31:32.9	12:45	02:47:10.6
1252	2029/2257	287/322	10	Courtney Mann	F	36	Omaha	NE	1202	11:32	01:19:39.9	1273	13:58	01:31:34.1	12:45	02:47:11.4
1253	2030/2257	288/322	3600	Stephanie Randall	F	37	Lincoln	NE	1201	11:32	01:19:39.2	1275	13:58	01:31:35.2	12:45	02:47:12.1
1254	2031/2257	32/41	3541	Ann Ringlein	F	57	Lincoln	NE	1198	11:32	01:19:38.6	1274	13:58	01:31:35.1	12:45	02:47:12.9
1255	2032/2257	289/322	1702	Shelby Robinson	F	35	La Mesa	CA	1206	11:33	01:19:41.3	1270	13:58	01:31:32.5	12:45	02:47:13.0
1256	2033/2257	192/219	243	Ashley Wiles	F	40	Omaha	NE	1199	11:32	01:19:38.8	1276	13:59	01:31:35.5	12:45	02:47:13.5
1257	2034/2257	290/322	523	Keeley Nyman	F	35	Omaha	NE	1325	12:42	01:27:15.6	1167	12:51	01:24:11.8	12:46	02:47:23.7
1258	2035/2257	193/219	1432	Kristi Hulse	F	40	Firth	NE	1258	11:55	01:22:01.3	1246	13:39	01:29:30.1	12:47	02:47:35.0
1259	2036/2257	100/127	2091	Nancy Thompson	F	47	Lincoln	NE	1246	11:50	01:21:18.6	1253	13:46	01:30:16.7	12:48	02:47:48.8
1260	2037/2257	80/90	2861	Lori Giguere	F	51	Grand Island	NE	1196	11:34	01:19:35.6	1293	14:08	01:32:36.8	12:50	02:48:23.9

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1261	2038/2257	178/202	3485	Courtney Breitreutz	F	28	Lincoln	NE	1347	12:49	01:28:14.1	1171	12:53	01:24:28.5	12:51	02:48:30.7
1262	2039/2257	256/293	463	Robyn Gonzales	F	31	Lincoln	NE	1164	11:36	01:17:59.3	1294	14:09	01:32:42.2	12:52	02:48:44.4
1263	2040/2257	257/293	653	Bryanne Schulz	F	34	Lincoln	NE	1165	11:36	01:17:59.6	1295	14:09	01:32:42.8	12:52	02:48:45.2
1264	2041/2257	291/322	3060	Shannon Grotrian	F	35	Syracuse	NE	1322	12:41	01:26:56.6	1193	13:04	01:25:38.0	12:52	02:48:47.4
1265	2042/2257	179/202	3288	Tiffany Trauernicht	F	25	Beatrice	NE	1243	11:48	01:21:06.1	1279	13:59	01:31:40.7	12:53	02:49:02.6
1266	2043/2257	258/293	3284	Michelle Denker	F	31	Adams	NE	1244	11:48	01:21:06.3	1278	13:59	01:31:39.5	12:53	02:49:03.2
1267	2044/2257	259/293	2768	Shannon Painter	F	31	Ainsworth	NE	1208	11:45	01:19:42.3	1288	14:04	01:32:08.3	12:54	02:49:10.3
1268	2045/2257	292/322	1175	Emily Killham	F	35	Lincoln	NE	1308	12:28	01:25:34.8	1216	13:22	01:27:33.8	12:54	02:49:18.7
1269	2047/2257	101/127	2191	Patricia Downing	F	46	Omaha	NE	1236	11:42	01:20:31.8	1296	14:10	01:32:47.6	12:55	02:49:28.5
1270	2048/2257	260/293	2531	Beth Woitaszewski	F	30	Omaha	NE	1277	12:07	01:23:06.8	1250	13:45	01:30:04.8	12:55	02:49:31.9
1271	2049/2257	293/322	489	Amy Koehler	F	37	Omaha	NE	1276	12:07	01:23:06.7	1251	13:45	01:30:05.2	12:55	02:49:32.0
1272	2050/2257	261/293	537	Katy Thompson	F	30	Omaha	NE	1268	12:00	01:22:30.5	1263	13:54	01:31:04.1	12:56	02:49:43.5
1273	2051/2257	294/322	1590	Carmen Bachle	F	35	Lincoln	NE	925	10:38	01:11:02.2	1380	15:18	01:40:19.2	12:58	02:49:58.9
1274	2052/2257	295/322	536	Cristy Anderson	F	38	Waverly	NE	1301	12:27	01:25:21.2	1233	13:30	01:28:26.2	12:58	02:50:03.3
1275	2053/2257	296/322	1437	Jenni Smith	F	39	Waverly	NE	1302	12:27	01:25:21.2	1234	13:30	01:28:27.4	12:58	02:50:04.2
1276	2054/2257	88/100	2697	Kelsi Kohler	F	24	Omaha	NE	1176	11:24	01:18:13.3	1335	14:35	01:35:33.6	12:59	02:50:15.0
1277	2055/2257	21/27	266	Carolyn Volkmer	F	60	Syracuse	NE	1300	12:25	01:25:20.7	1239	13:33	01:28:51.4	12:59	02:50:15.6
1278	2056/2257	81/90	901	Michelle Poyer	F	54	Lincoln	NE	1245	11:56	01:21:11.3	1290	14:05	01:32:14.8	13:00	02:50:27.5
1279	2057/2257	262/293	1295	Christine Shank	F	31	Lincoln	NE	1262	12:00	01:22:19.6	1285	14:02	01:31:55.1	13:00	02:50:33.5
1280	2058/2257	263/293	1187	Abbi Hellbusch	F	30	Columbus	NE	1263	12:00	01:22:19.8	1283	14:01	01:31:54.5	13:00	02:50:35.8
1281	2060/2257	264/293	2483	Ashley Meyer	F	31	Lincoln	NE	1141	11:30	01:17:20.9	1330	14:32	01:35:14.8	13:00	02:50:37.3
1282	2061/2257	102/127	3434	Terssa Markworth	F	48	Jackson	NE	1181	11:25	01:18:26.8	1350	14:46	01:36:43.4	13:05	02:51:34.1
1283	2062/2257	194/219	1678	Laurie Eacker	F	42	Lincoln	NE	1324	12:43	01:27:11.3	1235	13:30	01:28:27.8	13:06	02:51:47.4
1284	2063/2257	103/127	2690	Buffy Hsrison	F	47	Lincoln	NE	1327	12:54	01:27:26.5	1213	13:19	01:27:18.4	13:06	02:51:50.0
1285	2064/2257	33/41	2809	Earlene Wulf	F	55	Central City	NE	1361	12:59	01:29:21.2	1203	13:14	01:26:44.3	13:06	02:51:51.0
1286	2065/2257	265/293	2773	Karin Maddox	F	33	Omaha	NE	1272	12:14	01:22:43.3	1280	14:00	01:31:43.1	13:06	02:51:51.0
1287	2066/2257	266/293	1660	Melissa Holder	F	32	Omaha	NE	1280	12:20	01:23:28.6	1260	13:53	01:31:00.3	13:06	02:51:51.4
1288	2067/2257	297/322	495	Kristi Johnson	F	37	Omaha	NE	1239	11:55	01:20:38.8	1313	14:23	01:34:15.4	13:08	02:52:19.5
1289	2068/2257	298/322	1353	Lynnett Panetiz	F	35	Lincoln	NE	1287	12:26	01:23:46.1	1259	13:52	01:30:50.2	13:08	02:52:22.7
1290	2070/2257	195/219	2599	Shannon Dill	F	44	Papillion	NE	1232	11:51	01:20:03.2	1329	14:28	01:34:48.0	13:09	02:52:29.8
1291	2071/2257	34/41	2026	Kim Panko	F	57	Burr	NE	1366	13:03	01:29:28.3	1208	13:16	01:26:59.6	13:09	02:52:34.2
1292	2072/2257	196/219	2060	Stephanie Hansen	F	40	Omaha	MT	1270	12:01	01:22:40.5	1309	14:22	01:34:07.4	13:11	02:52:51.6
1293	2074/2257	104/127	2963	Pamela Hopkins	F	46	Omaha	NE	1271	12:01	01:22:41.1	1310	14:22	01:34:07.6	13:11	02:52:53.5
1294	2075/2257	197/219	2470	Tiffany Donahoe	F	40	Omaha	NE	1341	12:52	01:27:54.5	1237	13:32	01:28:42.8	13:11	02:53:02.0
1295	2076/2257	267/293	2260	Amanda Lee	F	33	Wahoo	NE	1242	11:45	01:20:58.3	1344	14:41	01:36:13.5	13:12	02:53:11.3
1296	2077/2257	180/202	670	Rebecca Spataro	F	25	Lincoln	NE	1187	11:44	01:18:49.3	1345	14:42	01:36:19.7	13:12	02:53:13.5

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1297	2078/2257	198/219	564	Lynn Mach	F	43	Lincoln	NE	1334	12:47	01:27:41.7	1243	13:39	01:29:28.9	13:12	02:53:15.2
1298	2079/2257	105/127	2804	Carleen Barger	F	45	Lincoln	NE	1291	12:15	01:24:02.5	1298	14:11	01:32:56.3	13:13	02:53:17.1
1299	2080/2257	199/219	3138	Cyndi Tyler	F	43	Lincoln	NE	1335	12:47	01:27:41.7	1244	13:39	01:29:29.2	13:13	02:53:18.3
1300	2081/2257	6/7	2132	Jan Vrtiska	F	67	Lincoln	NE	1311	12:33	01:25:55.9	1261	13:54	01:31:03.3	13:13	02:53:18.5
1301	2083/2257	106/127	2223	Susan Steider	F	48	Lincoln	NE	1364	13:03	01:29:27.7	1222	13:24	01:27:49.6	13:13	02:53:20.8
1302	2084/2257	107/127	2459	Andra Schlosser	F	47	Omaha	NE							13:15	02:53:46.0
1303	2085/2257	22/27	2153	Linda Kamble	F	63	Lincoln	NE	1279	12:08	01:23:22.7	1312	14:23	01:34:13.1	13:15	02:53:46.8
1304	2087/2257	268/293	2307	Adrian Walker	F	32	Lincoln	NE	1293	12:21	01:24:06.8	1299	14:12	01:33:00.9	13:16	02:54:00.1
1305	2088/2257	299/322	3448	Steffanie Kotik	F	38	Lincoln	NE	1264	12:01	01:22:21.1	1333	14:34	01:35:28.4	13:17	02:54:11.0
1306	2089/2257	269/293	117	Karlette Yoder	F	32	Milford	NE	1255	11:56	01:21:50.9	1340	14:39	01:36:03.2	13:17	02:54:14.5
1307	2090/2257	108/127	1937	Barbara Rezac	F	49	Weston	NE	1269	12:21	01:22:38.8	1303	14:15	01:33:24.3	13:17	02:54:20.6
1308	2091/2257	181/202	116	Allison Policky	F	26	Milford	NE	1256	11:56	01:21:52.3	1343	14:40	01:36:08.8	13:18	02:54:21.4
1309	2092/2257	82/90	843	Carol Muthersbaugh	F	54	Lincoln	NE	1317	12:46	01:26:11.2	1262	13:54	01:31:03.7	13:19	02:54:42.2
1310	2093/2257	35/41	726	Barb Bohaty	F	55	Ceresco	NE	1326	12:54	01:27:26.3	1254	13:47	01:30:16.9	13:20	02:54:47.4
1311	2095/2257	182/202	1321	Madison Haugland	F	25	Omaha	NE	1342	12:59	01:28:00.3	1248	13:42	01:29:45.6	13:20	02:54:50.7
1312	2096/2257	10/11	2980	Madeleine Mower	F	17	Lincoln	NE	1292	12:26	01:24:06.5	1311	14:22	01:34:11.1	13:24	02:55:41.4
1313	2098/2257	89/100	1310	Abbianne Burris	F	23	Lincoln	NE	1305	12:26	01:25:30.3	1314	14:24	01:34:22.0	13:25	02:55:54.1
1314	2101/2257	200/219	1704	Trina Krzycki	F	42	Lincoln	NE	1318	12:38	01:26:17.7	1304	14:16	01:33:27.0	13:26	02:56:13.9
1315	2102/2257	109/127	1334	Shelly Sullivan	F	49	Lincoln	NE	1306	12:27	01:25:31.2	1328	14:28	01:34:47.7	13:27	02:56:23.7
1316	2103/2257	270/293	1808	Emily Hoeller	F	32	Lincoln	NE	1307	12:27	01:25:31.3	1327	14:28	01:34:47.5	13:27	02:56:23.7
1317	2104/2257	300/322	1999	Sarah Somasegaran	F	37	Kansas City	MO	1251	11:58	01:21:31.6	1356	14:59	01:38:08.7	13:28	02:56:32.6
1318	2105/2257	271/293	1495	Shagun Somasegaran	F	34	Omaha	NE	1250	11:58	01:21:31.4	1357	14:59	01:38:08.9	13:28	02:56:32.9
1319	2106/2257	110/127	1848	Gina Miller	F	47	Lincoln	NE	1357	12:57	01:28:57.8	1281	14:00	01:31:48.2	13:28	02:56:38.8
1320	2107/2257	301/322	710	Erin Brinegar	F	37	Kearney	NE	1359	13:00	01:28:59.7	1269	13:58	01:31:31.7	13:28	02:56:41.7
1321	2108/2257	183/202	717	Brittney Rowse	F	25	Lincoln	NE	1372	13:07	01:30:02.8	1256	13:51	01:30:43.3	13:28	02:56:42.3
1322	2109/2257	302/322	3108	Stacy Peters	F	36	Kearney	NE	1358	13:00	01:28:58.6	1272	13:58	01:31:33.0	13:28	02:56:45.1
1323	2110/2257	184/202	1708	Rachel Wagner	F	26	Lincoln	NE	1319	12:37	01:26:20.3	1308	14:21	01:34:01.8	13:29	02:56:45.9
1324	2111/2257	201/219	427	Wendi Morrison	F	41	Omaha	NE	1182	11:31	01:18:27.3	1385	15:28	01:41:23.0	13:29	02:56:49.7
1325	2112/2257	90/100	2262	Jessica Wieseler	F	23	Omaha	NE	1346	12:55	01:28:09.5	1289	14:04	01:32:11.2	13:29	02:56:51.5
1326	2113/2257	83/90	2798	Angela Ruppert	F	53	Mccook	NE	1314	12:35	01:26:04.5	1322	14:26	01:34:34.7	13:30	02:57:01.4
1327	2114/2257	272/293	1933	Deanna Kelley	F	30	Lincoln	NE	1313	12:35	01:26:04.3	1323	14:26	01:34:35.1	13:30	02:57:01.9
1328	2115/2257	202/219	3353	Suszi Munson	F	40	Omaha	NE	1367	13:01	01:29:32.8	1282	14:01	01:31:53.0	13:30	02:57:10.1
1329	2117/2257	23/27	1722	Sue Krogman	F	60	Panama	NE	1304	12:38	01:25:29.0	1315	14:24	01:34:23.2	13:31	02:57:11.9
1330	2118/2257	185/202	777	Jamie Downing	F	28	Lincoln	NE	1323	12:39	01:27:00.3	1321	14:26	01:34:34.4	13:32	02:57:27.3
1331	2119/2257	303/322	3058	Alma Muhlecke	F	39	Gretna	NE	1139	11:11	01:17:18.5	1393	15:56	01:44:27.0	13:33	02:57:45.6
1332	2120/2257	36/41	3039	Sandy Donovan	F	59	Dubuque	IA	1442	16:20	01:51:11.3	816	10:49	01:10:55.1	13:34	02:57:56.8

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Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1333	2122/2257	273/293	1196	Bryn Johnson	F	30	Omaha	NE	1330	12:44	01:27:29.7	1319	14:25	01:34:31.7	13:34	02:58:00.0
1334	2123/2257	203/219	2101	Darla Havens	F	44	Portsmouth	IA	1282	12:13	01:23:35.6	1355	14:57	01:37:55.6	13:34	02:58:00.5
1335	2124/2257	91/100	1195	Kira Luxon	F	22	Omaha	NE	1329	12:44	01:27:29.5	1320	14:26	01:34:32.5	13:34	02:58:01.8
1336	2125/2257	304/322	3301	Heather Sullivan	F	39	Lincoln	NE	1355	12:54	01:28:46.6	1307	14:16	01:33:31.5	13:34	02:58:02.6
1337	2126/2257	84/90	2863	Eddra Ritta	F	51	Hickman	NE	1339	12:47	01:27:50.1	1326	14:28	01:34:46.3	13:37	02:58:35.2
1338	2127/2257	204/219	835	Joedy Williams	F	42	Lincoln	NE	1348	12:53	01:28:16.3	1318	14:25	01:34:26.2	13:38	02:58:49.3
1339	2128/2257	186/202	1271	Margaret Wells	F	26	Lincoln	NE	1345	13:02	01:28:08.1	1305	14:16	01:33:28.5	13:38	02:58:51.4
1340	2129/2257	92/100	2848	Annie Bock	F	21	Beatrice	NE	1296	12:15	01:24:12.6	1363	15:04	01:38:43.2	13:39	02:59:03.5
1341	2130/2257	305/322	2686	Melissa Tvrdy	F	36	Lincoln	NE	1381	13:23	01:31:18.8	1267	13:57	01:31:26.3	13:40	02:59:11.0
1342	2131/2257	111/127	2418	Jo Smith	F	49	North Platte	NE	1349	13:08	01:28:17.8	1302	14:14	01:33:14.5	13:40	02:59:17.4
1343	2132/2257	187/202	1482	Stacy Williams	F	29	Lincoln	NE	1297	12:21	01:24:38.2	1360	15:02	01:38:28.4	13:41	02:59:25.2
1344	2134/2257	93/100	3517	Katelyn Kunzman	F	21	Lincoln	NE	1315	12:40	01:26:05.6	1346	14:43	01:36:28.6	13:41	02:59:31.7
1345	2135/2257	188/202	3129	Amanda Treiber	F	29	Omaha	NE	1260	12:15	01:22:17.5	1373	15:10	01:39:21.5	13:42	02:59:36.0
1346	2136/2257	112/127	1057	Irene Williams	F	46	Lincoln	NE	1316	12:41	01:26:05.7	1347	14:44	01:36:31.3	13:42	02:59:36.7
1347	2137/2257	85/90	1497	Diane Shottenkirk	F	54	Lincoln	NE	1298	12:21	01:24:38.2	1362	15:04	01:38:43.2	13:42	02:59:39.7
1348	2138/2257	205/219	2030	Deanna Leyden	F	43	Lincoln	NE	1356	12:57	01:28:54.1	1332	14:33	01:35:23.0	13:45	03:00:15.3
1349	2139/2257	94/100	1954	Danika Leyden	F	22	Lincoln	NE	1354	12:56	01:28:46.2	1334	14:35	01:35:31.5	13:45	03:00:15.6
1350	2140/2257	95/100	2717	Jenn White	F	22	Minden - Ne	NE	1310	12:35	01:25:53.7	1358	15:00	01:38:16.4	13:47	03:00:44.2
1351	2141/2257	274/293	2296	Shirley Peng	F	30	Lincoln	NE	1336	12:56	01:27:44.3	1339	14:38	01:35:56.0	13:47	03:00:44.8
1352	2142/2257	189/202	2715	Carrie Botts	F	28	Lincoln	NE	1295	12:16	01:24:09.8	1381	15:19	01:40:23.9	13:47	03:00:49.1
1353	2143/2257	206/219	2170	Any Debie	F	40	Lincoln	NE	1299	12:23	01:24:53.9	1378	15:13	01:39:45.6	13:47	03:00:52.9
1354	2144/2257	207/219	1408	Sandra Parr	F	41	Lincoln	NE	1343	12:59	01:28:00.6	1338	14:37	01:35:47.5	13:47	03:00:53.4
1355	2145/2257	306/322	3524	Jennifer Seamans	F	37	Lincoln	NE	1376	13:13	01:30:40.3	1317	14:24	01:34:24.2	13:48	03:01:03.3
1356	2146/2257	208/219	301	Renee Saxton	F	40	Lincoln	NE	1377	13:13	01:30:40.6	1316	14:24	01:34:24.1	13:48	03:01:03.5
1357	2148/2257	86/90	1318	Tami Nagle	F	51	Lincoln	NE	1337	12:57	01:27:47.1	1349	14:45	01:36:39.7	13:50	03:01:32.0
1358	2149/2257	190/202	2666	Alissa Lorchick	F	29	Lincoln	NE	1380	13:16	01:31:05.3	1325	14:27	01:34:39.3	13:51	03:01:34.3
1359	2152/2257	275/293	3111	Samantha Weyers	F	31	Lincoln	NE	1328	12:43	01:27:26.6	1359	15:00	01:38:21.1	13:51	03:01:45.2
1360	2153/2257	37/41	2376	Marcia White	F	55	Lincoln	NE	1369	13:04	01:29:47.8	1342	14:40	01:36:07.8	13:52	03:01:47.4
1361	2154/2257	191/202	3351	Lindsay Harrison	F	26	Omaha	NE	1338	12:53	01:27:47.8	1351	14:53	01:37:32.0	13:52	03:01:57.4
1362	2155/2257	209/219	1972	Laura Steele	F	40	Lincoln	NE	1353	13:15	01:28:44.4	1331	14:32	01:35:15.9	13:53	03:02:03.7
1363	2156/2257	276/293	822	Marissa Cody	F	31	Alliance	NE	1404	13:55	01:34:10.8	1268	13:57	01:31:26.4	13:55	03:02:36.5
1364	2157/2257	277/293	3496	Carrie Eckstein	F	31	Lincoln	NE	1374	13:13	01:30:35.1	1341	14:39	01:36:03.2	13:55	03:02:37.5
1365	2158/2257	3/3	1898	Linda Breen	F	73	Lincoln	NE	1406	13:56	01:34:13.8	1266	13:57	01:31:23.4	13:56	03:02:39.9
1366	2159/2257	113/127	405	Cindy Braun	F	45	Lincoln	NE	1288	12:23	01:23:51.1	1387	15:32	01:41:45.2	13:57	03:02:53.9
1367	2160/2257	307/322	1147	Valerie Vanderheiden	F	39	Springfield	NE	1257	12:09	01:21:54.3	1391	15:47	01:43:28.3	13:58	03:03:06.7
1368	2161/2257	278/293	3361	Jennifer Trausch	F	33	Lincoln	NE	1384	13:20	01:31:28.8	1337	14:37	01:35:47.2	13:58	03:03:07.9

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1369	2162/2257	279/293	3516	Ashley Larson	F	30	Lincoln	NE	1363	13:01	01:29:27.1	1354	14:56	01:37:49.3	13:58	03:03:08.9
1370	2163/2257	280/293	3515	Katie Guenther	F	32	Lincoln	NE	1365	13:01	01:29:27.7	1353	14:55	01:37:48.5	13:58	03:03:09.7
1371	2164/2257	210/219	819	Jamie Thill	F	41	Lincoln	NE	1405	13:55	01:34:13.2	1297	14:10	01:32:53.2	14:02	03:04:06.2
1372	2166/2257	114/127	827	Kelly Fields	F	49	Lincoln	NE	1408	14:01	01:34:47.1	1292	14:08	01:32:35.5	14:04	03:04:25.8
1373	2167/2257	115/127	2382	Terri Scott	F	49	Omaha	NE	1360	13:02	01:29:06.3	1383	15:23	01:40:51.0	14:12	03:06:14.5
1374	2169/2257	116/127	2158	Lori Vick	F	45	Lincoln	NE	1382	13:23	01:31:25.1	1361	15:04	01:38:42.4	14:13	03:06:26.3
1375	2170/2257	117/127	1654	Denise Moore	F	47	Lincoln	NE	1373	13:13	01:30:10.3	1379	15:14	01:39:48.8	14:13	03:06:29.4
1376	2172/2257	87/90	2281	Maria Straley	F	54	Omaha	NE	1368	13:21	01:29:36.8	1375	15:12	01:39:37.3	14:16	03:07:08.6
1377	2173/2257	192/202	1239	Megan Shada	F	26	Lincoln	NE	1344	13:02	01:28:07.7	1388	15:32	01:41:46.6	14:16	03:07:09.7
1378	2175/2257	11/11	1666	Megan Schulte-Covert	F	16	Lincoln	NE	1388	13:25	01:32:01.5	1377	15:13	01:39:42.1	14:18	03:07:38.0
1379	2176/2257	211/219	1695	Shelly Covert	F	42	Lincoln	NE	1389	13:25	01:32:03.3	1376	15:13	01:39:41.0	14:18	03:07:38.0
1380	2177/2257	281/293	1582	Kellie Ellison	F	32	Lincoln	NE	1395	13:28	01:32:28.6	1374	15:12	01:39:36.5	14:19	03:07:50.8
1381	2178/2257	193/202	2038	Meagan Fredrikson	F	26	Dakota Dunes	SD	1396	13:35	01:33:00.5	1370	15:07	01:39:01.5	14:20	03:08:03.6
1382	2179/2257	96/100	1576	Emily Crotty	F	24	Lincoln	NE	1254	12:06	01:21:47.9	1418	16:37	01:48:51.9	14:21	03:08:12.0
1383	2180/2257	194/202	2096	Kiley Murphy	F	25	Lincoln	NE	1399	13:40	01:33:38.6	1365	15:04	01:38:44.3	14:21	03:08:19.0
1384	2181/2257	88/90	1680	Christine Essay	F	52	Lincoln	NE	1409	13:50	01:34:47.1	1352	14:55	01:37:42.9	14:21	03:08:19.8
1385	2182/2257	195/202	3082	Kate Washington	F	29	Lincoln	NE	1400	13:40	01:33:38.7	1366	15:04	01:38:45.7	14:22	03:08:21.8
1386	2183/2257	308/322	3529	Mandy Binder	F	39	Lincoln	NE	1386	13:24	01:31:51.7	1382	15:21	01:40:37.5	14:22	03:08:24.6
1387	2184/2257	309/322	2339	Mary Snocker	F	37	Lincoln	NE	1401	13:41	01:33:55.7	1368	15:06	01:38:59.1	14:23	03:08:39.1
1388	2185/2257	38/41	3492	Christy Moeller	F	58	Lincoln	NE	1398	13:45	01:33:21.7	1364	15:04	01:38:44.0	14:24	03:08:51.9
1389	2186/2257	282/293	3493	Amy Moeller	F	31	Lincoln	NE	1397	13:43	01:33:04.6	1369	15:07	01:39:01.1	14:24	03:08:55.1
1390	2187/2257	310/322	2673	Sarah Landretti	F	35	Lincoln	NE	1350	12:52	01:28:30.3	1394	15:58	01:44:40.9	14:24	03:08:58.0
1391	2188/2257	311/322	2866	Julie Lauritzen	F	37	Lincoln	NE	1351	12:51	01:28:30.3	1395	15:59	01:44:43.5	14:25	03:08:59.7
1392	2189/2257	312/322	557	Michele Williamson	F	39	Omaha	NE	1383	13:23	01:31:28.6	1386	15:30	01:41:32.8	14:26	03:09:14.5
1393	2190/2257	196/202	895	Katie Kriegler	F	29	Lincoln	NE	1415	14:10	01:36:22.6	1348	14:44	01:36:32.8	14:26	03:09:21.9
1394	2191/2257	118/127	3160	Katherine Ortiz	F	47	Lincoln	NE	1407	13:48	01:34:19.5	1372	15:08	01:39:13.7	14:28	03:09:42.3
1395	2193/2257	313/322	1121	Patricia Wixon	F	35	Omaha	NE	1352	12:58	01:28:31.8	1397	16:00	01:44:54.2	14:28	03:09:50.9
1396	2195/2257	283/293	858	Shayla Swift	F	34	Lincoln	NE	1331	12:46	01:27:38.1	1410	16:14	01:46:23.6	14:29	03:10:03.2
1397	2196/2257	89/90	1479	Denise Pohlmann	F	51	Lincoln	NE	1340	12:58	01:27:51.8	1400	16:03	01:45:08.3	14:29	03:10:04.4
1398	2197/2257	314/322	3451	Jennifer Person	F	37	Lincoln	NE	1414	14:02	01:35:56.8	1367	15:05	01:38:51.3	14:33	03:10:50.9
1399	2199/2257	284/293	2203	Shauna Van Winkle	F	33	Beatrice	NE	1371	13:08	01:29:56.6	1396	16:00	01:44:53.9	14:34	03:10:58.2
1400	2200/2257	285/293	137	Tonia Wasser	F	34	Lincoln	NE	1392	13:30	01:32:25.6	1389	15:40	01:42:39.6	14:34	03:11:07.8
1401	2201/2257	197/202	3189	Amanda Adams	F	28	Lincoln	NE	1385	13:43	01:31:39.7	1384	15:28	01:41:21.3	14:35	03:11:16.1
1402	2202/2257	212/219	3520	Amy Kusek	F	42	Lincoln	NE	1387	13:24	01:31:51.9	1392	15:48	01:43:29.7	14:35	03:11:19.2
1403	2203/2257	315/322	2943	Amanda Fitzgerald	F	38	Lincoln	NE	1402	13:41	01:34:00.3	1390	15:47	01:43:24.3	14:43	03:13:08.3
1404	2204/2257	97/100	2708	Brittany Nordby	F	23	Logan	IA	1394	13:30	01:32:28.5	1399	16:02	01:45:07.3	14:46	03:13:37.9

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1405	2205/2257	316/322	2925	Jessica Korgie	F	39	Hickman	NE	1362	13:10	01:29:26.6	1412	16:23	01:47:23.4	14:46	03:13:42.8
1406	2206/2257	24/27	2932	Jan Westerman	F	63	Lincoln	NE	1423	14:26	01:38:48.1	1371	15:08	01:39:09.5	14:46	03:13:43.5
1407	2208/2257	213/219	3049	Lynette Exum	F	42	Lincoln	NE	1370	13:25	01:29:56.1	1408	16:11	01:46:03.0	14:47	03:13:59.7
1408	2209/2257	286/293	709	Lyndsey Hiatt	F	30	Lincoln	NE	1433	15:10	01:43:29.9	1324	14:26	01:34:37.9	14:48	03:14:04.3
1409	2210/2257	287/293	3196	Sunny Forrest	F	31	Grand Island	NE	1379	13:28	01:30:57.7	1405	16:09	01:45:50.0	14:48	03:14:07.8
1410	2211/2257	119/127	2557	Susan Wurtele	F	48	Plattsmouth	NE	1393	13:35	01:32:28.5	1398	16:02	01:45:04.7	14:48	03:14:09.4
1411	2212/2257	198/202	1569	Baillie Riesberg	F	29	Lincoln	NE	1403	13:44	01:34:08.7	1404	16:09	01:45:47.5	14:55	03:15:45.0
1412	2213/2257	199/202	2379	Kasey Pekny	F	29	Columbus	NE	1391	13:31	01:32:13.6	1413	16:26	01:47:39.4	14:58	03:16:13.1
1413	2215/2257	317/322	2972	Autumn Mower	F	36	Lincoln	NE	1294	12:26	01:24:07.2	1433	17:37	01:55:27.0	15:01	03:16:57.5
1414	2216/2257	120/127	2375	Melinda Allen	F	45	Waukee	IA	1390	13:31	01:32:13.6	1419	16:37	01:48:53.0	15:03	03:17:26.1
1415	2217/2257	214/219	867	Deb Larson	F	42	Waverly	NE	1333	12:56	01:27:40.9	1426	17:12	01:52:44.9	15:04	03:17:33.2
1416	2218/2257	200/202	3077	Lacey Koch	F	28	Seward	NE	1413	14:11	01:35:51.6	1402	16:06	01:45:28.6	15:08	03:18:25.0
1417	2219/2257	288/293	3090	Christine Towle	F	31	Seward	NE	1412	14:11	01:35:50.8	1403	16:06	01:45:29.3	15:08	03:18:27.3
1418	2220/2257	318/322	3274	Melissa Boschult	F	35	Omaha	NE	1378	13:28	01:30:57.5	1423	17:09	01:52:25.7	15:18	03:20:42.8
1419	2221/2257	319/322	433	Toni Helzer	F	37	Lincoln	NE	1422	14:33	01:38:00.8	1406	16:09	01:45:53.4	15:20	03:21:12.6
1420	2222/2257	215/219	662	Valerie Morris	F	42	Lincoln	NE	1421	14:32	01:37:55.8	1407	16:10	01:45:58.2	15:21	03:21:15.9
1421	2223/2257	320/322	1818	Tammy Kelch	F	37	Syracuse	NE	1411	13:51	01:34:56.8	1424	17:10	01:52:28.8	15:30	03:23:11.9
1422	2224/2257	121/127	2033	Beckie Davison	F	45	Tecumseh	NE	1410	13:51	01:34:56.6	1425	17:10	01:52:29.2	15:30	03:23:15.0
1423	2225/2257	98/100	2695	Morgan Herchenbach	F	22	Lincoln	NE	1375	13:23	01:30:36.6	1434	17:38	01:55:34.7	15:30	03:23:19.9
1424	2227/2257	7/7	3034	Joey Zbylut-Birky	F	65	Red Oak	IA	1425	14:32	01:39:17.1	1420	16:42	01:49:27.6	15:36	03:24:39.8
1425	2228/2257	122/127	131	Kati Odbert	F	45	Columbus	NE	1429	14:49	01:41:18.5	1416	16:27	01:47:50.7	15:37	03:24:55.5
1426	2229/2257	123/127	1287	Michelle Pieper	F	45	Lincoln	NE	1431	14:49	01:41:19.3	1414	16:27	01:47:49.7	15:38	03:24:56.3
1427	2230/2257	25/27	1289	Cathy Maddox	F	60	Lincoln	NE	1430	14:49	01:41:18.5	1417	16:27	01:47:50.7	15:38	03:24:56.5
1428	2231/2257	124/127	3303	Traci Rush	F	45	Lincoln	NE	1432	14:49	01:41:19.5	1415	16:27	01:47:50.0	15:38	03:24:57.2
1429	2232/2257	125/127	2833	Shannon Henry	F	46	Lincoln	NE	1418	14:11	01:36:50.8	1422	17:06	01:52:06.7	15:38	03:25:05.8
1430	2233/2257	216/219	1268	Angie Knop	F	44	Lincoln	NE	1417	14:12	01:36:50.4	1421	17:06	01:52:06.7	15:38	03:25:08.8
1431	2235/2257	126/127	3368	Becky Herink	F	47	Fremont	NE	1434	15:20	01:44:42.8	1401	16:03	01:45:10.7	15:41	03:25:43.0
1432	2236/2257	217/219	2751	Amy Lucas	F	43	Nebraska City	NE	1416	14:08	01:36:35.7	1427	17:17	01:53:18.8	15:42	03:25:53.7
1433	2238/2257	321/322	1565	Deann Duffek	F	38	Pleasant Dale	NE	1436	15:45	01:47:26.1	1409	16:12	01:46:07.6	15:58	03:29:20.6
1434	2239/2257	39/41	2218	Mary Woodard	F	57	Lincoln	NE	1424	14:40	01:38:58.5	1429	17:20	01:53:33.9	15:59	03:29:42.1
1435	2240/2257	40/41	1405	Lonnie Conley	F	59	Omaha	NE	1426	14:41	01:40:23.2	1428	17:19	01:53:31.4	16:00	03:29:45.5
1436	2241/2257	289/293	1840	Amanda Deterding	F	32	Lincoln	NE							16:03	03:30:26.2
1437	2242/2257	26/27	613	Kathy Van De Water	F	61	Lincoln	NE	1437	15:46	01:47:26.3	1411	16:22	01:47:13.1	16:03	03:30:32.7
1438	2243/2257	99/100	3117	Kaela Scott	F	22	Topeka	KS	1427	14:46	01:40:53.5	1430	17:24	01:54:00.7	16:04	03:30:45.4
1439	2244/2257	201/202	1326	Carol Doolittle	F	27	Lincoln	NE	1420	14:30	01:37:43.8	1438	18:03	01:58:18.1	16:16	03:33:19.7
1440	2245/2257	290/293	877	Nikki Oswald	F	30	Lincoln	NE	1419	14:31	01:37:43.8	1437	18:03	01:58:17.9	16:16	03:33:23.0

The Good Life Halfsy

November 9, 2014

Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1441	2246/2257	291/293	2584	Autumn Casey	F	34	Lincoln	NE	1428	14:47	01:40:53.7	1439	18:12	01:59:13.5	16:29	03:36:05.3
1442	2247/2257	292/293	1914	Nicole Ngirchoimei	F	34	Lincoln	NE	1441	16:09	01:50:05.3	1435	17:46	01:56:22.6	16:56	03:42:11.4
1443	2248/2257	90/90	2111	Nancy Worster	F	54	Lincoln	NE	1440	16:09	01:50:05.1	1436	17:46	01:56:23.0	16:57	03:42:11.9
1444	2249/2257	27/27	1812	Deb Brassette	F	63	Lincoln	NE	1447	16:32	01:52:32.8	1432	17:29	01:54:35.4	17:00	03:42:55.3
1445	2250/2257	41/41	2538	Jennifer James	F	57	Verdon	NE	1449	16:32	01:52:34.5	1431	17:29	01:54:33.2	17:00	03:42:56.3
1446	2251/2257	127/127	2587	Shellie Rathjen	F	47	York	NE	1438	16:10	01:48:35.4	1443	18:28	02:00:59.3	17:18	03:46:53.7
1447	2252/2257	293/293	2257	Bekah Henderson	F	30	Lincoln	NE	1435	15:35	01:46:20.9	1445	19:23	02:06:59.4	17:28	03:49:05.8
1448	2253/2257	322/322	1579	Larissa Johnson	F	37	Gretna	NE	1445	16:43	01:52:17.3	1441	18:15	01:59:38.0	17:28	03:49:09.3
1449	2254/2257	218/219	2539	Nicole Bianchi	F	42	Papillion	NE	1446	16:43	01:52:18.4	1440	18:15	01:59:37.0	17:28	03:49:09.6
1450	2255/2257	219/219	960	Michelle Sewell	F	44	Lincoln	NE	1443	16:37	01:51:19.5	1442	18:21	02:00:16.2	17:29	03:49:11.8
1451	2256/2257	202/202	3086	Sara Wade	F	28	Lincoln	NE	1439	16:00	01:49:06.3	1444	19:11	02:05:43.9	17:35	03:50:37.8
1452	2257/2257	100/100	3103	Jessica Welch	F	23	Lincoln	NE	1448	16:35	01:52:34.2	1446	21:06	02:18:15.6	18:50	04:06:57.9

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	1/2257	1/3	40	Luka Thor	M	27	Gretna	NE	1	5:10	00:33:56.2	1	5:14	00:34:17.6	5:12	01:08:13.8
2	2/2257	2/3	13	Tom Nichols	M	32	Parker	CO	3	5:10	00:33:56.5	2	5:14	00:34:19.2	5:12	01:08:14.5
3	3/2257	3/3	27	Ben Jaskowiak	M	25	West Des Moines	IA	2	5:10	00:33:56.2	3	5:17	00:34:38.5	5:13	01:08:33.0
4	4/2257	1/27	30	Johnny Rutford	M	23	La Vista	NE	4	5:17	00:34:40.5	4	5:18	00:34:45.7	5:17	01:09:23.8
5	5/2257	2/27	21	Trevor Vidlak	M	23	Lincoln	NE	6	5:23	00:35:21.5	5	5:26	00:35:40.2	5:25	01:11:01.8
6	6/2257	1/2	17	Ivan Ivanov	M	44	Lincoln	NE	5	5:22	00:35:12.5	8	5:32	00:36:20.2	5:27	01:11:32.4
7	7/2257	1/109	14	Logan Watley	M	27	Elkhorn	NE	7	5:24	00:35:29.9	7	5:31	00:36:10.4	5:27	01:11:39.0
8	8/2257	2/109	32	Craig Donnelly	M	29	Omaha	NE	9	5:26	00:35:39.9	9	5:33	00:36:26.8	5:30	01:12:06.6
9	9/2257	1/151	29	Chad Sellers	M	35	Lincoln	NE	8	5:25	00:35:34.5	11	5:35	00:36:36.2	5:30	01:12:08.8
10	10/2257	3/109	6	York Thomas	M	26	Omaha	NE	12	5:31	00:36:14.2	6	5:29	00:35:57.2	5:30	01:12:08.9
11	11/2257	2/151	733	Ryan Regnier	M	38	Lincoln	NE	11	5:30	00:36:08.7	10	5:35	00:36:34.9	5:32	01:12:41.5
12	12/2257	4/109	15	Andrew Jacob	M	28	Lincoln	NE	10	5:26	00:35:42.9	14	5:42	00:37:20.8	5:34	01:13:01.2
13	13/2257	5/109	33	Patrick Davis	M	27	Urbandale	IA	16	5:39	00:37:09.8	12	5:36	00:36:42.7	5:37	01:13:48.0
14	14/2257	2/2	917	Thomas Woods - Iv	M	43	Lincoln	NE	13	5:35	00:36:35.3	16	5:47	00:37:54.0	5:40	01:14:28.5
15	15/2257	6/109	9	Justin Grassmeyer	M	25	Omaha	NE	21	5:42	00:37:26.4	13	5:40	00:37:07.2	5:41	01:14:32.1
16	16/2257	1/136	23	Brian Wandzilak	M	34	Lincoln	NE	14	5:40	00:37:08.5	15	5:45	00:37:44.5	5:42	01:14:53.0
17	17/2257	2/136	35	Chris Nealy	M	34	West Des Moines	IA	18	5:40	00:37:14.8	17	5:50	00:38:15.0	5:45	01:15:27.0
18	18/2257	7/109	18	Peter Falcon	M	25	Bellevue	NE	20	5:42	00:37:26.2	18	5:51	00:38:25.0	5:47	01:15:49.7
19	19/2257	3/151	1016	Michael Morrison	M	39	Papillion	NE	19	5:41	00:37:15.8	19	5:56	00:38:54.8	5:48	01:16:08.8
20	20/2257	8/109	20	Cheto Cerda	M	29	Lincoln	NE	22	5:44	00:37:34.5	20	5:56	00:38:55.2	5:50	01:16:28.8
21	21/2257	4/151	2	Scott Haug	M	35	Elkhorn	NE	17	5:40	00:37:13.6	22	6:02	00:39:36.5	5:51	01:16:47.7
22	22/2257	3/136	22	Jason Zakaras	M	32	Omaha	NE	15	5:40	00:37:08.5	25	6:03	00:39:41.3	5:51	01:16:49.3
23	23/2257	4/136	325	Justin Mollak	M	30	Omaha	NE	23	5:46	00:37:53.4	24	6:03	00:39:41.0	5:54	01:17:32.6
24	24/2257	9/109	305	Drew Pope	M	27	Chadron	NE	25	6:01	00:39:33.3	26	6:06	00:40:03.6	6:04	01:19:32.5
25	25/2257	5/151	3560	Charles Smith	M	39	Omaha	NE	29	6:06	00:40:04.5	21	6:02	00:39:34.9	6:04	01:19:37.0
26	26/2257	1/77	3530	Tim Larsen	M	45	Gretna	NE	30	6:06	00:40:05.2	23	6:02	00:39:37.0	6:04	01:19:38.9
27	27/2257	5/136	2076	Kelly Halverson	M	33	Lincoln	NE	24	5:57	00:39:02.8	29	6:12	00:40:38.0	6:04	01:19:39.4
28	29/2257	6/151	3595	Austin Mckillip	M	35	Lincoln	NE	33	6:09	00:40:29.3	27	6:08	00:40:11.6	6:08	01:20:34.9
29	30/2257	1/58	1161	Brian Kelley	M	55	Lincoln	NE	32	6:09	00:40:21.2	28	6:09	00:40:22.3	6:09	01:20:39.6
30	32/2257	10/109	2501	Ryan Hruska	M	27	Lincoln	NE	28	6:03	00:39:42.5	35	6:24	00:42:01.5	6:13	01:21:40.1
31	33/2257	11/109	870	J.d. Russo	M	28	Norfolk	NE	27	6:03	00:39:39.8	37	6:27	00:42:15.5	6:14	01:21:53.9
32	35/2257	12/109	3012	Matt Vanepps	M	28	Omaha	NE	37	6:18	00:41:25.4	30	6:18	00:41:17.7	6:17	01:22:33.9
33	36/2257	1/116	938	Jason Schmaderer	M	41	Lincoln	NE	36	6:15	00:41:02.6	33	6:23	00:41:51.6	6:19	01:22:48.5
34	37/2257	13/109	276	Keith Peterson	M	25	Lincoln	NE	38	6:16	00:41:26.4	36	6:25	00:42:02.5	6:20	01:23:09.2
35	38/2257	14/109	39	Sam Holmes	M	26	Omaha	NE	31	6:07	00:40:12.5	44	6:34	00:43:01.0	6:20	01:23:09.9
36	40/2257	1/73	3568	Brett Daugherty	M	51	Lincoln	NE	53	6:25	00:42:57.7	34	6:24	00:41:56.0	6:24	01:24:02.4

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	41/2257	7/151	1309	Tim Schultz	M	37	Lincoln	NE	35	6:15	00:41:01.7	46	6:36	00:43:15.1	6:25	01:24:15.1
38	42/2257	1/13	985	Jared Yost	M	17	Lincoln	NE	46	6:27	00:42:24.4	39	6:29	00:42:33.2	6:28	01:24:51.4
39	43/2257	6/136	3436	Tim Mcgargill	M	33	Omaha	NE	39	6:20	00:41:36.7	48	6:37	00:43:21.8	6:28	01:24:54.4
40	44/2257	8/151	3549	Jeff Wilber	M	36	Omaha	NE	42	6:24	00:42:04.6	43	6:34	00:43:00.7	6:29	01:25:00.7
41	45/2257	15/109	1462	Michael Bash	M	26	Lincoln	NE	61	6:39	00:43:41.5	32	6:21	00:41:39.9	6:30	01:25:14.3
42	46/2257	2/73	2940	Brian Bergt	M	54	Amherst	NE	51	6:29	00:42:51.8	40	6:31	00:42:42.7	6:30	01:25:16.2
43	47/2257	7/136	974	Ryan Hatt	M	33	Lincoln	NE	41	6:22	00:41:47.6	51	6:39	00:43:37.6	6:30	01:25:21.8
44	48/2257	3/73	355	Jeff Marshall	M	53	Omaha	NE	44	6:26	00:42:12.7	47	6:36	00:43:17.5	6:31	01:25:27.5
45	49/2257	8/136	313	Ryan Duell	M	31	Lincoln	NE	40	6:22	00:41:46.8	58	6:42	00:43:55.1	6:31	01:25:38.2
46	50/2257	3/27	2733	Steve Dosskey	M	21	Lincoln	NE	77	6:44	00:44:21.7	31	6:19	00:41:28.8	6:32	01:25:39.9
47	52/2257	16/109	2619	Ryan Foehlinger	M	27	Omaha	NE	43	6:25	00:42:10.4	55	6:40	00:43:42.3	6:32	01:25:44.4
48	53/2257	9/136	1392	Michael Pecha	M	33	Elkhorn	NE	26	6:01	00:39:34.7	87	7:04	00:46:19.5	6:32	01:25:49.4
49	54/2257	10/136	2737	John Wang	M	33	Omaha	NE	54	6:33	00:43:04.6	42	6:33	00:42:58.5	6:33	01:25:56.4
50	55/2257	9/151	2252	Thad Aerts	M	39	Lincoln	NE	71	6:39	00:44:10.3	38	6:28	00:42:23.2	6:33	01:26:01.0
51	57/2257	10/151	703	Anthony Schutz	M	38	Lincoln	NE	56	6:32	00:43:11.5	45	6:35	00:43:11.8	6:34	01:26:04.9
52	58/2257	11/151	1645	Mark Treadway	M	39	Kearney	NE	49	6:29	00:42:38.5	52	6:39	00:43:38.7	6:34	01:26:08.3
53	60/2257	12/151	1915	Josh Barber	M	36	Lincoln	NE	57	6:34	00:43:11.5	54	6:40	00:43:40.7	6:36	01:26:43.7
54	61/2257	11/136	604	Sean Ryan	M	30	Omaha	NE	45	6:26	00:42:15.3	65	6:50	00:44:48.0	6:37	01:26:57.0
55	62/2257	13/151	437	Shawn Edie	M	38	Omaha	NE	75	6:45	00:44:21.4	41	6:31	00:42:46.0	6:38	01:27:03.5
56	64/2257	12/136	601	Jordan Duncan	M	31	Lincoln	NE	62	6:39	00:43:42.2	50	6:39	00:43:35.4	6:39	01:27:12.0
57	65/2257	17/109	2614	Travis Wieser	M	25	Grand Island	NE	47	6:27	00:42:28.8	69	6:51	00:44:56.7	6:39	01:27:14.6
58	66/2257	13/136	2942	Jim Kealy	M	33	Lincoln	NE	34	6:11	00:40:38.5	94	7:08	00:46:45.3	6:39	01:27:18.5
59	68/2257	14/151	1444	Brandon Desh	M	35	Bennet	NE	59	6:39	00:43:41.4	56	6:41	00:43:48.1	6:39	01:27:22.6
60	69/2257	4/73	836	Jeff Hansen	M	50	Lincoln	NE	63	6:39	00:43:43.3	57	6:41	00:43:50.4	6:40	01:27:29.3
61	70/2257	15/151	203	Bryan Sypal	M	37	Lincoln	NE	60	6:39	00:43:41.5	59	6:42	00:43:56.1	6:40	01:27:31.4
62	72/2257	16/151	1072	Ryan Schmidt	M	37	Lincoln	NE	79	6:45	00:44:22.7	49	6:38	00:43:29.0	6:41	01:27:44.9
63	74/2257	18/109	290	Scott Cavadini	M	29	Lincoln	NE	50	6:31	00:42:49.2	71	6:53	00:45:09.3	6:42	01:27:51.0
64	75/2257	14/136	983	Jeff Beavers	M	33	Lincoln	NE	55	6:34	00:43:08.5	64	6:49	00:44:45.2	6:42	01:27:52.3
65	77/2257	19/109	2586	Brian Hinkle	M	26	Omaha	NE	48	6:29	00:42:37.6	73	6:55	00:45:19.9	6:42	01:27:53.9
66	78/2257	5/73	935	Kevin Burke	M	50	Lincoln	NE	76	6:38	00:44:21.7	60	6:47	00:44:26.2	6:42	01:27:54.2
67	79/2257	17/151	235	Erik Hash	M	38	Columbus	NE	80	6:45	00:44:24.7	53	6:39	00:43:39.0	6:42	01:27:54.5
68	80/2257	15/136	2387	Matt Burdett	M	31	Papillion	NE	64	6:40	00:43:43.3	62	6:48	00:44:33.5	6:43	01:28:14.2
69	81/2257	16/136	784	Cody Williams	M	30	Lincoln	NE	52	6:31	00:42:52.5	78	6:56	00:45:29.0	6:44	01:28:16.4
70	83/2257	2/77	893	Darin Schlake	M	45	Malcolm	NE	67	6:41	00:43:57.2	63	6:48	00:44:34.4	6:44	01:28:27.4
71	85/2257	3/77	340	J.j. Yost	M	48	Lincoln	NE	82	6:46	00:44:32.3	61	6:48	00:44:32.9	6:47	01:28:57.6
72	86/2257	20/109	16	Lee Anderson	M	25	Omaha	NE	65	6:40	00:43:46.2	77	6:56	00:45:26.6	6:48	01:29:08.6

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	89/2257	17/136	1018	Josh Schlautman	M	30	Lincoln	NE	83	6:48	00:44:41.3	68	6:51	00:44:55.5	6:49	01:29:28.2
74	90/2257	4/77	1891	Rusty Vanneman	M	49	Lincoln	NE	73	6:44	00:44:16.7	74	6:55	00:45:20.6	6:49	01:29:30.6
75	93/2257	5/77	1340	John Spomer	M	49	Lincoln	NE	70	6:41	00:43:59.6	81	7:00	00:45:53.6	6:50	01:29:46.1
76	94/2257	21/109	2031	Matthew James	M	28	Lincoln	NE	85	6:51	00:44:59.1	66	6:51	00:44:52.7	6:50	01:29:47.2
77	95/2257	18/151	3315	Timothy Hill	M	38	Lincoln	NE	66	6:40	00:43:49.5	86	7:03	00:46:13.3	6:51	01:29:58.0
78	96/2257	22/109	1744	Alan Singkofer	M	26	Omaha	NE	90	6:54	00:45:23.8	67	6:51	00:44:55.0	6:52	01:30:11.9
79	97/2257	18/136	705	Jay Oligmueller	M	33	Lincoln	NE	89	6:54	00:45:21.5	70	6:52	00:45:03.9	6:53	01:30:16.2
80	98/2257	19/151	3186	Rob Ramey	M	35	Omaha	NE	86	6:50	00:45:03.1	80	6:57	00:45:36.6	6:54	01:30:28.5
81	101/2257	20/151	1055	Matt Semple	M	36	Omaha	NE	92	6:54	00:45:24.5	72	6:54	00:45:16.7	6:54	01:30:31.5
82	102/2257	23/109	2210	Steele Erickson	M	25	York	NE	72	6:44	00:44:14.3	89	7:06	00:46:32.1	6:54	01:30:39.5
83	104/2257	2/116	1417	Jason Babcock	M	42	Waverly	NE	69	6:41	00:43:59.5	95	7:09	00:46:50.0	6:55	01:30:42.6
84	106/2257	3/116	2678	Jason Helvey	M	40	Omaha	NE	95	6:57	00:45:45.1	75	6:55	00:45:22.4	6:56	01:30:55.6
85	107/2257	4/116	3362	Matt Gerard	M	42	Omaha	NE	96	6:57	00:45:45.1	76	6:55	00:45:22.4	6:56	01:30:57.6
86	109/2257	6/73	2874	Jon Permenter	M	52	Omaha	NE	68	6:41	00:43:57.8	100	7:12	00:47:15.4	6:56	01:31:04.8
87	111/2257	2/58	3029	Scott Wieskamp	M	55	Panama	NE	100	6:57	00:45:54.5	83	7:01	00:46:03.2	6:59	01:31:39.5
88	113/2257	21/151	1769	Andy Schlosser	M	39	Omaha	NE	93	6:55	00:45:33.4	88	7:05	00:46:26.8	7:00	01:31:51.3
89	116/2257	19/136	2488	Rob Hruska	M	31	Lincoln	NE	58	6:34	00:43:12.1	140	7:30	00:49:08.5	7:02	01:32:14.2
90	117/2257	1/30	1491	Jim Ruppelt	M	60	Lincoln	NE	87	6:53	00:45:15.9	98	7:12	00:47:12.9	7:02	01:32:21.9
91	118/2257	5/116	261	Ray Taddeucci	M	42	Lincoln	NE	88	6:52	00:45:16.1	104	7:14	00:47:27.3	7:03	01:32:32.0
92	119/2257	3/58	743	Kerry Mcdermott	M	57	Lincoln	NE	99	6:57	00:45:54.5	96	7:10	00:46:56.9	7:03	01:32:32.7
93	121/2257	24/109	1731	Robb Hiatt	M	29	Longmont	CO	74	6:44	00:44:20.8	132	7:27	00:48:50.2	7:05	01:33:00.3
94	122/2257	25/109	2633	Derek Sinica	M	29	Lincoln	NE	84	6:51	00:44:58.5	118	7:21	00:48:14.1	7:06	01:33:07.9
95	123/2257	20/136	1254	Cody Sasek	M	30	Omaha	NE	91	6:54	00:45:24.5	116	7:20	00:48:07.8	7:07	01:33:25.7
96	124/2257	7/73	1236	Jack Sullivan	M	50	Omaha	NE	128	7:18	00:48:14.5	79	6:57	00:45:33.5	7:07	01:33:28.3
97	126/2257	26/109	125	Shane Peed	M	29	Lincoln	NE	127	7:16	00:48:13.5	85	7:02	00:46:07.7	7:09	01:33:50.0
98	127/2257	21/136	2065	Brian Swim	M	32	Kansas City	MO	109	7:13	00:47:41.9	90	7:06	00:46:32.1	7:09	01:33:52.8
99	128/2257	22/151	207	Carl J Samuelson	M	37	Papillion	NE	98	6:58	00:45:50.4	120	7:22	00:48:16.3	7:10	01:33:58.2
100	129/2257	22/136	505	Adam Gentzler	M	30	Lincoln	NE	97	6:52	00:45:49.4	134	7:28	00:48:55.7	7:10	01:33:58.8
101	130/2257	27/109	1036	Joseph Pieper	M	29	Lincoln	NE	135	7:19	00:48:25.3	82	7:01	00:46:00.7	7:10	01:34:00.5
102	131/2257	23/136	3213	Troy Syverson	M	34	Lincoln	NE	94	6:57	00:45:41.8	123	7:24	00:48:28.3	7:10	01:34:03.7
103	132/2257	24/136	1260	Philip Voigt	M	30	Lincoln	NE	134	7:19	00:48:24.9	84	7:02	00:46:06.4	7:10	01:34:05.3
104	133/2257	4/58	2784	Robert Borer	M	55	Lincoln	NE	103	7:06	00:46:37.3	113	7:19	00:47:55.9	7:12	01:34:26.7
105	135/2257	28/109	2320	Mitch Rippe	M	26	Auburn	NE	121	7:19	00:48:11.9	91	7:06	00:46:35.9	7:12	01:34:34.2
106	136/2257	8/73	3324	Con Murray	M	53	Lincoln	NE	106	7:08	00:46:52.7	112	7:18	00:47:54.6	7:13	01:34:39.8
107	138/2257	23/151	719	Jake Claussen	M	39	Norfolk	NE	81	6:47	00:44:30.6	158	7:40	00:50:14.4	7:13	01:34:41.6
108	139/2257	24/151	2463	Tom Worthington	M	35	Omaha	NE	126	7:20	00:48:12.9	93	7:07	00:46:40.8	7:13	01:34:43.5

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
109	140/2257	25/151	1538	Wade Fornander	M	38	Lincoln	NE	123	7:20	00:48:12.3	92	7:07	00:46:40.7	7:13	01:34:44.2
110	141/2257	25/136	2077	Ben Johnson	M	32	Lincoln	NE	101	7:00	00:46:03.7	136	7:28	00:48:56.9	7:14	01:34:50.8
111	147/2257	6/116	2582	Phil Abel	M	40	Lincoln	NE	105	7:07	00:46:46.7	135	7:28	00:48:56.5	7:17	01:35:33.6
112	148/2257	26/136	611	Richard Schwartz	M	30	Lincoln	NE	122	7:18	00:48:12.1	109	7:16	00:47:41.6	7:17	01:35:35.4
113	149/2257	26/151	1142	Andrew Gonka	M	38	Elkhorn	NE	107	7:09	00:47:07.3	133	7:27	00:48:52.7	7:18	01:35:44.3
114	150/2257	7/116	1619	Corey Russman	M	41	Lincoln	NE	114	7:17	00:47:57.7	114	7:19	00:48:01.1	7:18	01:35:49.3
115	151/2257	8/116	2270	Mark Canfield	M	42	Crete	NE	130	7:20	00:48:18.0	111	7:18	00:47:53.5	7:19	01:35:57.7
116	152/2257	27/151	2212	David Dirksen	M	37	Lincoln	NE	140	7:24	00:48:47.7	107	7:15	00:47:33.0	7:19	01:36:05.5
117	153/2257	28/151	1901	Jim Hudson	M	39	Ceresco	NE	115	7:19	00:48:04.2	117	7:21	00:48:13.4	7:20	01:36:09.8
118	154/2257	29/151	1547	Eric Williams	M	39	Lincoln	NE	108	7:09	00:47:34.5	144	7:32	00:49:25.5	7:20	01:36:16.2
119	155/2257	30/151	1551	Jay Rosenboom	M	38	Lincoln	NE	146	7:26	00:49:10.7	108	7:15	00:47:34.6	7:21	01:36:21.5
120	156/2257	9/116	2782	Matt Hrnicek	M	43	Lincoln	NE	116	7:17	00:48:04.4	128	7:25	00:48:40.2	7:21	01:36:25.8
121	157/2257	27/136	1404	Brandon Mimick	M	30	Omaha	NE	118	7:17	00:48:09.5	127	7:25	00:48:39.0	7:21	01:36:27.3
122	158/2257	5/58	2986	David Coleman	M	59	Lincoln	NE	110	7:14	00:47:42.7	138	7:29	00:49:01.1	7:21	01:36:29.3
123	160/2257	29/109	2227	Paul Kenny	M	28	Lincoln	NE	151	7:29	00:49:52.5	105	7:15	00:47:31.1	7:21	01:36:33.3
124	163/2257	31/151	2748	Tin Tran	M	38	Omaha	NE	160	7:31	00:50:11.5	102	7:13	00:47:22.2	7:22	01:36:38.0
125	164/2257	28/136	2615	Shaun Ilahi	M	34	Omaha	NE	102	7:05	00:46:35.1	159	7:40	00:50:14.4	7:22	01:36:39.7
126	167/2257	32/151	3333	David Pecha	M	39	Elkhorn	NE	124	7:20	00:48:12.3	129	7:26	00:48:45.6	7:23	01:36:51.0
127	168/2257	33/151	307	Juan Florez	M	36	Lincoln	NE	212	7:31	00:51:30.5	106	7:15	00:47:32.3	7:23	01:36:52.2
128	171/2257	6/77	2647	Craig Koehler	M	49	Omaha	NE	153	7:35	00:50:02.9	97	7:12	00:47:10.9	7:23	01:36:54.3
129	173/2257	30/109	2198	Eric Johnson	M	26	Lincoln	NE	149	7:34	00:49:49.1	103	7:14	00:47:27.0	7:24	01:37:04.2
130	176/2257	10/116	689	Craig Pleskac	M	44	Lincoln	NE	141	7:20	00:48:52.5	139	7:29	00:49:01.5	7:24	01:37:08.3
131	177/2257	34/151	2332	Shane Deaver	M	35	Omaha	NE	165	7:39	00:50:21.2	101	7:13	00:47:19.8	7:26	01:37:27.5
132	178/2257	35/151	2902	Adam Reinhardt	M	39	Omaha	NE	111	7:15	00:47:43.1	150	7:37	00:49:54.1	7:26	01:37:29.3
133	180/2257	29/136	854	Jeremy Holtz	M	34	Elkhorn	NE	119	7:18	00:48:11.5	152	7:38	00:50:00.4	7:28	01:37:55.4
134	183/2257	9/73	1904	William Berzonsky	M	54	Lincoln	NE	161	7:36	00:50:14.5	121	7:22	00:48:21.3	7:29	01:38:09.1
135	184/2257	7/77	2765	Tim Carlson	M	45	Omaha	NE	136	7:20	00:48:29.8	156	7:39	00:50:06.6	7:29	01:38:09.1
136	185/2257	11/116	616	Andy Plummer	M	40	Omaha	NE	104	7:05	00:46:42.6	191	7:53	00:51:43.3	7:29	01:38:11.5
137	187/2257	30/136	878	Aaron Cook	M	32	Whichita	KS	258	7:48	00:53:40.8	99	7:12	00:47:14.9	7:30	01:38:25.4
138	188/2257	8/77	431	Kevin Mccaffrey	M	46	Lincoln	NE	112	7:17	00:47:51.8	168	7:44	00:50:40.9	7:30	01:38:26.3
139	192/2257	9/77	3477	Brian Boyce	M	46	Omaha	NE	131	7:20	00:48:18.6	164	7:42	00:50:28.1	7:31	01:38:35.3
140	193/2257	31/136	2503	Spencer Finley	M	33	Omaha	NE	176	7:42	00:50:55.4	115	7:20	00:48:03.6	7:31	01:38:36.0
141	194/2257	10/77	369	Jeff Wickett	M	49	Norfolk	NE	166	7:39	00:50:29.7	122	7:23	00:48:25.0	7:31	01:38:36.4
142	196/2257	32/136	911	Michael Johnson	M	32	Omaha	NE	191	7:46	00:51:05.8	110	7:18	00:47:53.3	7:32	01:38:45.7
143	197/2257	12/116	3097	Mike Reed	M	42	Omaha	NE	125	7:19	00:48:12.5	171	7:45	00:50:48.6	7:32	01:38:49.6
144	199/2257	36/151	3255	Chad Buell	M	38	Bassett	NE	132	7:19	00:48:21.7	175	7:46	00:50:58.1	7:33	01:38:58.4

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	201/2257	4/27	1471	Brett Grieb	M	24	Lincoln	NE	138	7:23	00:48:40.3	166	7:43	00:50:33.5	7:33	01:39:00.4
146	202/2257	5/27	1071	Jesse Genrich	M	24	Lincoln	NE	133	7:20	00:48:22.7	174	7:46	00:50:57.0	7:33	01:39:02.1
147	204/2257	33/136	3055	Chris Mcbratney	M	34	Fremont	NE	155	7:34	00:50:04.7	146	7:33	00:49:28.7	7:33	01:39:07.2
148	205/2257	34/136	636	Brett Erickson	M	33	Lincoln	NE	186	7:43	00:51:03.5	125	7:24	00:48:33.8	7:33	01:39:09.1
149	206/2257	35/136	1868	Craig Carlson	M	33	Omaha	NE	142	7:22	00:48:58.2	173	7:46	00:50:53.1	7:33	01:39:10.2
150	208/2257	11/77	585	Steven Sousek	M	48	Lincoln	NE	178	7:44	00:50:58.2	126	7:25	00:48:38.5	7:34	01:39:19.9
151	209/2257	13/116	852	Greg Hanel	M	44	Lincoln	NE	143	7:24	00:49:04.5	170	7:45	00:50:47.5	7:34	01:39:21.8
152	211/2257	6/58	2087	Jon Michelsen	M	56	Lincoln	NE	208	7:46	00:51:18.7	124	7:24	00:48:33.3	7:35	01:39:28.8
153	212/2257	37/151	2795	Kirk Raymond	M	35	Lincoln	NE	120	7:20	00:48:11.7	182	7:51	00:51:27.3	7:35	01:39:33.2
154	213/2257	12/77	1176	Joel Schlautman	M	49	Lincoln	NE	189	7:45	00:51:04.3	130	7:27	00:48:48.2	7:35	01:39:34.0
155	214/2257	38/151	1178	Scott Medina	M	37	Lincoln	NE	113	7:16	00:47:54.9	199	7:56	00:52:02.3	7:36	01:39:41.4
156	215/2257	31/109	2003	Paul Judge	M	28	Omaha	NE	154	7:35	00:50:03.3	155	7:38	00:50:02.3	7:36	01:39:46.2
157	217/2257	13/77	496	Tom Macy	M	47	Omaha	NE	169	7:40	00:50:33.5	147	7:33	00:49:29.5	7:36	01:39:47.7
158	218/2257	14/77	2696	Tom Volk	M	49	Lincoln	NE	170	7:40	00:50:33.5	148	7:34	00:49:34.1	7:36	01:39:48.5
159	219/2257	14/116	2025	Scott Neill	M	40	Omaha	NE	206	7:46	00:51:16.7	137	7:28	00:48:57.6	7:37	01:39:52.6
160	221/2257	10/73	360	William Newton	M	54	Pender	NE	202	7:43	00:51:13.9	143	7:32	00:49:23.5	7:37	01:40:02.5
161	222/2257	39/151	1994	Kurt Ramaekers	M	35	Lincoln	NE	184	7:43	00:51:02.5	145	7:32	00:49:26.3	7:37	01:40:02.9
162	223/2257	32/109	1781	Adrian Lara	M	29	Lincoln	NE	180	7:45	00:51:00.7	141	7:30	00:49:14.0	7:37	01:40:03.2
163	224/2257	11/73	1843	Brent Kinsey	M	50	Lincoln	NE	183	7:44	00:51:02.5	142	7:32	00:49:22.8	7:38	01:40:05.5
164	225/2257	12/73	2272	Kevin Fields	M	52	Seward	NE	159	7:36	00:50:11.5	161	7:40	00:50:18.6	7:38	01:40:11.1
165	226/2257	7/58	3489	Rick Carter	M	55	Hudson	WI	167	7:38	00:50:29.8	162	7:41	00:50:20.0	7:39	01:40:25.0
166	228/2257	36/136	988	Marlon Good	M	32	Lincoln	NE	144	7:29	00:49:08.5	185	7:52	00:51:33.0	7:40	01:40:35.2
167	229/2257	2/30	1000	Bob Freese	M	61	Ceresco	NE	156	7:28	00:50:05.1	189	7:53	00:51:42.8	7:40	01:40:40.6
168	231/2257	15/77	2993	Troy Huffman	M	47	Lincoln	NE	175	7:43	00:50:51.7	157	7:39	00:50:09.0	7:41	01:40:47.4
169	233/2257	3/30	767	Larry Dietrich	M	61	Lincoln	NE	198	7:46	00:51:11.8	153	7:38	00:50:01.2	7:42	01:40:58.5
170	234/2257	16/77	206	Tim Starbuck	M	46	Bellevue	NE	181	7:44	00:51:01.3	160	7:40	00:50:18.4	7:42	01:41:01.8
171	236/2257	15/116	2600	Brad Okamoto	M	43	Lincoln	NE	172	7:42	00:50:39.9	167	7:43	00:50:36.7	7:42	01:41:03.4
172	237/2257	40/151	2589	Levi Holte	M	39	Lincoln	NE	174	7:41	00:50:49.5	169	7:44	00:50:42.5	7:42	01:41:04.9
173	239/2257	41/151	619	Ryan Garlock	M	38	Lincoln	NE	196	7:46	00:51:07.5	163	7:41	00:50:20.0	7:43	01:41:14.8
174	240/2257	13/73	606	Brad Gengenbach	M	54	Lincoln	NE	157	7:37	00:50:06.8	180	7:50	00:51:23.7	7:43	01:41:19.4
175	244/2257	14/73	3169	Rob Hotz	M	52	Lincoln	NE	150	7:34	00:49:49.9	197	7:56	00:51:58.3	7:44	01:41:34.5
176	245/2257	42/151	2867	Curtis Saunders	M	37	Lincoln	NE	195	7:44	00:51:07.0	172	7:46	00:50:52.9	7:45	01:41:38.1
177	246/2257	43/151	2998	Bill Udell	M	39	Lincoln	NE	137	7:24	00:48:36.9	220	8:07	00:53:14.9	7:45	01:41:45.2
178	247/2257	15/73	2917	Mike Borland	M	53	Lincoln	NE	179	7:45	00:50:58.4	177	7:49	00:51:16.0	7:46	01:42:01.8
179	248/2257	16/73	148	Michael Wadzinski	M	54	Sioux City	IA	210	7:45	00:51:25.1	179	7:49	00:51:18.3	7:47	01:42:08.4
180	249/2257	17/77	2334	Hank Newburn	M	47	Seward	NE	145	7:27	00:49:10.2	224	8:08	00:53:21.2	7:47	01:42:12.5

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	250/2257	44/151	873	Josh Huenergardt	M	35	Lincoln	NE	231	8:00	00:52:48.2	151	7:37	00:49:55.0	7:48	01:42:19.6
182	252/2257	33/109	2145	Eric Schilmoeller	M	26	Lincoln	NE	264	8:03	00:53:43.3	149	7:35	00:49:41.1	7:49	01:42:29.2
183	254/2257	45/151	1416	Zachary Labrayere	M	35	Lincoln	NE	340	8:17	00:55:57.5	119	7:22	00:48:16.2	7:49	01:42:35.7
184	255/2257	34/109	1548	Brett Crotty	M	26	Lincoln	NE	117	7:18	00:48:09.1	257	8:21	00:54:43.4	7:49	01:42:36.9
185	256/2257	37/136	2136	Keith Wysocki	M	30	Lincoln	NE	255	8:01	00:53:38.4	154	7:38	00:50:01.8	7:49	01:42:38.3
186	257/2257	38/136	1100	Thomas Lucas	M	33	Lincoln	NE	201	7:45	00:51:12.4	192	7:55	00:51:56.1	7:50	01:42:42.2
187	259/2257	16/116	1206	Blake Anderson	M	43	Lincoln	NE	168	7:40	00:50:32.2	208	8:00	00:52:29.5	7:50	01:42:45.1
188	261/2257	17/73	2487	Pat Mcfadden	M	53	Kearney	NE	218	7:44	00:51:57.4	202	7:58	00:52:11.0	7:51	01:42:56.2
189	264/2257	6/27	1278	Daniel Haden	M	24	Lincoln	NE	292	8:15	00:54:35.6	131	7:27	00:48:50.0	7:51	01:42:57.5
190	266/2257	46/151	1533	Kirk Eckhardt	M	39	Lincoln	NE	185	7:47	00:51:02.9	195	7:55	00:51:57.6	7:51	01:43:00.5
191	268/2257	39/136	739	Carl Weiland	M	30	Bellevue	NE	188	7:45	00:51:04.1	203	7:58	00:52:16.9	7:51	01:43:04.4
192	269/2257	18/73	2331	David Berkowitz	M	54	Lincoln	NE	152	7:35	00:49:55.2	225	8:09	00:53:27.4	7:52	01:43:10.2
193	270/2257	40/136	3438	Caleb Zahnd	M	33	St Joseph	MO	129	7:21	00:48:17.4	274	8:24	00:55:05.8	7:52	01:43:17.9
194	272/2257	47/151	648	Nathan Chandler	M	39	Ceresco	NE	224	7:58	00:52:23.2	181	7:50	00:51:24.5	7:54	01:43:35.9
195	274/2257	41/136	270	James Borer	M	30	Omaha	NE	194	7:45	00:51:06.4	213	8:04	00:52:52.1	7:54	01:43:42.1
196	275/2257	42/136	1172	Fred Seckman	M	34	Lincoln	NE	228	7:57	00:52:41.5	186	7:52	00:51:33.3	7:54	01:43:44.1
197	276/2257	35/109	945	Drew Partridge	M	25	Fremont	NE	187	7:45	00:51:03.5	214	8:04	00:52:55.2	7:54	01:43:44.8
198	278/2257	43/136	1012	James Lee	M	34	Papillion	NE	246	8:01	00:53:29.7	176	7:49	00:51:15.4	7:55	01:43:49.9
199	279/2257	17/116	2466	Tyre Mcdowell	M	42	Lincoln	NE	219	7:51	00:52:06.8	204	8:00	00:52:24.9	7:55	01:43:56.0
200	280/2257	44/136	2913	James Barbee	M	34	Lincoln	NE	148	7:31	00:49:39.7	261	8:22	00:54:49.3	7:56	01:44:03.8
201	281/2257	4/30	395	Marvin Ehly	M	60	Lincoln	NE	200	7:45	00:51:11.8	222	8:08	00:53:18.8	7:56	01:44:04.8
202	282/2257	48/151	2506	Chad Kudym	M	39	Lincoln	NE	193	7:45	00:51:05.9	221	8:08	00:53:16.9	7:56	01:44:07.3
203	284/2257	36/109	831	Adama Anderson	M	29	Navarre	FL	190	7:45	00:51:05.7	223	8:08	00:53:20.5	7:56	01:44:08.5
204	286/2257	2/13	3418	Dean Dalton	M	18	Lincoln	NE	247	8:05	00:53:32.5	178	7:49	00:51:17.0	7:57	01:44:14.1
205	291/2257	45/136	2057	Scott Rosenbaugh	M	31	Lincoln	NE	158	7:36	00:50:10.7	259	8:21	00:54:46.4	7:58	01:44:36.3
206	293/2257	18/116	905	Chad Lechtenberger	M	42	Lincoln	NE	261	8:07	00:53:41.8	183	7:51	00:51:28.4	7:59	01:44:39.5
207	295/2257	19/116	412	Jeff Spilinek	M	42	Gretna	NE	240	8:01	00:53:05.9	201	7:57	00:52:07.6	7:59	01:44:41.8
208	297/2257	37/109	3133	Owen Treiber	M	29	Omaha	NE	308	8:05	00:55:06.5	188	7:53	00:51:41.2	7:59	01:44:42.8
209	300/2257	20/116	3246	Jason Hueser	M	42	Lincoln	NE	207	7:45	00:51:17.0	236	8:14	00:53:56.9	7:59	01:44:46.0
210	304/2257	49/151	2992	Shawn Hansen	M	38	Lincoln	NE	197	7:45	00:51:11.5	242	8:15	00:54:05.6	8:00	01:44:55.6
211	305/2257	21/116	1743	Sean Kenney	M	41	Bellevue	NE	250	8:07	00:53:37.1	190	7:53	00:51:43.1	8:00	01:44:56.5
212	306/2257	22/116	2195	John Christensen	M	43	Lincoln	NE	252	8:07	00:53:38.2	187	7:53	00:51:41.1	8:00	01:44:57.0
213	307/2257	8/58	1419	Gregory Freese	M	55	Lincoln	NE	209	7:46	00:51:18.7	239	8:14	00:54:00.1	8:00	01:44:57.3
214	308/2257	23/116	968	Patrick Nepple	M	40	Council Bluffs	IA	251	8:05	00:53:37.4	193	7:55	00:51:56.7	8:00	01:45:00.0
215	310/2257	24/116	1164	Jeff Cole	M	43	Waverly	NE	217	7:50	00:51:46.8	230	8:12	00:53:42.8	8:01	01:45:05.5
216	311/2257	25/116	1882	Rick Tast	M	41	Lincoln	NE	230	8:01	00:52:47.2	207	8:00	00:52:29.3	8:01	01:45:06.2

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	312/2257	26/116	1554	Steve Packwood	M	42	Omaha	NE	234	8:01	00:52:57.5	209	8:01	00:52:32.5	8:01	01:45:06.8
218	313/2257	46/136	304	Nate Czapla	M	30	Columbus	NE	254	8:05	00:53:38.3	200	7:57	00:52:07.5	8:01	01:45:07.1
219	314/2257	50/151	2999	Layne Monroe	M	35	Lincoln	NE	268	8:06	00:53:54.8	198	7:56	00:51:59.3	8:01	01:45:07.7
220	316/2257	38/109	698	Seth Huenink	M	28	Lincoln	NE	162	7:34	00:50:17.4	295	8:30	00:55:41.1	8:01	01:45:16.4
221	317/2257	19/73	1776	Noel Timmons	M	53	Lincoln	NE	204	7:46	00:51:14.8	248	8:18	00:54:24.7	8:01	01:45:18.2
222	321/2257	51/151	1319	Spencer Giles	M	39	Gretna	NE	205	7:45	00:51:15.3	254	8:19	00:54:33.4	8:02	01:45:22.3
223	322/2257	3/13	2977	Trevin Ryder	M	15	Lincoln	NE	203	7:47	00:51:14.3	250	8:18	00:54:25.5	8:02	01:45:28.2
224	324/2257	18/77	926	Rick Manthey	M	47	Omaha	NE	253	8:06	00:53:38.2	206	8:00	00:52:28.0	8:03	01:45:32.9
225	325/2257	39/109	849	Jediah Kautz	M	29	Hastings	NE	177	7:44	00:50:57.4	266	8:22	00:54:54.3	8:03	01:45:35.3
226	328/2257	40/109	3017	Scott Bidroski	M	29	Duncan	NE	285	8:11	00:54:22.3	196	7:56	00:51:57.8	8:03	01:45:39.0
227	329/2257	41/109	449	Jacob Millard	M	28	Lincoln	NE	248	8:06	00:53:34.5	210	8:01	00:52:36.4	8:03	01:45:40.7
228	330/2257	47/136	2344	Cameron Soester	M	34	Seward	NE	182	7:45	00:51:01.7	265	8:22	00:54:52.6	8:03	01:45:41.2
229	332/2257	52/151	2441	Kevin Ronnenkamp	M	37	Omaha	NE	352	8:26	00:56:21.8	165	7:42	00:50:31.8	8:04	01:45:47.3
230	333/2257	5/30	2480	Tom Larson	M	60	Lincoln	NE	226	7:57	00:52:27.5	232	8:12	00:53:47.7	8:04	01:45:52.4
231	334/2257	6/30	468	Al Kontz	M	60	Lincoln	NE	353	8:18	00:56:22.4	184	7:51	00:51:30.1	8:04	01:45:55.3
232	335/2257	27/116	2724	Jeff Warren	M	43	Omaha	NE	192	7:46	00:51:05.8	275	8:24	00:55:06.6	8:05	01:45:59.9
233	338/2257	53/151	3279	Daniel Zach	M	36	Lincon	NE	147	7:31	00:49:29.5	329	8:41	00:56:56.0	8:06	01:46:12.0
234	340/2257	9/58	516	Greg Duncan	M	56	Lincoln	NE	256	8:06	00:53:39.2	219	8:06	00:53:08.8	8:06	01:46:17.8
235	342/2257	28/116	3569	Ben Spence	M	40	Lincoln	NE	214	7:51	00:51:41.8	269	8:23	00:54:56.7	8:06	01:46:23.1
236	343/2257	48/136	2928	Daniel Seier	M	30	Omaha	NE	284	8:11	00:54:22.2	211	8:03	00:52:44.4	8:07	01:46:25.7
237	348/2257	49/136	2066	Zachary Wells	M	32	Lincoln	NE	211	7:48	00:51:28.4	287	8:27	00:55:26.2	8:07	01:46:32.7
238	349/2257	54/151	1352	Chad Law	M	37	Omaha	NE	245	8:05	00:53:19.9	227	8:10	00:53:33.4	8:07	01:46:35.7
239	351/2257	55/151	425	Josh Barker	M	35	Lincoln	NE	243	8:01	00:53:08.7	243	8:15	00:54:08.0	8:08	01:46:43.3
240	352/2257	56/151	413	Eric Wingert	M	36	Omaha	NE	326	8:21	00:55:34.8	194	7:55	00:51:56.8	8:08	01:46:44.3
241	355/2257	19/77	2580	Joseph Zugmier	M	49	Lincoln	NE	249	8:05	00:53:36.8	237	8:14	00:53:58.0	8:09	01:46:55.3
242	358/2257	10/58	3599	Bill Rice	M	57	Lincoln	NE	244	8:02	00:53:11.3	253	8:19	00:54:30.6	8:10	01:47:12.2
243	359/2257	1/2	3480	Tanner Alfaro	M	14	Papillion	NE	199	7:45	00:51:11.8	315	8:36	00:56:23.2	8:10	01:47:12.8
244	362/2257	20/77	754	Matthew Hardebeck	M	45	San Francisco	CA	306	8:17	00:55:00.4	215	8:04	00:52:56.4	8:10	01:47:15.3
245	364/2257	50/136	2041	Vince Swallow	M	34	Omaha	NE	263	8:07	00:53:43.3	240	8:15	00:54:04.9	8:11	01:47:17.7
246	367/2257	51/136	1490	Shawn Peed	M	33	Lincoln	NE	223	7:51	00:52:20.8	304	8:33	00:56:02.5	8:11	01:47:28.9
247	368/2257	57/151	1210	Jeff Jarrett	M	39	Lincoln	NE	273	8:01	00:54:07.2	268	8:23	00:54:55.7	8:12	01:47:30.4
248	369/2257	20/73	551	Jeff Thomas	M	50	Lincoln	NE	301	8:05	00:54:52.8	251	8:18	00:54:28.0	8:12	01:47:31.3
249	370/2257	7/27	2679	Jessop Adams	M	24	Lincoln	NE	139	7:23	00:48:41.2	386	9:01	00:59:07.9	8:12	01:47:33.6
250	371/2257	52/136	841	Jerod Trouba	M	33	Columbus	NE	357	8:20	00:56:47.3	217	8:05	00:53:00.5	8:12	01:47:36.1
251	375/2257	29/116	589	Paul Brinkman	M	43	Lincoln	NE	269	8:07	00:53:55.5	256	8:20	00:54:38.3	8:13	01:47:53.1
252	377/2257	58/151	2771	Chad Homolka	M	36	Columbus	NE	260	8:02	00:53:41.3	281	8:26	00:55:17.3	8:14	01:47:56.8

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November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	378/2257	59/151	1865	Gary Holstein	M	35	Lincoln	NE	314	8:12	00:55:18.8	244	8:16	00:54:14.0	8:14	01:47:57.3
254	380/2257	60/151	755	Jason Bogner	M	35	Omaha	NE	237	8:02	00:53:03.7	280	8:26	00:55:17.1	8:14	01:47:59.4
255	382/2257	53/136	971	Jeremie Memming	M	32	Lincoln	NE	239	8:01	00:53:05.3	288	8:28	00:55:27.4	8:14	01:48:02.0
256	384/2257	61/151	1430	Shawn Hostetler	M	37	Pickrell	NE	213	7:44	00:51:30.5	344	8:45	00:57:20.5	8:14	01:48:04.9
257	385/2257	42/109	1317	Topher Thompson	M	25	Lincoln	NE	232	7:58	00:52:50.5	301	8:32	00:55:59.7	8:15	01:48:11.2
258	386/2257	21/73	1566	Tyrone Potter	M	52	Lincoln	NE	307	8:19	00:55:01.5	231	8:12	00:53:43.6	8:15	01:48:12.4
259	387/2257	30/116	391	Tony West	M	40	Lincoln	NE	229	7:58	00:52:43.8	299	8:32	00:55:57.0	8:15	01:48:13.1
260	389/2257	31/116	1407	Mitch Jones	M	43	Lincoln	NE	288	8:13	00:54:29.3	252	8:18	00:54:28.0	8:15	01:48:17.9
261	390/2257	54/136	1082	Adam Rood	M	34	Omaha	NE	325	8:22	00:55:33.8	226	8:09	00:53:28.9	8:15	01:48:18.4
262	393/2257	7/30	622	Scott Stuckey	M	64	Lincoln	NE	313	8:20	00:55:17.5	229	8:11	00:53:41.3	8:16	01:48:22.3
263	400/2257	22/73	1481	Robert Schipman	M	52	Lincoln	NE	275	8:12	00:54:12.2	264	8:22	00:54:52.3	8:17	01:48:40.1
264	404/2257	55/136	756	Josh Johnson	M	34	Lincoln	NE	215	7:47	00:51:44.8	355	8:49	00:57:50.5	8:18	01:48:49.5
265	407/2257	56/136	1923	Kolby Koehlmoos	M	30	Omaha	NE	392	8:33	00:58:04.9	212	8:03	00:52:49.6	8:18	01:48:53.0
266	408/2257	62/151	2944	Gregg Loughman	M	38	Lincoln	NE	343	8:24	00:56:10.8	233	8:13	00:53:49.3	8:18	01:48:53.2
267	411/2257	57/136	1183	Mark Gudge	M	33	Omaha	NE	411	8:33	00:58:31.7	216	8:05	00:52:56.8	8:19	01:49:01.6
268	412/2257	23/73	1856	Mark Traynowicz	M	51	Lincoln	NE	293	8:13	00:54:36.8	279	8:25	00:55:09.7	8:19	01:49:02.8
269	415/2257	58/136	1478	Anthony Podany	M	32	Omaha	NE	238	7:57	00:53:04.3	331	8:42	00:57:00.4	8:19	01:49:07.1
270	416/2257	32/116	2451	Steven Dunder	M	42	Lincoln	NE	328	8:19	00:55:40.8	255	8:20	00:54:37.5	8:19	01:49:07.2
271	417/2257	33/116	2461	Patrick Brown	M	41	Lincoln	NE	297	7:59	00:54:43.7	327	8:39	00:56:44.1	8:19	01:49:07.5
272	418/2257	63/151	2663	Jason Kidd	M	36	Omaha	NE	233	8:00	00:52:54.3	325	8:39	00:56:42.2	8:19	01:49:08.1
273	419/2257	64/151	2337	Bo Johnson	M	38	Lincoln	NE	259	8:04	00:53:41.2	312	8:35	00:56:17.4	8:19	01:49:08.2
274	420/2257	43/109	2544	Tony Gallagher	M	25	Kearney	NE	319	8:21	00:55:23.8	247	8:18	00:54:22.5	8:19	01:49:08.2
275	421/2257	1/5	3209	Mike Heavican	M	67	Lincoln	NE	330	8:22	00:55:43.5	245	8:17	00:54:16.6	8:19	01:49:08.7
276	422/2257	59/136	1522	Greg Howe	M	32	Lincoln	NE	334	8:24	00:55:50.2	241	8:15	00:54:05.5	8:19	01:49:10.9
277	428/2257	65/151	577	Christopher Dulak	M	39	Lincoln	NE	310	8:18	00:55:12.6	270	8:23	00:54:56.9	8:20	01:49:23.8
278	429/2257	21/77	265	Andrew Tweedy	M	46	Omaha	NE	380	8:28	00:57:37.8	234	8:13	00:53:52.0	8:20	01:49:24.3
279	430/2257	66/151	3046	Benjamin Hardy	M	36	Omaha	NE	282	8:08	00:54:17.7	306	8:33	00:56:03.6	8:20	01:49:25.9
280	436/2257	22/77	2054	John Giannou	M	48	Stromsburg	NE	266	8:07	00:53:47.9	316	8:37	00:56:27.3	8:21	01:49:37.5
281	438/2257	67/151	3534	Ben Yelkin	M	37	Lincoln	NE	322	8:17	00:55:27.6	282	8:26	00:55:18.2	8:21	01:49:40.0
282	440/2257	68/151	2559	Jeremy Raridon	M	35	Lincoln	NE	280	8:11	00:54:16.8	303	8:33	00:56:01.7	8:21	01:49:40.4
283	444/2257	60/136	119	Brad Bentjen	M	34	Lincoln	NE	320	8:20	00:55:24.8	273	8:24	00:55:03.3	8:22	01:49:44.1
284	447/2257	34/116	608	Matt Harris	M	43	Lincoln	NE	327	8:20	00:55:36.6	278	8:24	00:55:06.9	8:22	01:49:45.1
285	449/2257	4/13	1627	Jimmy Burbach	M	18	Lincoln	NE	333	8:17	00:55:49.2	293	8:29	00:55:39.1	8:23	01:49:57.7
286	450/2257	44/109	3152	Aaron Schaad	M	29	Lincoln	NE	271	8:04	00:53:56.5	332	8:42	00:57:03.1	8:23	01:49:59.7
287	453/2257	23/77	1063	Russell Smith	M	45	Omaha	NE	257	8:03	00:53:40.6	337	8:43	00:57:11.7	8:23	01:50:00.8
288	455/2257	69/151	1033	Nathan Sorben	M	38	Waverly	NE	235	8:03	00:52:58.5	338	8:44	00:57:15.2	8:23	01:50:02.0

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November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	457/2257	24/73	2114	Pat Lawlor	M	52	Omaha	NE	383	8:37	00:57:39.5	228	8:10	00:53:34.6	8:23	01:50:03.3
290	459/2257	61/136	1054	Keal Bockelman	M	31	Lincoln	NE	453	8:48	00:58:56.8	205	8:00	00:52:26.0	8:23	01:50:05.6
291	460/2257	35/116	708	Scott Claycomb	M	43	Eagle	NE	267	8:10	00:53:50.3	319	8:38	00:56:33.3	8:23	01:50:06.9
292	461/2257	11/58	923	Richard Skoda	M	55	Seward	NE	277	8:10	00:54:12.8	321	8:38	00:56:36.7	8:24	01:50:11.2
293	462/2257	70/151	851	Philip Vermeer	M	37	Sterling	NE	242	8:01	00:53:08.1	351	8:48	00:57:38.5	8:24	01:50:12.1
294	463/2257	36/116	2760	Scott Wiebe	M	44	Lincoln	NE	236	8:02	00:53:03.2	350	8:47	00:57:36.2	8:24	01:50:13.6
295	468/2257	8/30	1876	Dick James	M	61	Verdon	NE	321	8:22	00:55:27.2	286	8:27	00:55:24.2	8:24	01:50:17.6
296	471/2257	71/151	1048	Forrest Anderson	M	38	Lincoln	NE	300	8:17	00:54:50.5	302	8:32	00:55:59.8	8:25	01:50:20.8
297	475/2257	62/136	787	Andrew Kerschinskse	M	31	Elkhorn	NE	216	7:51	00:51:45.5	385	9:01	00:59:07.5	8:26	01:50:35.6
298	477/2257	45/109	274	Kyle Mccartney	M	26	Kearney	NE	364	8:28	00:57:04.5	277	8:24	00:55:06.9	8:26	01:50:40.6
299	479/2257	72/151	226	Emir Plicanic	M	38	Lincoln	NE	389	8:37	00:58:02.6	246	8:17	00:54:17.3	8:26	01:50:44.0
300	485/2257	25/73	999	Brad Penner	M	50	Lincoln	NE	348	8:26	00:56:21.3	292	8:29	00:55:36.8	8:27	01:50:52.3
301	486/2257	37/116	2661	Erik Johnson	M	44	Bellevue	NE	222	7:56	00:52:17.8	376	8:59	00:58:54.7	8:27	01:50:52.5
302	487/2257	73/151	1214	P. Brandon Crenshaw	M	37	La Vista	NE	221	7:55	00:52:16.7	380	8:59	00:58:55.9	8:27	01:50:52.7
303	488/2257	63/136	3307	Brian Buhman	M	32	Olathe	KS	375	8:33	00:57:28.9	263	8:22	00:54:51.1	8:27	01:50:57.4
304	490/2257	24/77	2473	Jan Madsen	M	45	Lincoln	NE	344	8:26	00:56:12.8	296	8:30	00:55:42.2	8:28	01:50:59.4
305	491/2257	74/151	1025	Td Johnson	M	38	Gretna	NE	290	8:12	00:54:32.2	339	8:44	00:57:16.3	8:28	01:51:01.2
306	493/2257	64/136	2486	Derrick Niederklein	M	34	Lincoln	NE	448	8:35	00:58:52.1	260	8:22	00:54:48.9	8:28	01:51:05.8
307	494/2257	75/151	1716	Cory Epler	M	36	Lincoln	NE	265	8:06	00:53:44.3	359	8:51	00:58:00.6	8:28	01:51:06.2
308	495/2257	25/77	623	Chris Haag	M	48	Lincoln	NE	262	8:07	00:53:42.8	358	8:50	00:57:56.5	8:28	01:51:10.5
309	496/2257	76/151	1456	Chris Downey	M	37	Yutan	NE	365	8:33	00:57:05.7	276	8:24	00:55:06.8	8:28	01:51:11.0
310	497/2257	46/109	3407	Andrew Martz	M	27	Lincolne	NE	471	8:45	00:59:25.5	235	8:14	00:53:56.0	8:29	01:51:16.1
311	499/2257	26/73	2110	Jerry Speedlin	M	51	Lincoln	NE	304	8:17	00:54:59.6	335	8:42	00:57:03.8	8:29	01:51:20.9
312	502/2257	65/136	1067	David Smidt	M	33	Lincoln	NE	506	8:54	01:00:45.8	218	8:06	00:53:07.5	8:30	01:51:25.8
313	503/2257	47/109	2258	Eric Garlock	M	25	Lincoln	NE	286	8:08	00:54:27.3	362	8:52	00:58:09.0	8:30	01:51:31.8
314	505/2257	77/151	3479	Joe Alfaro	M	39	Papillion	NE	362	8:33	00:57:03.7	289	8:28	00:55:29.6	8:30	01:51:32.2
315	507/2257	26/77	3340	Sam Gregg	M	48	Omaha	NE	486	8:47	01:00:07.6	238	8:14	00:53:58.4	8:30	01:51:33.4
316	508/2257	66/136	880	Clint Cadwallader	M	31	Omaha	NE	384	8:38	00:57:42.7	271	8:23	00:54:57.4	8:30	01:51:33.9
317	511/2257	78/151	2938	Mike Fields	M	36	Lincoln	NE	276	8:10	00:54:12.6	363	8:53	00:58:13.4	8:31	01:51:43.6
318	512/2257	48/109	3072	Matt Weeder	M	29	Lincoln	NE	163	7:36	00:50:18.2	469	9:27	01:01:55.6	8:31	01:51:44.5
319	513/2257	67/136	1124	Ben Biehl	M	33	Syracuse	NE	316	8:21	00:55:21.3	330	8:42	00:57:00.0	8:31	01:51:46.1
320	514/2257	27/77	795	Mark Fahleson	M	47	Lincoln	NE	315	8:17	00:55:20.9	348	8:46	00:57:31.4	8:31	01:51:46.9
321	515/2257	8/27	3211	Kevin Weeder	M	22	Lindsay	NE	164	7:36	00:50:18.7	468	9:27	01:01:55.4	8:31	01:51:48.0
322	516/2257	79/151	1964	Matt Stricker	M	39	Lincoln	NE	390	8:32	00:58:03.4	300	8:32	00:55:58.1	8:32	01:51:52.9
323	518/2257	38/116	218	Van Dewald	M	44	Elkhorn	NE	387	8:43	00:57:49.5	258	8:21	00:54:46.0	8:32	01:51:53.8
324	519/2257	39/116	950	Jeff Jurgensmeyer	M	41	Prairie Village	KS	377	8:38	00:57:29.9	283	8:27	00:55:21.8	8:32	01:51:55.4

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	520/2257	27/73	508	Todd Jarchow	M	50	Lincoln	NE	296	8:15	00:54:43.5	356	8:50	00:57:52.9	8:32	01:51:58.6
326	521/2257	28/77	1099	Michael Brand	M	47	Lincoln	NE	298	8:16	00:54:44.8	353	8:49	00:57:49.5	8:32	01:51:58.9
327	525/2257	68/136	1038	Benjamin O'neill	M	33	Omaha	NE	356	8:27	00:56:39.7	324	8:38	00:56:38.4	8:32	01:52:02.9
328	526/2257	28/73	2532	Jeff Cole	M	50	Lincoln	NE	400	8:42	00:58:11.3	272	8:24	00:55:02.2	8:32	01:52:03.3
329	527/2257	69/136	214	Rodney Green	M	34	Omaha	NE	346	8:28	00:56:15.5	322	8:38	00:56:37.2	8:33	01:52:05.6
330	528/2257	9/27	2233	Adam Niedbalski	M	24	Columbus	NE	367	8:31	00:57:12.8	311	8:35	00:56:16.5	8:33	01:52:06.0
331	530/2257	80/151	1514	Zachary Baehr	M	35	Lincoln	NE	227	7:57	00:52:35.6	413	9:09	00:59:57.1	8:33	01:52:06.8
332	531/2257	49/109	3140	Danny Poethig	M	25	Lincoln	NE	487	8:49	01:00:11.9	249	8:18	00:54:24.9	8:33	01:52:11.2
333	534/2257	70/136	1225	Kaj Stauffer	M	32	Lincoln	NE	299	8:16	00:54:49.7	366	8:53	00:58:15.5	8:34	01:52:26.6
334	535/2257	50/109	2567	Andrew Martin	M	28	Omaha	NE	295	8:07	00:54:42.9	394	9:02	00:59:14.9	8:34	01:52:28.0
335	537/2257	29/77	3399	Bryce Johnson	M	47	Lincoln	NE	349	8:25	00:56:21.3	341	8:44	00:57:17.7	8:34	01:52:30.8
336	541/2257	71/136	2622	Andrew Mason	M	34	Lenexa	KS	337	8:19	00:55:51.2	360	8:51	00:58:00.6	8:35	01:52:33.6
337	542/2257	51/109	2330	Cj Wells	M	29	Lincoln	NE	439	8:43	00:58:47.6	285	8:27	00:55:23.7	8:35	01:52:33.8
338	545/2257	40/116	3437	Jeff Bauman	M	42	Lincoln	NE	369	8:35	00:57:24.4	314	8:35	00:56:18.9	8:35	01:52:36.6
339	546/2257	81/151	2119	Travis Langemeier	M	38	Lincoln	NE	415	8:42	00:58:34.6	290	8:29	00:55:34.3	8:35	01:52:37.5
340	549/2257	72/136	498	Michael Healy	M	31	Omaha	NE	455	8:44	00:58:57.6	284	8:27	00:55:22.1	8:35	01:52:39.3
341	552/2257	30/77	2887	Brian O'connor	M	47	Bennington	NE	412	8:37	00:58:33.3	310	8:35	00:56:15.5	8:36	01:52:44.9
342	553/2257	29/73	300	Keven O'grady	M	52	Prairie Village	KS	318	8:17	00:55:23.2	370	8:55	00:58:29.3	8:36	01:52:45.6
343	555/2257	41/116	3305	Jamie Ramaekers	M	42	Lincoln	NE	378	8:36	00:57:30.5	317	8:37	00:56:27.8	8:36	01:52:48.6
344	559/2257	82/151	329	Andy Voss	M	38	Lincoln	NE	351	8:28	00:56:21.8	345	8:46	00:57:25.8	8:37	01:52:57.3
345	561/2257	30/73	3366	Patrick Carraher	M	52	Lincoln	NE	391	8:32	00:58:03.5	333	8:42	00:57:03.1	8:37	01:53:01.4
346	562/2257	10/27	3398	Ryan Roettger	M	24	Lincoln	NE	278	8:06	00:54:13.2	418	9:09	01:00:01.5	8:37	01:53:05.0
347	563/2257	73/136	580	Brandon Memming	M	32	Lincoln	NE	241	8:02	00:53:06.8	435	9:13	01:00:27.5	8:37	01:53:05.5
348	571/2257	31/77	2994	Jim Klaasmeyer	M	47	Burr	NE	294	8:14	00:54:40.5	395	9:02	00:59:15.4	8:38	01:53:16.0
349	573/2257	12/58	2880	John Incontro	M	57	Omaha	NE	440	8:47	00:58:47.8	297	8:31	00:55:50.3	8:39	01:53:26.2
350	574/2257	13/58	517	Tim Shomaker	M	55	Lincoln	NE	424	8:45	00:58:40.5	308	8:34	00:56:07.3	8:39	01:53:28.5
351	575/2257	52/109	887	Adam Sekora	M	28	Lincoln	NE	438	8:44	00:58:47.6	313	8:35	00:56:18.0	8:39	01:53:35.2
352	576/2257	53/109	952	Drew Clausen	M	26	Lincoln	NE	418	8:47	00:58:37.2	305	8:33	00:56:03.1	8:39	01:53:35.4
353	577/2257	32/77	3553	Gary Lindahl	M	49	Lincoln	NE	446	8:51	00:58:51.5	291	8:29	00:55:36.1	8:39	01:53:35.9
354	578/2257	54/109	1263	Derek Sekora	M	26	Lincoln	NE	291	8:15	00:54:35.6	403	9:04	00:59:29.0	8:39	01:53:36.1
355	581/2257	33/77	1500	Scott Shaw	M	46	Lincoln	NE	368	8:35	00:57:14.2	343	8:45	00:57:20.5	8:40	01:53:38.5
356	584/2257	14/58	757	Bill Bowes	M	56	Bellevue	NE	437	8:47	00:58:47.3	309	8:34	00:56:08.2	8:40	01:53:41.1
357	585/2257	83/151	889	Adam Hansen	M	38	Omaha	NE	311	8:17	00:55:14.6	401	9:04	00:59:26.8	8:40	01:53:43.6
358	586/2257	84/151	1981	Pat Mcinteer	M	37	Lincoln	NE	473	8:47	00:59:28.9	307	8:34	00:56:07.0	8:40	01:53:44.5
359	592/2257	42/116	2639	Branden Bender	M	41	Nebraska City	NE	401	8:44	00:58:12.6	323	8:38	00:56:38.0	8:41	01:53:55.8
360	597/2257	43/116	1958	Scott Nelson	M	40	Omaha	NE	272	8:11	00:54:00.5	429	9:12	01:00:21.1	8:41	01:53:57.9

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
361	598/2257	34/77	1157	Brian Catlin	M	45	Lincoln	NE	413	8:46	00:58:33.7	318	8:37	00:56:32.8	8:41	01:53:59.5
362	599/2257	31/73	2064	James Coover	M	50	Cairo	NE	428	8:43	00:58:42.5	328	8:40	00:56:50.2	8:41	01:54:00.4
363	603/2257	5/13	846	Kody Hackbart	M	15	Lincoln	NE	287	8:12	00:54:28.7	428	9:12	01:00:18.6	8:42	01:54:05.8
364	606/2257	32/73	1220	Tom Mckitterick	M	51	Lincoln	NE	409	8:43	00:58:27.3	336	8:42	00:57:04.2	8:42	01:54:12.9
365	607/2257	44/116	2095	Jon Schaben	M	44	Portsmouth	IA	339	8:26	00:55:53.2	375	8:59	00:58:53.3	8:42	01:54:13.1
366	608/2257	85/151	3367	Nick Baker	M	38	Omaha	NE	443	8:47	00:58:49.5	320	8:38	00:56:35.3	8:42	01:54:13.2
367	610/2257	86/151	1186	Josh Torell	M	38	Lincoln	NE	171	7:39	00:50:39.5	522	9:47	01:04:09.0	8:43	01:54:18.2
368	611/2257	55/109	2433	Shayne Krull	M	27	Lincoln	NE	342	8:23	00:56:03.8	399	9:03	00:59:22.5	8:43	01:54:18.4
369	613/2257	87/151	2381	Jon Brezenski	M	35	Columbus	NE	173	7:42	00:50:44.7	519	9:45	01:03:55.5	8:43	01:54:23.4
370	614/2257	45/116	1740	Brad Koch	M	40	Lincoln	NE	345	8:26	00:56:14.5	387	9:01	00:59:08.0	8:43	01:54:24.9
371	617/2257	56/109	3054	Lucas Weeder	M	25	Lindsay	NE	220	7:53	00:52:11.5	492	9:34	01:02:45.6	8:43	01:54:27.3
372	628/2257	35/77	2012	Darin Rich	M	49	Lincoln	NE	382	8:45	00:57:39.5	342	8:45	00:57:18.8	8:44	01:54:37.9
373	629/2257	88/151	2174	Andy Connor	M	39	Omaha	NE	317	8:21	00:55:21.5	412	9:09	00:59:56.9	8:44	01:54:42.0
374	632/2257	9/30	2100	Tom Rempe	M	61	Lincoln	NE	381	8:44	00:57:39.5	347	8:46	00:57:29.6	8:45	01:54:45.8
375	633/2257	46/116	963	Evan Henkel	M	40	Bennington	NE	429	8:48	00:58:43.3	334	8:42	00:57:03.4	8:45	01:54:47.4
376	638/2257	36/77	2687	Jeffrey Rudy	M	49	Lincoln	NE	402	8:53	00:58:16.7	326	8:39	00:56:44.1	8:46	01:55:00.8
377	640/2257	89/151	964	Alex Dworak	M	35	Ralston	NE	283	8:13	00:54:20.5	455	9:20	01:01:13.1	8:46	01:55:04.9
378	642/2257	11/27	2729	Bradley Welniak	M	21	Lincoln	NE	460	8:49	00:59:06.3	340	8:44	00:57:17.3	8:46	01:55:06.8
379	646/2257	15/58	2954	Rod Johnson	M	57	Sutton	NE	332	8:20	00:55:46.4	441	9:15	01:00:36.0	8:47	01:55:14.0
380	653/2257	47/116	1842	Chad Mckown	M	40	Albion	NE	363	8:25	00:57:04.5	421	9:11	01:00:09.4	8:48	01:55:23.1
381	656/2257	37/77	1661	Bryon Pickett	M	46	Lincoln	NE	397	8:41	00:58:08.3	371	8:56	00:58:34.0	8:48	01:55:26.8
382	657/2257	2/5	2442	Blaine Johnson	M	65	York	NE	467	8:47	00:59:20.2	354	8:49	00:57:50.4	8:48	01:55:28.4
383	658/2257	33/73	1506	Paul Channer	M	54	Columbus	NE	388	8:35	00:57:56.8	393	9:02	00:59:12.8	8:48	01:55:28.4
384	660/2257	16/58	2681	Gregg Stokke	M	59	Lincoln	NE	312	8:20	00:55:14.8	446	9:17	01:00:54.6	8:48	01:55:30.5
385	665/2257	34/73	690	David Selby	M	54	Omaha	NE	370	8:34	00:57:24.6	402	9:04	00:59:26.9	8:49	01:55:40.1
386	672/2257	10/30	317	Conrad Woerner	M	63	Lincoln	NE	274	8:12	00:54:11.8	478	9:28	01:02:02.8	8:50	01:55:48.0
387	673/2257	90/151	2141	Matt Walters	M	39	Lincoln	NE	406	8:47	00:58:24.2	364	8:53	00:58:13.8	8:50	01:55:50.5
388	675/2257	91/151	322	Scott Brown	M	35	Lincoln	NE	374	8:39	00:57:28.9	392	9:02	00:59:10.3	8:50	01:55:51.4
389	676/2257	74/136	2808	Nick Bockoven	M	32	Omaha	NE	581	9:11	01:03:54.2	294	8:30	00:55:41.1	8:50	01:55:52.6
390	678/2257	17/58	1611	David Florell	M	55	Lincoln	NE	456	8:50	00:58:59.4	361	8:51	00:58:02.6	8:50	01:55:56.2
391	679/2257	75/136	2778	Kenny Martin	M	31	Lincoln	NE	329	8:16	00:55:42.8	465	9:25	01:01:46.7	8:50	01:55:57.2
392	680/2257	48/116	1255	Jason Weber	M	40	Lincoln	NE	480	8:51	00:59:46.8	357	8:50	00:57:56.4	8:50	01:55:57.8
393	682/2257	49/116	951	Patrick Goracke	M	44	Lincoln	NE	427	8:47	00:58:41.7	369	8:54	00:58:23.8	8:50	01:55:58.3
394	687/2257	57/109	1472	Adam Brown	M	26	Lincoln	NE	303	8:18	00:54:55.8	463	9:24	01:01:40.4	8:51	01:56:03.7
395	690/2257	11/30	3336	Brad Heiliger	M	60	Lincoln	NE	379	8:31	00:57:34.8	427	9:12	01:00:18.5	8:51	01:56:10.2
396	691/2257	12/27	1205	Weston Fanders	M	23	Lincoln	NE	341	8:26	00:55:57.7	447	9:18	01:00:55.1	8:51	01:56:12.7

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	693/2257	38/77	2572	William Beecham	M	48	Lincoln	NE	484	8:50	00:59:57.3	368	8:54	00:58:23.0	8:52	01:56:14.9
398	694/2257	76/136	1024	Jared Goertzen	M	31	Lincoln	NE	373	8:39	00:57:28.8	406	9:06	00:59:36.5	8:52	01:56:16.1
399	695/2257	58/109	820	Kevin Mattern	M	29	Lincoln	NE	335	8:25	00:55:50.2	450	9:19	01:01:02.7	8:52	01:56:16.7
400	697/2257	92/151	1795	Nathan Goertzen	M	38	Hampton	NE	395	8:41	00:58:07.1	405	9:05	00:59:32.7	8:53	01:56:29.5
401	699/2257	50/116	1374	Jon Bakker	M	42	Omaha	NE	331	8:26	00:55:45.9	454	9:20	01:01:10.6	8:53	01:56:30.9
402	700/2257	18/58	922	Dale Rasmussen	M	59	Ceresco	NE	417	8:46	00:58:35.4	383	9:00	00:59:01.7	8:53	01:56:31.2
403	701/2257	59/109	2388	Chip Daehling	M	26	Elkhorn	NE	302	8:17	00:54:53.9	484	9:30	01:02:15.3	8:53	01:56:31.4
404	702/2257	51/116	1423	Kevin Schlautman	M	42	Lincoln	NE	452	8:44	00:58:55.8	396	9:03	00:59:16.8	8:53	01:56:33.3
405	704/2257	77/136	499	Justin Clements	M	34	Omaha	NE	410	8:47	00:58:29.9	382	9:00	00:59:00.3	8:53	01:56:36.7
406	707/2257	12/30	1549	Paul Boeshart	M	64	Lincoln	NE	366	8:35	00:57:08.2	430	9:12	01:00:21.6	8:54	01:56:41.4
407	710/2257	78/136	1568	Mike Dudley	M	32	Adams	NE	496	9:02	01:00:28.8	346	8:46	00:57:28.4	8:54	01:56:42.5
408	711/2257	60/109	3078	Jason Seger	M	27	Lincoln	NE	464	8:49	00:59:16.3	378	8:59	00:58:55.5	8:54	01:56:43.3
409	712/2257	79/136	3499	Joe Perez	M	30	Lincoln	NE	457	8:50	00:59:00.9	374	8:59	00:58:51.5	8:54	01:56:43.6
410	713/2257	39/77	1349	Douglas Lintz	M	45	Kearney	NE	324	8:22	00:55:33.2	473	9:27	01:01:59.1	8:54	01:56:48.6
411	715/2257	61/109	1957	Alec Bochek	M	27	Lincoln	NE	442	8:48	00:58:49.3	389	9:01	00:59:09.0	8:54	01:56:49.1
412	718/2257	19/58	3302	Jim Esola	M	55	Omaha	NE	503	9:02	01:00:42.4	349	8:47	00:57:35.7	8:54	01:56:51.9
413	719/2257	52/116	3141	William Thibodeau	M	41	Omaha	NE	385	8:46	00:57:46.2	400	9:04	00:59:25.9	8:55	01:56:54.4
414	721/2257	53/116	2819	Joshua Starr	M	40	Fairbury	NE	444	8:51	00:58:49.8	377	8:59	00:58:55.1	8:55	01:56:58.4
415	722/2257	40/77	2843	Toby Sandal	M	49	Beatrice	NE	483	8:51	00:59:56.5	381	8:59	00:58:56.8	8:55	01:57:01.0
416	724/2257	35/73	445	Mike Dougherty	M	52	Lincoln	NE	350	8:28	00:56:21.4	461	9:23	01:01:34.0	8:55	01:57:05.8
417	726/2257	36/73	3234	Brian Connor	M	54	Lincoln	NE	451	8:50	00:58:55.5	397	9:03	00:59:17.2	8:56	01:57:09.2
418	727/2257	93/151	3205	Seth Tracy	M	39	Elkhorn	NE	405	8:45	00:58:23.4	411	9:08	00:59:51.0	8:56	01:57:12.0
419	729/2257	62/109	1539	Jacob Bonander	M	26	Lincoln	NE	360	8:34	00:56:54.3	452	9:19	01:01:06.9	8:56	01:57:16.8
420	732/2257	54/116	1794	Joel Balk	M	42	Lincoln	NE	403	8:44	00:58:17.9	419	9:10	01:00:05.4	8:57	01:57:20.0
421	743/2257	94/151	821	Nathan Gaebel	M	35	Lincoln	NE	466	8:44	00:59:19.2	433	9:13	01:00:24.5	8:58	01:57:37.3
422	744/2257	20/58	421	Scott Sughroue	M	58	Lincoln	NE	461	8:51	00:59:09.2	407	9:06	00:59:40.7	8:58	01:57:40.5
423	745/2257	55/116	1097	Joseph Wolfe	M	40	Lincoln	NE	605	9:35	01:05:37.8	262	8:22	00:54:50.5	8:58	01:57:41.1
424	746/2257	56/116	335	Arun Pondicherry	M	41	Lincoln	NE	347	8:30	00:56:21.1	471	9:27	01:01:56.4	8:58	01:57:42.8
425	747/2257	13/30	371	Jim Peter	M	62	Lincoln	NE	509	8:58	01:00:50.5	379	8:59	00:58:55.7	8:58	01:57:44.0
426	749/2257	80/136	599	Michael Snodgrass	M	34	Lincoln	NE	435	8:47	00:58:46.3	423	9:11	01:00:13.0	8:59	01:57:45.9
427	751/2257	14/30	2059	Louis Hedlund	M	60	Lincoln	NE	433	8:45	00:58:44.6	436	9:13	01:00:28.0	8:59	01:57:47.8
428	757/2257	57/116	388	James Wolfe	M	44	Lincoln	NE	595	9:28	01:04:46.3	298	8:31	00:55:51.5	8:59	01:57:52.2
429	758/2257	41/77	1517	Tim Hanke	M	46	Urbandale	IA	371	8:36	00:57:25.5	458	9:23	01:01:29.9	8:59	01:57:54.2
430	760/2257	42/77	3328	Jon Jonson	M	48	Lincoln	NE	305	8:17	00:54:59.6	513	9:43	01:03:41.4	9:00	01:58:00.8
431	763/2257	63/109	2299	John Turnquist	M	28	Lincoln	NE	529	9:04	01:01:36.7	373	8:57	00:58:39.2	9:00	01:58:03.5
432	764/2257	21/58	1451	Jack Frans	M	59	South Bend	NE	416	8:38	00:58:35.2	457	9:23	01:01:27.6	9:00	01:58:04.0

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	766/2257	58/116	2002	Todd Eicher	M	44	Lincoln	NE	458	8:47	00:59:01.9	439	9:14	01:00:31.2	9:00	01:58:06.2
434	768/2257	59/116	375	Jeff Debie	M	40	Lincoln	NE	449	8:48	00:58:52.9	437	9:13	01:00:28.3	9:00	01:58:08.7
435	769/2257	95/151	348	Dyke Debie	M	35	Lincoln	NE	447	8:48	00:58:52.1	438	9:14	01:00:29.0	9:00	01:58:09.8
436	772/2257	60/116	382	Jason Ronell	M	43	Lincoln	NE	354	8:28	00:56:31.8	490	9:34	01:02:40.6	9:01	01:58:12.6
437	774/2257	81/136	2969	Jeff Ahern	M	30	Lincoln	NE	543	9:09	01:02:06.1	365	8:53	00:58:15.4	9:01	01:58:13.0
438	780/2257	37/73	1150	Scott Guenther	M	51	Lincoln	NE	376	8:34	00:57:29.7	481	9:29	01:02:09.1	9:01	01:58:21.9
439	781/2257	64/109	3195	Brady Beckman	M	26	Ralston	NE	522	9:03	01:01:26.7	384	9:00	00:59:03.4	9:02	01:58:26.3
440	782/2257	43/77	134	Erik Eggland	M	46	Ankeny	IA	441	8:49	00:58:48.2	442	9:15	01:00:36.1	9:02	01:58:27.2
441	783/2257	38/73	1969	Brad Johnson	M	52	Lincoln	NE	491	9:01	01:00:23.9	398	9:03	00:59:21.5	9:02	01:58:29.3
442	787/2257	61/116	439	Michael Keating	M	44	Lincoln	NE	493	8:57	01:00:24.9	410	9:07	00:59:48.3	9:02	01:58:32.0
443	792/2257	44/77	1493	John Krajewski	M	45	Lincoln	NE	523	9:04	01:01:27.3	390	9:01	00:59:09.9	9:03	01:58:38.8
444	794/2257	65/109	667	Jared Jollensten	M	29	Gretna	NE	336	8:21	00:55:51.2	518	9:45	01:03:54.5	9:03	01:58:41.2
445	795/2257	45/77	398	Theodore Durant	M	45	Lincoln	NE	525	9:05	01:01:27.9	391	9:01	00:59:09.9	9:03	01:58:41.5
446	801/2257	62/116	1612	Matt Grewe	M	42	Omaha	NE	270	8:10	00:53:55.7	537	9:58	01:05:17.1	9:03	01:58:49.2
447	802/2257	66/109	356	Michael Mason-D'croz	M	29	Lincoln	NE	499	9:00	01:00:36.7	409	9:07	00:59:47.5	9:03	01:58:50.5
448	803/2257	63/116	1251	Mark Law	M	42	Omaha	NE	556	9:20	01:02:43.8	352	8:48	00:57:44.4	9:04	01:58:52.6
449	811/2257	67/109	1912	Ben Searcey	M	28	Lincoln	NE	459	8:43	00:59:05.5	467	9:26	01:01:49.3	9:04	01:58:57.3
450	813/2257	64/116	1761	William Stolzenburg	M	43	Lincoln	NE	361	8:30	00:56:58.6	502	9:39	01:03:15.0	9:04	01:58:58.7
451	814/2257	96/151	2990	Cody Evans	M	35	Grand Island	NE	436	8:42	00:58:46.5	472	9:27	01:01:57.5	9:04	01:58:59.4
452	818/2257	46/77	2674	Doug Durham	M	49	Lincoln	NE	470	8:52	00:59:24.4	445	9:17	01:00:51.8	9:04	01:59:02.9
453	819/2257	47/77	2448	Steve Hilton	M	49	Lincoln	NE	501	9:00	01:00:37.3	417	9:09	01:00:01.3	9:04	01:59:04.1
454	820/2257	39/73	1750	John Hejl	M	53	Lincoln	NE	404	8:50	00:58:22.2	453	9:20	01:01:09.3	9:05	01:59:04.8
455	824/2257	40/73	3347	John Laffin	M	53	Lincoln	NE	508	9:00	01:00:49.5	422	9:11	01:00:10.3	9:05	01:59:07.5
456	826/2257	41/73	2130	Mike Blaha	M	52	Ord	NE	512	9:02	01:01:05.3	416	9:09	01:00:00.2	9:05	01:59:12.8
457	827/2257	48/77	2180	Grant Trierweiler	M	48	Lincoln	NE	532	9:06	01:01:46.8	404	9:05	00:59:31.6	9:05	01:59:12.9
458	828/2257	97/151	1422	Bryce Jakub	M	35	Burke	VA	309	8:18	00:55:11.2	531	9:53	01:04:49.2	9:05	01:59:14.0
459	830/2257	68/109	302	Thomas Jones	M	29	Omaha	NE	498	9:00	01:00:35.8	424	9:11	01:00:13.9	9:05	01:59:15.2
460	832/2257	82/136	2190	Nick Martin	M	34	Grand Island	NE	422	8:43	00:58:38.9	479	9:28	01:02:06.4	9:06	01:59:18.5
461	833/2257	65/116	3199	Keith Richert	M	44	Gresham	NE	552	9:02	01:02:25.8	420	9:10	01:00:05.7	9:06	01:59:19.2
462	834/2257	98/151	1825	Vinnie Krikac	M	38	Lincoln	NE	289	8:13	00:54:31.8	539	9:59	01:05:28.3	9:06	01:59:20.1
463	836/2257	99/151	3124	Bradley Rickard	M	37	Lincoln	NE	399	8:44	00:58:09.9	480	9:29	01:02:07.8	9:06	01:59:21.2
464	837/2257	15/30	1299	Kevin Van Nostrand	M	62	Lincoln	NE	505	8:54	01:00:45.6	449	9:19	01:01:01.7	9:06	01:59:22.6
465	840/2257	13/27	2427	Carsen Kuehl	M	24	Lincoln	NE	507	8:53	01:00:48.7	456	9:20	01:01:13.2	9:06	01:59:27.9
466	841/2257	22/58	2846	Greg Prochazka	M	56	Lincoln	NE	407	8:46	00:58:25.3	474	9:27	01:01:59.5	9:06	01:59:28.0
467	845/2257	69/109	227	Colby Dolan	M	25	Lincoln	NE	584	9:21	01:03:58.3	367	8:54	00:58:19.2	9:07	01:59:34.4
468	846/2257	70/109	1059	Joshua Pryor	M	29	La Vista	NE	500	9:00	01:00:36.9	440	9:14	01:00:33.8	9:07	01:59:34.5

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	848/2257	16/30	541	Bob Torell	M	64	Lincoln	NE	539	9:13	01:01:59.8	388	9:01	00:59:08.5	9:07	01:59:35.2
470	853/2257	66/116	2720	Bryon Langenfeld	M	40	Omaha	NE	358	8:34	00:56:47.4	508	9:41	01:03:30.4	9:07	01:59:39.1
471	859/2257	100/151	626	Kevin Loontjer	M	35	Omaha	NE	490	9:04	01:00:23.7	426	9:12	01:00:18.3	9:08	01:59:44.2
472	865/2257	101/151	1400	Kenny Conklin	M	35	Lincoln	NE	463	8:41	00:59:16.1	495	9:35	01:02:50.2	9:08	01:59:47.1
473	866/2257	49/77	1125	Jim Hogg	M	47	Lincoln	NE	420	8:47	00:58:37.8	483	9:29	01:02:11.0	9:08	01:59:47.8
474	872/2257	50/77	1849	Janssen Thompson	M	49	Lincoln	NE	495	8:58	01:00:26.7	451	9:19	01:01:04.8	9:08	01:59:50.9
475	873/2257	42/73	1480	Daniel Anderson	M	50	Omaha	NE	434	8:49	00:58:45.2	477	9:28	01:02:02.5	9:08	01:59:51.0
476	875/2257	43/73	1939	David Steffen	M	53	Lincoln	NE	408	8:35	00:58:26.2	512	9:42	01:03:37.6	9:08	01:59:54.9
477	882/2257	6/13	1977	Scott Jenkins	M	19	Lincoln	NE	279	8:15	00:54:16.3	549	10:03	01:05:53.5	9:09	02:00:01.4
478	883/2257	71/109	3486	Paul Breitkreutz	M	29	Lincoln	NE	542	9:12	01:02:03.5	408	9:07	00:59:46.8	9:09	02:00:02.8
479	885/2257	67/116	956	Jeremy Van Ackeren	M	44	Omaha	NE	535	9:01	01:01:49.1	448	9:18	01:01:00.4	9:09	02:00:08.1
480	888/2257	14/27	2458	Chris Brostrom	M	24	Lincoln	NE	426	8:45	00:58:41.3	496	9:36	01:02:53.3	9:10	02:00:12.3
481	890/2257	68/116	2820	Kevin Monismith	M	44	Lincoln	NE	497	8:53	01:00:29.2	482	9:29	01:02:10.6	9:11	02:00:23.3
482	891/2257	17/30	2694	Tad Eickman	M	61	Wilber	NE	549	9:10	01:02:19.5	425	9:12	01:00:17.2	9:11	02:00:24.9
483	895/2257	69/116	1073	Dustin Zabokrtsky	M	44	Bennington	NE	462	8:52	00:59:10.8	487	9:31	01:02:23.5	9:11	02:00:32.4
484	897/2257	102/151	2152	Steven Colonna	M	36	Lincoln	NE	502	9:00	01:00:39.7	460	9:23	01:01:33.0	9:11	02:00:34.3
485	904/2257	15/27	2086	Nick Jenkins	M	22	Lincoln	NE	281	8:15	00:54:17.3	566	10:10	01:06:35.5	9:12	02:00:42.3
486	912/2257	83/136	2590	Dan Aksamit	M	34	Lincoln	NE	567	9:19	01:03:06.5	415	9:09	00:59:59.2	9:14	02:01:02.5
487	915/2257	51/77	2856	Vinnie Macklin	M	48	Lincoln	NE	465	8:52	00:59:16.7	498	9:36	01:02:58.3	9:14	02:01:04.5
488	917/2257	18/30	1438	Rick Olson	M	64	Omaha	NE	398	8:45	00:58:08.7	516	9:44	01:03:48.0	9:14	02:01:08.0
489	919/2257	72/109	443	Alexander Skillman	M	28	Omaha	NE	323	8:17	00:55:32.8	570	10:12	01:06:50.4	9:14	02:01:10.8
490	922/2257	70/116	3265	Carlos Prendes	M	42	Omaha	NE	476	8:48	00:59:37.9	505	9:41	01:03:27.9	9:14	02:01:12.2
491	923/2257	84/136	3139	Craig Spilker	M	33	Beatrice	NE	482	8:54	00:59:49.9	499	9:37	01:02:59.5	9:15	02:01:17.6
492	924/2257	85/136	2505	Kevin Vanwinkle	M	30	Omaha	NE	450	8:51	00:58:52.9	503	9:40	01:03:20.5	9:15	02:01:20.3
493	925/2257	86/136	3292	Charlie Breneman	M	33	Lincoln	NE	661	10:08	01:09:19.8	267	8:22	00:54:54.5	9:15	02:01:22.1
494	930/2257	23/58	1896	Christopher Weibye	M	58	Lincoln	NE	419	8:46	00:58:37.6	520	9:46	01:03:58.4	9:15	02:01:28.5
495	934/2257	103/151	2434	Kirk Van Roekel	M	39	Lincoln	NE	511	8:52	01:01:03.5	506	9:41	01:03:28.8	9:16	02:01:36.3
496	935/2257	16/27	1382	Ean Patrick	M	20	Carson	IA	555	9:18	01:02:42.8	443	9:15	01:00:41.1	9:16	02:01:37.1
497	938/2257	87/136	2268	George R. Green	M	33	Boulder	CO	570	9:21	01:03:20.5	432	9:13	01:00:24.0	9:16	02:01:39.7
498	939/2257	19/30	2230	George D. Green	M	62	Stockwell St.	NE	571	9:21	01:03:20.6	431	9:13	01:00:23.7	9:16	02:01:40.1
499	942/2257	104/151	1800	Jeremy Schwarz	M	39	Lincoln	NE	359	8:32	00:56:50.7	548	10:03	01:05:52.8	9:17	02:01:47.0
500	943/2257	88/136	2803	Broc Howard	M	34	Kearney	NE	394	8:45	00:58:06.9	528	9:50	01:04:30.5	9:17	02:01:49.3
501	947/2257	71/116	381	Matthew Pedersen	M	43	Omaha	NE	524	9:11	01:01:27.7	462	9:24	01:01:39.6	9:17	02:01:51.4
502	948/2257	72/116	1624	Scott Thompson	M	44	Omaha	NE	521	9:10	01:01:26.3	464	9:25	01:01:44.8	9:17	02:01:52.5
503	954/2257	73/116	1610	Steve Urbauer	M	43	Lincoln	NE	533	9:06	01:01:47.2	486	9:31	01:02:21.1	9:18	02:01:59.8
504	955/2257	74/116	934	Bill O'neill	M	42	Gretna	NE	393	8:40	00:58:04.9	536	9:57	01:05:11.9	9:18	02:02:01.5

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
505	956/2257	75/116	2769	Jeff Jensen	M	43	Omaha	NE	515	9:01	01:01:08.6	497	9:36	01:02:55.5	9:18	02:02:02.5
506	962/2257	73/109	2658	Zac Groenke	M	25	Lincoln	NE	386	8:37	00:57:46.8	545	10:01	01:05:42.6	9:19	02:02:10.5
507	964/2257	52/77	859	Todd Mylander	M	48	Lincoln	NE	527	9:07	01:01:31.1	488	9:31	01:02:24.7	9:19	02:02:11.5
508	966/2257	7/13	2792	James D Kopsa	M	16	Elkhorn	NE	431	8:46	00:58:43.5	532	9:54	01:04:51.8	9:19	02:02:19.0
509	968/2257	105/151	1583	Matthew Eickman	M	36	Overland Park	KS	225	7:57	00:52:26.7	636	10:42	01:10:09.9	9:19	02:02:20.2
510	971/2257	89/136	730	Joshua Batt	M	34	Lincoln	NE	600	9:28	01:05:10.9	434	9:13	01:00:26.3	9:20	02:02:27.7
511	976/2257	90/136	2836	Josh Kramer	M	32	Lincoln	NE	338	8:21	00:55:51.8	595	10:22	01:07:55.0	9:21	02:02:37.1
512	977/2257	53/77	1544	Randall Davis	M	49	Elkhorn	NE	565	9:11	01:02:59.5	489	9:32	01:02:28.1	9:21	02:02:37.5
513	978/2257	91/136	798	Johannes Kienzle	M	33	Oakland	CA	561	9:20	01:02:56.3	459	9:23	01:01:29.9	9:21	02:02:38.6
514	980/2257	54/77	240	Jay Shaeffer	M	45	Lincoln	NE	454	8:49	00:58:57.6	534	9:54	01:04:52.3	9:21	02:02:39.8
515	990/2257	17/27	1516	Nathan Channer	M	23	Lincoln	NE	414	8:41	00:58:33.7	550	10:03	01:05:55.3	9:22	02:02:50.7
516	991/2257	106/151	1213	Chris Bultsma	M	39	Bennington	NE	531	9:10	01:01:42.8	494	9:35	01:02:47.1	9:22	02:02:51.2
517	992/2257	55/77	2165	Scott Black	M	45	Lincoln	NE	568	9:19	01:03:06.6	466	9:26	01:01:48.5	9:22	02:02:52.8
518	997/2257	107/151	236	Kevin Riessland	M	38	Lincoln	NE	516	9:12	01:01:10.8	491	9:34	01:02:45.3	9:23	02:03:03.4
519	998/2257	44/73	1710	Lynn Knuth	M	52	Lincoln	NE	559	9:16	01:02:55.8	485	9:31	01:02:20.7	9:23	02:03:03.9
520	1000/2257	56/77	1777	Jeff Gilbertson	M	48	Grand Island	NE	494	8:57	01:00:26.7	525	9:50	01:04:25.3	9:23	02:03:07.7
521	1002/2257	24/58	1370	David Tuma	M	55	Omaha	NE	485	8:57	01:00:00.5	527	9:50	01:04:29.8	9:23	02:03:09.2
522	1004/2257	45/73	3542	Chuck Parker	M	52	Lincoln	NE	477	8:41	00:59:39.5	558	10:07	01:06:16.1	9:24	02:03:14.0
523	1005/2257	25/58	3439	Don Dahlquist	M	58	Lincoln	NE	589	9:31	01:04:34.3	444	9:17	01:00:50.4	9:24	02:03:14.5
524	1013/2257	76/116	2534	Christopher Bikus	M	44	Elkhorn	NE	472	8:44	00:59:27.9	556	10:05	01:06:08.5	9:24	02:03:26.1
525	1014/2257	57/77	521	Matthew Bellamy	M	46	Cairo	NE	541	9:09	01:02:01.8	509	9:41	01:03:30.5	9:25	02:03:28.8
526	1019/2257	92/136	2269	Tigh Buckles	M	31	Lincoln	NE	563	9:16	01:02:58.2	500	9:37	01:02:59.6	9:26	02:03:45.6
527	1021/2257	77/116	320	Mark Chapin	M	44	Lincoln	NE	492	9:02	01:00:24.5	529	9:51	01:04:36.3	9:26	02:03:48.2
528	1023/2257	108/151	3038	Matt Severin	M	38	Lincoln	NE	579	9:15	01:03:48.5	501	9:38	01:03:10.8	9:26	02:03:52.3
529	1027/2257	93/136	3165	Brice Farley	M	31	Lincoln	NE	597	9:27	01:05:05.8	476	9:28	01:02:01.8	9:27	02:04:01.1
530	1028/2257	74/109	2676	Matt Johnson	M	28	Council Bluffs	IA	598	9:28	01:05:06.3	475	9:28	01:02:00.5	9:27	02:04:01.2
531	1029/2257	109/151	309	Todd Pfeil	M	38	Lincoln	NE	534	9:12	01:01:47.2	515	9:43	01:03:44.9	9:27	02:04:03.7
532	1037/2257	78/116	969	Jason Holsten	M	41	Lincoln	NE	518	9:03	01:01:14.3	533	9:54	01:04:52.2	9:28	02:04:15.1
533	1038/2257	46/73	2578	Joel Hansen	M	52	Omaha	NE	606	10:01	01:05:38.2	372	8:57	00:58:37.4	9:28	02:04:15.6
534	1042/2257	47/73	410	Craig Wagner	M	51	Lincoln	NE	547	9:16	01:02:16.7	511	9:42	01:03:36.9	9:29	02:04:23.7
535	1051/2257	94/136	3470	Michael Wetta	M	32	Omaha	NE	554	9:17	01:02:28.7	517	9:44	01:03:51.1	9:30	02:04:43.4
536	1054/2257	26/58	1956	Arnie Cerny	M	55	Beatrice	NE	372	8:38	00:57:27.1	598	10:24	01:08:09.6	9:31	02:04:46.4
537	1055/2257	110/151	1862	Jeff Eells	M	38	Lincoln	NE	588	9:35	01:04:33.7	470	9:27	01:01:55.8	9:31	02:04:46.7
538	1056/2257	75/109	150	Matthew Clare	M	25	Lincoln	NE	504	9:01	01:00:43.2	544	10:01	01:05:41.6	9:31	02:04:47.9
539	1057/2257	76/109	1567	Taylor Weichman	M	28	Madison	WI	573	9:23	01:03:30.2	504	9:40	01:03:21.9	9:31	02:04:49.9
540	1059/2257	48/73	1477	Daniel Dougherty	M	54	Lincoln	NE	478	8:55	00:59:43.8	563	10:08	01:06:25.8	9:31	02:04:51.3

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
541	1064/2257	95/136	775	Jonathan Carter	M	31	Lincoln	NE	445	8:47	00:58:50.7	583	10:17	01:07:25.9	9:32	02:04:59.4
542	1069/2257	1/3	2758	Keith Swarts	M	70	Omaha	NE	585	9:24	01:04:13.8	507	9:41	01:03:30.3	9:32	02:05:06.6
543	1070/2257	96/136	1642	Ryan Watson	M	33	Lincoln	NE	355	8:30	00:56:35.7	623	10:35	01:09:23.6	9:32	02:05:07.0
544	1071/2257	79/116	2680	Brian Duran	M	43	Firth	NE	546	9:07	01:02:14.3	538	9:58	01:05:22.8	9:32	02:05:07.6
545	1077/2257	97/136	1022	Dan Gibson	M	32	Lincoln	NE	586	9:24	01:04:15.8	510	9:42	01:03:36.0	9:33	02:05:15.1
546	1080/2257	8/13	2976	Mason Mower	M	15	Lincoln	NE	488	8:54	01:00:15.4	573	10:13	01:06:57.7	9:33	02:05:17.7
547	1088/2257	77/109	2623	Luke Piskorski	M	26	Ord	NE	469	8:51	00:59:23.4	580	10:16	01:07:19.4	9:33	02:05:23.4
548	1089/2257	111/151	647	Adam Sellhorn	M	35	Lincoln	NE	557	9:16	01:02:53.3	530	9:52	01:04:38.2	9:33	02:05:24.4
549	1095/2257	27/58	3350	Jim Carraher	M	58	Omaha	NE	489	8:53	01:00:18.2	578	10:15	01:07:11.4	9:34	02:05:27.4
550	1096/2257	98/136	3428	Grant Leach	M	33	Omaha	NE	421	8:37	00:58:38.8	613	10:32	01:09:01.3	9:34	02:05:27.7
551	1100/2257	99/136	778	Benjamin Kopsa	M	30	Lincoln	NE	430	8:46	00:58:43.5	597	10:23	01:08:03.3	9:34	02:05:29.2
552	1104/2257	80/116	1625	Ryan King	M	41	Lincoln	NE	536	9:09	01:01:53.9	543	10:01	01:05:40.9	9:34	02:05:37.2
553	1110/2257	28/58	1245	Bob Morgan	M	55	Lincoln	NE	540	9:11	01:02:00.7	540	10:00	01:05:31.3	9:35	02:05:46.6
554	1111/2257	81/116	3071	Tim Farmer	M	43	Lincoln	NE	425	8:43	00:58:40.9	607	10:30	01:08:46.5	9:36	02:05:53.8
555	1118/2257	100/136	651	Kelby Nitz	M	31	Seward	NE	558	9:02	01:02:53.8	569	10:11	01:06:45.7	9:36	02:05:59.1
556	1120/2257	78/109	3162	Theodore Wolff	M	29	Coppell	TX	656	10:05	01:09:02.9	414	9:09	00:59:58.4	9:36	02:06:01.5
557	1123/2257	58/77	2610	Mark Simonson	M	48	Fremont	NE	626	9:40	01:06:28.8	493	9:34	01:02:45.7	9:37	02:06:08.4
558	1128/2257	82/116	1378	Joe Fleming	M	42	Lincoln	NE	479	8:57	00:59:46.3	591	10:19	01:07:40.1	9:38	02:06:22.1
559	1137/2257	49/73	2926	Dan Schmuecker	M	53	Lincoln	NE	538	9:14	01:01:56.8	557	10:06	01:06:10.4	9:39	02:06:41.6
560	1140/2257	50/73	2978	Mark Olson	M	53	Milford	NE	615	9:37	01:05:57.5	514	9:43	01:03:42.6	9:40	02:06:46.4
561	1141/2257	112/151	1363	Wayne Riekhof	M	37	Lincoln	NE	526	9:10	01:01:30.7	568	10:11	01:06:44.6	9:40	02:06:47.6
562	1148/2257	113/151	143	Jeff Fry	M	36	Firth	NE	553	9:03	01:02:27.7	588	10:19	01:07:36.2	9:41	02:06:59.0
563	1150/2257	29/58	681	James Fischer	M	56	Lincoln	NE	537	9:11	01:01:56.3	567	10:11	01:06:44.4	9:41	02:06:59.8
564	1151/2257	114/151	1513	Jay McConnell	M	37	Lincoln	NE	604	9:35	01:05:36.2	523	9:47	01:04:09.4	9:41	02:07:00.2
565	1152/2257	79/109	1973	Andrew Neville	M	28	Lincoln	NE	468	8:50	00:59:20.8	615	10:33	01:09:08.0	9:41	02:07:00.2
566	1154/2257	101/136	2693	Tim Tworek	M	34	Omaha	NE	517	9:07	01:01:11.2	579	10:16	01:07:15.9	9:41	02:07:01.3
567	1155/2257	80/109	2353	Andrew Abraham	M	27	Lincoln	NE	432	8:42	00:58:44.2	632	10:40	01:09:55.9	9:41	02:07:01.3
568	1158/2257	30/58	1069	William Johnson	M	57	Norfolk	NE	569	9:19	01:03:17.8	553	10:04	01:05:59.0	9:41	02:07:05.0
569	1161/2257	31/58	2250	Kevin Watteyne	M	57	Lincoln	NE	601	9:35	01:05:21.8	524	9:49	01:04:18.7	9:41	02:07:08.8
570	1163/2257	81/109	1814	Sam Lundgren	M	29	Omaha	NE	530	9:08	01:01:38.1	581	10:16	01:07:20.0	9:42	02:07:10.6
571	1170/2257	83/116	817	Dan Schafer	M	42	Lincoln	NE	583	9:28	01:03:55.2	541	10:00	01:05:34.4	9:44	02:07:39.2
572	1187/2257	59/77	1064	David Kohrell	M	49	Lincoln	NE	592	9:32	01:04:43.8	542	10:01	01:05:39.3	9:46	02:08:07.2
573	1191/2257	82/109	3190	Zed Adams	M	28	Lincoln	NE	528	9:07	01:01:32.9	602	10:26	01:08:24.5	9:46	02:08:09.2
574	1201/2257	102/136	2084	Chad Katzberg	M	33	Lincoln	NE	593	9:30	01:04:45.9	554	10:05	01:06:03.4	9:47	02:08:21.9
575	1202/2257	84/116	2422	Cass Mitchell	M	41	Lincoln	NE	520	9:13	01:01:25.3	594	10:22	01:07:54.2	9:47	02:08:22.2
576	1203/2257	103/136	2150	Mark Hayward	M	32	Omaha	NE	574	9:21	01:03:32.2	576	10:14	01:07:06.6	9:47	02:08:24.6

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
577	1208/2257	104/136	556	Ryan Hiatt	M	30	Lincoln	NE	594	9:27	01:04:46.1	564	10:08	01:06:28.5	9:48	02:08:28.2
578	1218/2257	51/73	764	Scott Strasburger	M	51	Lincoln	NE	623	9:44	01:06:21.9	535	9:55	01:04:58.6	9:49	02:08:45.7
579	1220/2257	32/58	549	Michael Mccullough	M	58	Lincoln	NE	510	8:59	01:00:56.3	631	10:40	01:09:55.3	9:49	02:08:47.2
580	1224/2257	33/58	253	Steve Scoville	M	59	Elwood	NE	514	9:05	01:01:08.2	625	10:37	01:09:33.9	9:51	02:09:08.3
581	1227/2257	34/58	2649	Steve Wolford	M	56	Hastings	NE	519	9:09	01:01:18.3	616	10:33	01:09:09.7	9:51	02:09:11.9
582	1231/2257	20/30	2001	Stan Selfridge	M	64	Lincoln	NE	587	9:31	01:04:20.7	577	10:14	01:07:07.8	9:52	02:09:33.3
583	1233/2257	35/58	1578	Rich Norman	M	55	Lincoln	NE	624	9:45	01:06:23.3	546	10:01	01:05:43.0	9:53	02:09:38.1
584	1234/2257	115/151	2389	Dave Lockridge	M	36	Walton	NE	551	9:17	01:02:24.5	609	10:30	01:08:51.3	9:53	02:09:41.7
585	1238/2257	52/73	1035	Todd Havlat	M	51	Lincoln	NE	616	9:41	01:05:58.5	560	10:07	01:06:21.8	9:54	02:09:52.9
586	1243/2257	21/30	1725	Jerry Easley	M	63	Lincoln	NE	655	10:04	01:09:02.5	521	9:47	01:04:06.1	9:55	02:10:03.2
587	1245/2257	53/73	2121	Kevin Linder	M	51	Lincoln	NE	475	9:02	00:59:34.8	646	10:49	01:10:55.2	9:55	02:10:06.4
588	1247/2257	85/116	3498	Ganesh Srinivasan	M	42	Lincoln	NE	619	9:48	01:06:08.8	551	10:03	01:05:55.9	9:56	02:10:13.4
589	1252/2257	105/136	2858	Wynn Lafferty	M	33	Lincoln	NE	618	9:48	01:06:03.3	555	10:05	01:06:06.1	9:56	02:10:18.2
590	1263/2257	106/136	3550	Damon Haifley	M	33	Lincoln	NE	607	9:40	01:05:39.3	584	10:18	01:07:29.7	9:58	02:10:50.7
591	1266/2257	116/151	1096	Jason Anderson	M	37	Omaha	NE	634	9:55	01:07:26.5	547	10:03	01:05:50.3	9:59	02:10:53.4
592	1267/2257	117/151	1581	Adam Wackel	M	35	Crete	NE	548	9:20	01:02:18.3	627	10:38	01:09:39.5	9:59	02:10:53.6
593	1271/2257	107/136	3013	Dustin Petersen	M	31	Lincoln	NE	560	9:24	01:02:55.8	621	10:35	01:09:20.9	9:59	02:11:01.1
594	1274/2257	60/77	3544	Ron Murphy	M	48	Lincoln	NE	545	9:05	01:02:11.5	657	10:56	01:11:42.0	10:00	02:11:13.5
595	1275/2257	61/77	569	Brian Reetz	M	45	Lincoln	NE	617	9:43	01:05:59.1	587	10:19	01:07:35.3	10:00	02:11:17.7
596	1278/2257	118/151	3484	Josh Clark	M	38	Ashland	NE	423	8:48	00:58:39.8	669	11:15	01:13:45.7	10:01	02:11:29.1
597	1279/2257	86/116	2053	Jeremy Williams	M	41	Lincoln	NE	603	9:39	01:05:23.6	599	10:25	01:08:16.1	10:01	02:11:31.6
598	1283/2257	36/58	883	Daniel Cobos	M	58	Omaha	NE	643	9:47	01:08:22.6	585	10:18	01:07:32.0	10:02	02:11:38.7
599	1285/2257	108/136	2014	Dan Morrow	M	31	Lincoln	NE	576	9:24	01:03:33.9	634	10:41	01:10:05.0	10:02	02:11:40.3
600	1290/2257	87/116	993	Jay Peterson	M	43	Waverly	NE	550	9:12	01:02:22.6	652	10:54	01:11:26.7	10:03	02:11:45.9
601	1291/2257	62/77	1143	Darryl Michelizzi	M	46	Omaha	NE	602	9:39	01:05:22.8	605	10:27	01:08:31.2	10:03	02:11:46.1
602	1293/2257	109/136	1412	Aaron Christian	M	33	Bellevue	NE	639	9:54	01:08:04.3	572	10:12	01:06:54.5	10:03	02:11:48.4
603	1299/2257	18/27	346	Collin Perlinger	M	21	Paxton	NE	591	9:37	01:04:36.3	611	10:31	01:08:58.5	10:04	02:11:59.0
604	1308/2257	37/58	374	Bob Schoby	M	55	Blair	NE	636	9:51	01:07:36.9	589	10:19	01:07:38.0	10:05	02:12:13.2
605	1309/2257	119/151	861	Tim Svoboda	M	38	Lincoln	NE	625	9:44	01:06:23.8	600	10:26	01:08:22.5	10:05	02:12:13.5
606	1312/2257	120/151	876	Brian Larson	M	39	Waverly	NE	614	9:37	01:05:54.5	620	10:34	01:09:18.3	10:05	02:12:21.0
607	1313/2257	63/77	1742	Michael Loll	M	45	Lincoln	NE	640	9:55	01:08:08.8	582	10:17	01:07:23.3	10:05	02:12:23.3
608	1316/2257	64/77	635	David Kaeding	M	47	Council Bluffs	IA	641	10:03	01:08:15.1	565	10:09	01:06:32.7	10:06	02:12:27.0
609	1317/2257	110/136	3545	Ben James	M	33	Lincoln	NE	609	9:37	01:05:42.8	622	10:35	01:09:22.3	10:06	02:12:27.5
610	1318/2257	121/151	326	Kirk Nelson	M	39	Thurston	NE	644	10:05	01:08:27.1	562	10:08	01:06:23.3	10:06	02:12:30.5
611	1323/2257	83/109	3543	Matt Donahue	M	26	Hickman	NE	544	9:04	01:02:11.4	665	11:09	01:13:07.1	10:06	02:12:34.8
612	1325/2257	38/58	3297	Jay Marshall	M	55	Lincoln	NE	590	9:31	01:04:35.9	637	10:43	01:10:11.8	10:07	02:12:37.2

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
613	1326/2257	122/151	2890	Federico Balet	M	35	Lincoln	NE	668	10:00	01:09:48.8	575	10:14	01:07:05.8	10:07	02:12:37.8
614	1330/2257	19/27	1594	Luke Stege-Tompsett	M	24	Lincoln	NE	481	8:57	00:59:48.9	675	11:18	01:14:05.0	10:07	02:12:42.6
615	1333/2257	3/5	567	Doyle Helmink	M	65	Lincoln	NE	629	9:56	01:07:05.3	590	10:19	01:07:38.0	10:07	02:12:48.2
616	1334/2257	123/151	1312	Nick Bock	M	39	Hickman	NE	652	10:08	01:08:47.2	559	10:07	01:06:21.0	10:07	02:12:49.6
617	1342/2257	54/73	1068	Tim Meyer	M	53	Lincoln	NE	582	9:34	01:03:54.4	638	10:43	01:10:15.4	10:08	02:12:57.4
618	1359/2257	88/116	2821	Brandon Day	M	42	Norfolk	NE	671	10:10	01:09:53.5	571	10:12	01:06:51.6	10:11	02:13:31.5
619	1366/2257	84/109	650	Jake Hoy-Elswick	M	29	Lincoln	NE	628	9:55	01:06:37.5	606	10:29	01:08:42.2	10:12	02:13:44.6
620	1378/2257	89/116	1365	Lee Nelson	M	41	Hooper	NE	566	9:17	01:03:02.1	667	11:11	01:13:19.4	10:14	02:14:09.1
621	1380/2257	90/116	124	David Greer	M	44	Lincoln	NE	663	10:15	01:09:21.2	574	10:14	01:07:04.0	10:14	02:14:15.0
622	1382/2257	39/58	3415	Dan Schulte	M	58	Lincoln	NE	613	9:50	01:05:49.1	630	10:39	01:09:46.7	10:14	02:14:17.2
623	1383/2257	22/30	972	Richard A Rogers	M	60	Lincoln	NE	648	9:59	01:08:40.6	608	10:30	01:08:50.2	10:14	02:14:18.0
624	1387/2257	40/58	2453	John Thielen	M	56	Omaha	NE	633	9:59	01:07:25.8	610	10:31	01:08:57.3	10:15	02:14:25.6
625	1389/2257	9/13	2183	Connor Clifford	M	18	Lincoln	NE	474	8:58	00:59:30.8	691	11:33	01:15:40.1	10:15	02:14:30.3
626	1390/2257	111/136	1218	Brandon Bartek	M	34	Lincoln	NE	622	9:38	01:06:19.6	654	10:54	01:11:29.6	10:16	02:14:36.1
627	1394/2257	112/136	2425	Andrew Whealy	M	34	Omaha	NE	513	9:03	01:01:06.9	687	11:30	01:15:19.5	10:16	02:14:40.7
628	1398/2257	85/109	2083	John Metzger	M	27	Peoria	IL	642	9:52	01:08:18.4	639	10:43	01:10:18.0	10:18	02:15:01.9
629	1401/2257	55/73	2006	Curt Jones	M	51	Lincoln	NE							10:18	02:15:03.8
630	1412/2257	124/151	3011	Brett Meyer	M	37	Fremont	NE	637	10:03	01:07:40.4	624	10:37	01:09:33.4	10:19	02:15:25.0
631	1419/2257	56/73	3372	Chris Denney	M	54	Omaha	NE	701	10:15	01:11:23.8	601	10:26	01:08:24.3	10:20	02:15:36.3
632	1424/2257	113/136	1270	Daniel Feilmeier	M	31	Omaha	NE	651	9:54	01:08:44.6	647	10:49	01:10:57.0	10:21	02:15:50.8
633	1425/2257	114/136	3009	Chris Petersen	M	31	Waterloo	NE	650	9:54	01:08:44.2	648	10:49	01:10:57.3	10:21	02:15:50.9
634	1435/2257	125/151	2231	Mickey Judd	M	39	Fairbury	NE	695	10:27	01:11:06.3	586	10:18	01:07:32.2	10:22	02:16:05.3
635	1437/2257	86/109	1786	Nate Stratton	M	28	Lincoln	NE	679	10:13	01:10:21.3	617	10:33	01:09:09.9	10:23	02:16:09.7
636	1444/2257	57/73	3446	Perry Stoner	M	52	Lincoln	NE	580	9:27	01:03:50.1	682	11:22	01:14:27.1	10:24	02:16:27.4
637	1446/2257	115/136	2415	Jeremy Schwebke	M	30	Lincoln	NE	687	10:18	01:10:38.8	619	10:34	01:09:14.8	10:25	02:16:45.3
638	1451/2257	116/136	3380	Andy Misle	M	32	Lincoln	NE	698	10:09	01:11:10.8	640	10:44	01:10:21.0	10:26	02:16:55.3
639	1452/2257	87/109	1879	Ryan Stauffer	M	27	Lincoln	NE	662	10:08	01:09:20.5	642	10:46	01:10:36.8	10:27	02:17:04.6
640	1453/2257	91/116	1056	Shane Sullivan	M	40	Omaha	NE	630	9:55	01:07:05.6	660	11:00	01:12:05.5	10:27	02:17:04.8
641	1454/2257	58/73	1153	Ned Pauley	M	52	Milford	NE	660	10:08	01:09:19.6	643	10:46	01:10:37.5	10:27	02:17:05.2
642	1457/2257	92/116	2104	David Emanuel	M	42	Omaha	NE	649	10:07	01:08:43.8	649	10:50	01:11:01.0	10:28	02:17:21.3
643	1459/2257	126/151	1101	Brandon Boldt	M	37	Lincoln	NE	647	10:00	01:08:39.3	658	10:58	01:11:54.1	10:29	02:17:30.4
644	1468/2257	117/136	1356	Brock Minert	M	31	Lincoln	NE	596	9:45	01:05:04.7	671	11:16	01:13:53.2	10:30	02:17:51.0
645	1471/2257	93/116	3531	Dan Lambe	M	44	Lincoln	NE	635	9:51	01:07:28.9	666	11:11	01:13:18.8	10:31	02:17:56.3
646	1473/2257	127/151	2482	Stephen Brown	M	36	Lincoln	NE	699	10:27	01:11:12.6	626	10:37	01:09:36.1	10:32	02:18:05.2
647	1475/2257	118/136	1984	Nicholas Krueger	M	31	Omaha	NE	667	10:05	01:09:39.5	659	10:59	01:12:02.1	10:32	02:18:09.0
648	1476/2257	20/27	2352	Derek Couch	M	23	Papillion	NE	720	10:44	01:13:08.9	592	10:21	01:07:51.2	10:32	02:18:10.7

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
649	1480/2257	65/77	3221	Vino Rodriguez	M	46	Lincoln	NE	764	11:15	01:17:24.8	526	9:50	01:04:27.5	10:32	02:18:13.9
650	1485/2257	4/5	1459	John Seminara	M	67	Omaha	NE	726	10:41	01:13:36.2	603	10:27	01:08:28.4	10:33	02:18:27.1
651	1486/2257	41/58	1468	Larry Burson	M	55	Gretna	NE	725	10:41	01:13:35.8	604	10:27	01:08:28.7	10:33	02:18:27.9
652	1490/2257	10/13	3472	Mark Nichting	M	18	Omaha	NE	739	11:05	01:14:13.4	552	10:04	01:05:58.0	10:34	02:18:35.2
653	1493/2257	119/136	1675	Kevin Fuji	M	30	Omaha	NE	737	10:48	01:14:06.9	593	10:21	01:07:52.7	10:34	02:18:37.2
654	1500/2257	59/73	408	Joe Billesbach	M	50	Beatrice	NE	599	9:28	01:05:08.3	702	11:42	01:16:39.0	10:34	02:18:43.2
655	1501/2257	42/58	1839	Paul Eschliman	M	55	Lincoln	NE	715	10:38	01:12:48.9	614	10:32	01:09:02.5	10:34	02:18:43.2
656	1505/2257	94/116	2271	Glen Nelson	M	43	Bennet	NE	719	10:38	01:13:06.9	612	10:32	01:08:59.8	10:35	02:18:44.4
657	1511/2257	95/116	2719	Brian Golden	M	43	Hickman	NE	572	9:29	01:03:26.9	700	11:42	01:16:38.4	10:35	02:18:48.5
658	1512/2257	43/58	2960	Dennis Pracheil	M	56	Dorchester	NE	734	10:48	01:14:05.6	596	10:22	01:07:59.5	10:35	02:18:50.5
659	1524/2257	96/116	407	Mark Pomajzl	M	42	Lincoln	NE	577	9:30	01:03:39.7	706	11:45	01:16:59.1	10:37	02:19:13.0
660	1538/2257	21/27	2568	Austin Nichols	M	21	Lincoln	NE	654	10:02	01:08:59.9	672	11:17	01:13:59.6	10:39	02:19:45.6
661	1540/2257	23/30	321	Paul Van De Water	M	61	Lincoln	NE	703	10:33	01:11:38.3	644	10:48	01:10:47.1	10:40	02:19:53.9
662	1547/2257	128/151	2870	Ben Webster	M	37	Malcolm	NE	693	10:28	01:10:51.2	653	10:54	01:11:28.3	10:41	02:20:06.9
663	1549/2257	129/151	3370	Jason Stille	M	39	Lincoln	NE	646	9:59	01:08:30.8	683	11:24	01:14:42.3	10:41	02:20:10.2
664	1551/2257	130/151	1858	Craig Ogden	M	39	Malcom	NE	620	9:49	01:06:10.7	692	11:34	01:15:48.8	10:41	02:20:12.0
665	1554/2257	60/73	1298	William Stott	M	51	Omaha	NE	706	10:28	01:11:48.1	656	10:56	01:11:40.3	10:42	02:20:16.4
666	1555/2257	88/109	659	Matt Kuske	M	25	Lincoln	NE	627	9:42	01:06:29.8	705	11:43	01:16:45.8	10:42	02:20:20.8
667	1566/2257	120/136	1633	Chris Kooyman	M	32	Omaha	NE	610	9:55	01:05:42.8	690	11:32	01:15:38.8	10:43	02:20:36.4
668	1567/2257	121/136	1863	David Donaldson	M	31	Lincoln	NE	611	9:55	01:05:42.8	689	11:32	01:15:37.8	10:43	02:20:36.9
669	1572/2257	11/13	3299	Will Inamura	M	19	Lincoln	NE	745	10:50	01:14:50.3	629	10:38	01:09:44.5	10:44	02:20:43.7
670	1574/2257	12/13	3075	Treyson Mcgill	M	19	Lincoln	NE	670	10:18	01:09:50.9	668	11:11	01:13:19.6	10:44	02:20:48.0
671	1575/2257	24/30	1616	David Smith	M	62	Mccook	NE	696	10:22	01:11:08.3	663	11:07	01:12:53.4	10:44	02:20:49.3
672	1576/2257	122/136	3395	Ashtyn Beek	M	31	Jefferson City	MO	575	9:26	01:03:32.9	719	12:03	01:18:59.3	10:44	02:20:50.4
673	1577/2257	44/58	2905	Jim Koenig	M	55	Grand Island	NE	578	9:25	01:03:46.3	721	12:04	01:19:07.9	10:44	02:20:50.6
674	1581/2257	61/73	3285	Ko Inamura	M	51	Lincoln	NE	746	10:50	01:14:50.5	633	10:40	01:09:57.3	10:45	02:20:55.9
675	1582/2257	131/151	3511	Venkat Malireddi	M	37	Lincoln	NE	735	10:48	01:14:06.3	635	10:42	01:10:09.5	10:45	02:20:58.9
676	1589/2257	97/116	3226	Harry Watson	M	40	Lincoln	NE	665	10:14	01:09:27.3	674	11:17	01:14:00.4	10:45	02:21:06.0
677	1598/2257	62/73	2265	Alan Eighme	M	52	Lincoln	NE	742	10:55	01:14:35.3	628	10:38	01:09:43.5	10:46	02:21:15.0
678	1599/2257	123/136	2205	Vincent Kuppig	M	32	Lincoln	NE	564	9:29	01:02:58.8	720	12:04	01:19:03.8	10:46	02:21:15.0
679	1606/2257	124/136	2930	Tyler Artz	M	30	Lincoln	NE	683	10:16	01:10:29.5	677	11:18	01:14:06.3	10:47	02:21:25.4
680	1614/2257	132/151	146	Eric Magill	M	39	Fort Calhoun	NE	562	9:16	01:02:58.2	740	12:20	01:20:51.8	10:48	02:21:36.6
681	1618/2257	89/109	1279	Ben Mcgill	M	25	Lincoln	NE	710	10:37	01:11:59.7	661	11:00	01:12:06.7	10:48	02:21:40.5
682	1622/2257	63/73	2911	Brad Wolfe	M	52	Fremont	NE	707	10:29	01:11:50.6	664	11:09	01:13:02.3	10:48	02:21:46.7
683	1625/2257	133/151	1262	Patrick Rowan	M	37	Lincoln	NE	747	10:48	01:14:51.9	650	10:51	01:11:07.9	10:49	02:21:58.7
684	1626/2257	134/151	3098	Shawn Goodrich	M	37	Lincoln	NE	716	11:07	01:12:49.1	618	10:33	01:09:10.0	10:49	02:21:59.1

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
685	1627/2257	22/27	2517	Grant Wieseler	M	20	Omaha	NE	653	9:59	01:08:54.8	698	11:41	01:16:34.1	10:49	02:22:00.1
686	1631/2257	66/77	2279	David Niemann	M	47	Lincoln	NE	691	10:22	01:10:41.8	679	11:20	01:14:15.5	10:50	02:22:10.5
687	1645/2257	64/73	2240	Michael Miller	M	54	Lincoln	NE	694	10:29	01:10:58.9	673	11:17	01:13:59.9	10:53	02:22:40.2
688	1646/2257	125/136	3570	Joshua Hanes	M	30	Weeping Water	NE	733	10:54	01:14:03.4	651	10:52	01:11:15.1	10:53	02:22:40.6
689	1647/2257	45/58	735	Joseph Weber	M	59	Lincoln	NE	666	10:12	01:09:28.1	693	11:34	01:15:51.5	10:53	02:22:43.1
690	1650/2257	135/151	1224	Ron Dubas	M	38	Waverly	NE	673	10:20	01:10:07.3	686	11:28	01:15:10.0	10:54	02:22:56.4
691	1651/2257	90/109	2730	Jess Seeley	M	26	Aurora	NE	684	10:18	01:10:31.3	688	11:31	01:15:32.1	10:54	02:23:05.9
692	1655/2257	91/109	217	Christopher Lewis	M	25	Lincoln	NE	713	10:35	01:12:03.9	670	11:16	01:13:50.4	10:55	02:23:10.2
693	1660/2257	92/109	272	Lance Evans	M	27	Lincoln	NE	632	9:53	01:07:23.5	717	12:00	01:18:36.1	10:56	02:23:23.9
694	1666/2257	65/73	3095	David Weaver	M	53	Omaha	NE	688	10:17	01:10:39.6	695	11:38	01:16:15.3	10:57	02:23:38.5
695	1667/2257	93/109	3087	Taylor Thomas	M	27	Lincoln	NE	689	10:16	01:10:40.9	696	11:38	01:16:17.9	10:57	02:23:39.0
696	1669/2257	23/27	3158	David Bailey	M	23	Omaha	NE	685	10:16	01:10:36.2	697	11:39	01:16:23.3	10:57	02:23:40.6
697	1670/2257	98/116	2058	Ken Koop	M	43	Lincoln	NE	664	10:04	01:09:24.2	709	11:51	01:17:40.2	10:57	02:23:41.0
698	1671/2257	66/73	2660	Bill Bolmeier	M	54	Omaha	NE	762	11:11	01:17:15.9	641	10:44	01:10:22.9	10:57	02:23:43.4
699	1683/2257	25/30	2877	Tom Guck	M	63	Omaha	NE	608	9:50	01:05:41.6	731	12:12	01:19:56.9	11:00	02:24:21.7
700	1691/2257	46/58	351	Scott Schwisow	M	55	Beatrice	NE	736	10:46	01:14:06.6	676	11:18	01:14:06.3	11:02	02:24:42.2
701	1692/2257	136/151	1198	Matt Bruch	M	35	Liberty	MO	621	9:52	01:06:17.2	734	12:13	01:20:04.1	11:02	02:24:44.7
702	1693/2257	137/151	2157	Jim Macdonald	M	38	Lincoln	NE	759	11:10	01:16:47.1	655	10:55	01:11:35.8	11:02	02:24:45.5
703	1698/2257	67/73	3256	Robert Hrnicek	M	52	Seward	NE	682	10:16	01:10:28.8	710	11:52	01:17:47.8	11:04	02:25:04.4
704	1699/2257	47/58	3125	Monte Froehlich	M	55	Lincoln	NE	718	10:41	01:12:59.3	685	11:27	01:15:00.9	11:04	02:25:05.9
705	1701/2257	94/109	2305	Nate Johnsen	M	26	Omaha	NE	729	10:51	01:13:49.8	678	11:19	01:14:08.0	11:04	02:25:13.0
706	1702/2257	48/58	2045	Chris Pro	M	58	Lincoln	NE	676	10:22	01:10:16.4	707	11:47	01:17:16.4	11:04	02:25:15.6
707	1704/2257	68/73	3471	Tom Nichting	M	53	Omaha	NE	740	11:05	01:14:14.6	662	11:06	01:12:44.7	11:05	02:25:20.7
708	1706/2257	99/116	3447	Scott Hollman	M	42	Lincoln	NE	723	10:47	01:13:30.5	684	11:25	01:14:51.3	11:05	02:25:29.7
709	1708/2257	67/77	2467	John Curry	M	49	Lincoln	NE	778	12:05	01:21:45.8	561	10:07	01:06:22.3	11:06	02:25:33.3
710	1709/2257	126/136	488	Mathias Wendeln	M	31	Beatrice	NE	690	10:14	01:10:41.8	718	12:00	01:18:39.0	11:06	02:25:43.6
711	1710/2257	49/58	692	Kelley Beasley	M	56	Lincoln	NE	727	10:39	01:13:41.7	694	11:35	01:15:55.9	11:07	02:25:47.9
712	1714/2257	95/109	724	Eric Price	M	26	Lincoln	NE	704	10:30	01:11:38.3	708	11:48	01:17:21.0	11:08	02:26:09.2
713	1724/2257	96/109	676	Ryan Gearhart	M	28	Lincoln	NE	754	11:01	01:15:45.6	680	11:21	01:14:25.1	11:10	02:26:35.3
714	1726/2257	68/77	3488	Bill Nunez	M	45	Lincoln	NE	680	10:23	01:10:21.9	716	11:59	01:18:33.4	11:11	02:26:36.9
715	1727/2257	97/109	2555	Danny Martin	M	25	Omaha	NE	702	10:40	01:11:25.4	703	11:42	01:16:42.9	11:11	02:26:37.0
716	1731/2257	100/116	3091	Jon Sindt	M	41	Omaha	NE	730	10:42	01:13:52.1	699	11:41	01:16:34.8	11:11	02:26:43.2
717	1735/2257	69/77	958	Keith Sewell	M	47	Lincoln	NE	700	10:30	01:11:13.4	712	11:55	01:18:05.8	11:12	02:26:58.5
718	1741/2257	26/30	2290	Charles Lewis	M	60	Lincoln	NE	756	11:06	01:15:56.9	681	11:21	01:14:26.1	11:13	02:27:11.7
719	1742/2257	24/27	3527	Nathan Jungck	M	22	Lincoln	NE	658	10:12	01:09:05.1	736	12:15	01:20:20.7	11:13	02:27:14.3
720	1744/2257	70/77	1013	Gregory Reicks	M	45	Lincoln	NE	681	10:16	01:10:25.3	732	12:12	01:20:00.8	11:14	02:27:16.5

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
721	1757/2257	138/151	138	Jeff Erb	M	36	Lincoln	NE	714	10:36	01:12:37.3	713	11:55	01:18:09.4	11:15	02:27:41.0
722	1759/2257	101/116	1564	Brandon Webb	M	44	Lincoln	NE	645	10:09	01:08:28.5	745	12:24	01:21:17.8	11:16	02:27:50.5
723	1766/2257	98/109	1705	Chris Zaleski	M	27	Omaha	NE	672	10:19	01:09:54.9	739	12:18	01:20:36.6	11:18	02:28:16.2
724	1771/2257	102/116	3503	Matt Mundorf	M	44	Lincoln	NE	755	10:58	01:15:45.8	704	11:42	01:16:43.0	11:20	02:28:38.7
725	1776/2257	99/109	2371	Dan Syde	M	29	Lincoln	NE	712	10:36	01:12:01.5	725	12:07	01:19:28.0	11:21	02:28:54.9
726	1778/2257	5/5	904	Avery Pickering	M	66	Lincoln	NE	697	10:22	01:11:10.8	742	12:21	01:20:56.3	11:21	02:28:55.9
727	1780/2257	69/73	2533	Dennis Martin	M	54	Lincoln	NE	678	10:16	01:10:21.1	747	12:28	01:21:39.4	11:21	02:28:58.2
728	1781/2257	50/58	2707	Sam Schlueter	M	55	Hastings	NE	686	10:19	01:10:38.4	746	12:24	01:21:18.4	11:21	02:28:58.3
729	1786/2257	51/58	2822	Daniel Osborn	M	59	Mullen	NE	705	10:28	01:11:47.7	741	12:20	01:20:52.3	11:24	02:29:28.7
730	1788/2257	100/109	2405	Jared Lahman	M	28	Omaha	NE	657	10:11	01:09:05.1	750	12:39	01:22:55.3	11:25	02:29:41.6
731	1789/2257	127/136	597	Nate Miller	M	33	Lincoln	NE	757	10:58	01:16:03.6	711	11:53	01:17:50.5	11:25	02:29:44.9
732	1806/2257	2/3	2879	Ken Katzer	M	72	Lincoln	NE	738	10:59	01:14:07.1	715	11:59	01:18:31.3	11:28	02:30:29.8
733	1807/2257	103/116	3502	Kiran Poda	M	41	Lincoln	NE	744	10:52	01:14:41.9	723	12:06	01:19:19.3	11:28	02:30:30.9
734	1814/2257	128/136	2916	Tony Herrman	M	32	Hastings	NE	753	11:02	01:15:36.3	714	11:57	01:18:21.7	11:29	02:30:39.6
735	1817/2257	139/151	1952	Pablo Barbosa	M	36	Lincoln	NE	722	10:47	01:13:26.3	735	12:14	01:20:10.3	11:30	02:30:48.9
736	1821/2257	52/58	2148	Jon Large	M	57	Bennet	NE	677	10:23	01:10:16.4	751	12:40	01:23:02.9	11:31	02:31:04.1
737	1822/2257	140/151	3223	Andrew Duey	M	36	Lincoln	NE	748	10:56	01:14:57.6	724	12:07	01:19:26.5	11:31	02:31:05.7
738	1827/2257	70/73	2156	Steve Bartek	M	54	Lincoln	NE	731	10:47	01:13:58.7	738	12:18	01:20:34.5	11:32	02:31:16.3
739	1830/2257	101/109	1355	Brandon Paneitz	M	29	Lincoln	NE	659	10:12	01:09:06.6	754	12:54	01:24:32.8	11:33	02:31:25.1
740	1833/2257	25/27	347	Zachary Nielsen	M	24	Oxford	NE	752	11:00	01:15:34.1	729	12:10	01:19:46.0	11:34	02:31:49.8
741	1834/2257	71/77	629	Kevin Nielsen	M	49	Oxford	NE	751	11:00	01:15:33.5	728	12:10	01:19:45.8	11:34	02:31:49.9
742	1839/2257	141/151	3309	Mike Fauss	M	36	Omaha	NE	750	11:02	01:15:22.4	733	12:13	01:20:03.2	11:37	02:32:23.8
743	1843/2257	26/27	868	Derek Niewohner	M	24	Scribner	NE	775	11:36	01:20:07.8	701	11:42	01:16:38.4	11:39	02:32:43.6
744	1853/2257	102/109	2294	Tanner Finkhouse	M	26	Lincoln	NE	711	10:28	01:12:00.5	755	12:54	01:24:34.9	11:41	02:33:10.6
745	1855/2257	129/136	473	Christopher Gorman	M	31	Lincoln	NE	765	11:20	01:17:27.4	722	12:05	01:19:08.9	11:42	02:33:28.0
746	1856/2257	142/151	2247	Joe Niedbalski	M	35	Lincoln	NE	638	10:05	01:07:48.5	763	13:20	01:27:26.0	11:42	02:33:30.1
747	1861/2257	143/151	2519	Jesse Scott	M	39	Omaha	NE	769	11:23	01:18:23.4	726	12:08	01:19:32.2	11:45	02:34:10.0
748	1862/2257	104/116	2677	Jeff Scheer	M	41	Lincoln	NE	692	10:17	01:10:50.6	760	13:15	01:26:49.1	11:45	02:34:14.2
749	1866/2257	72/77	3144	Jeff Niedbalski	M	45	Lincoln	NE	717	10:38	01:12:56.8	756	12:57	01:24:51.2	11:47	02:34:30.8
750	1867/2257	71/73	1250	Scot Morrison	M	54	Lincoln	NE	721	10:38	01:13:16.4	757	12:57	01:24:55.2	11:47	02:34:36.1
751	1878/2257	105/116	912	Josh Severin	M	41	Lincoln	NE	743	10:55	01:14:41.7	752	12:49	01:24:03.1	11:52	02:35:35.2
752	1880/2257	106/116	1066	Joey Svehla	M	41	Lincoln	NE	631	9:44	01:07:07.8	778	14:03	01:32:02.5	11:53	02:35:48.5
753	1891/2257	107/116	3417	Kevin Hicks	M	44	La Vista	NE	767	11:19	01:17:58.3	749	12:35	01:22:29.2	11:57	02:36:41.1
754	1897/2257	108/116	2106	Neil Wingate	M	40	Phoenix	AZ	675	10:18	01:10:11.2	769	13:41	01:29:38.6	11:59	02:37:07.7
755	1904/2257	144/151	2097	Jared Stockwell	M	37	Grand Island	NE	741	10:42	01:14:26.1	761	13:19	01:27:16.2	12:00	02:37:25.7
756	1915/2257	130/136	1081	Jeff Murman	M	34	Lincoln	NE	674	10:19	01:10:07.5	774	13:52	01:30:55.4	12:05	02:38:31.3

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
757	1917/2257	103/109	2004	Nick Glanzer	M	29	Lincoln	NE	709	10:32	01:11:57.3	767	13:39	01:29:28.5	12:05	02:38:33.0
758	1918/2257	104/109	2970	Colby Frey	M	27	Milford	NE	708	10:32	01:11:56.2	768	13:39	01:29:30.5	12:05	02:38:33.7
759	1925/2257	73/77	2728	Shawn McGill	M	46	Lincoln	NE	772	11:47	01:19:38.2	748	12:29	01:21:48.0	12:08	02:39:03.8
760	1933/2257	145/151	2409	Will Ernest	M	35	Firth	NE	732	10:58	01:14:03.2	764	13:22	01:27:38.4	12:10	02:39:32.2
761	1936/2257	27/30	1634	Joe Sweeney	M	61	Lincoln	NE	781	12:10	01:22:33.2	730	12:12	01:19:55.3	12:10	02:39:38.4
762	1939/2257	53/58	844	Mickey Muthersbaugh	M	57	Lincoln	NE	768	11:33	01:18:16.6	753	12:51	01:24:11.7	12:12	02:39:56.6
763	1942/2257	109/116	3311	David Churchill	M	43	Wilber	NE	766	11:13	01:17:47.2	759	13:14	01:26:44.6	12:13	02:40:16.9
764	1946/2257	146/151	2788	Chris Allen	M	35	Lincoln	NE	728	10:41	01:13:42.8	771	13:48	01:30:28.3	12:14	02:40:33.3
765	1950/2257	131/136	2585	Chris Erickson	M	33	Omaha	NE	784	12:21	01:24:06.5	727	12:10	01:19:45.1	12:15	02:40:44.9
766	1952/2257	54/58	504	Doug Merriman	M	58	Lincoln	NE	760	11:12	01:17:03.6	762	13:20	01:27:24.5	12:16	02:40:50.6
767	1956/2257	72/73	2123	James Anderson	M	52	Omaha	NE	783	12:12	01:23:50.5	744	12:23	01:21:08.4	12:17	02:41:08.8
768	1959/2257	105/109	2347	Derek Homan	M	25	Omaha	NE	724	10:38	01:13:32.7	776	13:59	01:31:41.9	12:18	02:41:26.4
769	1963/2257	55/58	1158	Gene Deyoe	M	59	Lincoln	NE	771	11:42	01:19:37.6	758	12:59	01:25:04.2	12:20	02:41:46.9
770	1969/2257	73/73	1772	Jeff King	M	51	Lincoln	NE	749	11:05	01:15:16.3	766	13:38	01:29:24.3	12:21	02:42:04.1
771	1986/2257	106/109	3410	Sean Stoner	M	27	Omaha	NE	761	11:27	01:17:08.7	765	13:26	01:28:01.5	12:26	02:43:06.9
772	1990/2257	132/136	1138	Daniel Walker	M	34	Lincoln	NE	786	12:39	01:26:01.6	737	12:16	01:20:21.7	12:27	02:43:13.6
773	1995/2257	28/30	3321	Dave Rotherham	M	64	Lincoln	NE	788	12:37	01:26:49.2	743	12:22	01:21:03.6	12:29	02:43:46.6
774	2001/2257	133/136	1822	Wayne Divis	M	33	Lincoln	NE	612	9:49	01:05:47.9	795	15:19	01:40:23.9	12:34	02:44:46.4
775	2011/2257	74/77	2476	Larry Zier	M	47	Omaha	NE	669	10:36	01:09:49.3	787	14:39	01:36:03.6	12:37	02:45:34.2
776	2017/2257	110/116	2177	Kevin Mendenhall	M	40	Lincoln	NE	770	11:27	01:19:10.6	773	13:51	01:30:46.0	12:38	02:45:48.2
777	2026/2257	3/3	3167	Michael Ortiz	M	70	Lincoln	NE	773	11:37	01:20:00.2	775	13:53	01:30:59.9	12:45	02:47:10.2
778	2046/2257	2/2	2209	Casey Downing	M	14	Omaha	NE	776	11:42	01:20:32.3	779	14:09	01:32:43.1	12:55	02:49:24.5
779	2059/2257	134/136	2499	Joey Meyer	M	34	Lincoln	NE	763	11:30	01:17:20.3	786	14:32	01:35:15.5	13:00	02:50:37.2
780	2069/2257	135/136	2704	Kenton Hicks	M	30	Omaha	NE	774	11:51	01:20:03.2	784	14:28	01:34:45.5	13:09	02:52:27.3
781	2073/2257	75/77	2965	Jeff Hopkins	M	49	Omaha	NE	782	12:01	01:22:41.5	781	14:22	01:34:06.7	13:11	02:52:51.7
782	2082/2257	56/58	850	Jim Clouston	M	57	Lincoln	NE	787	12:38	01:26:41.2	772	13:49	01:30:31.1	13:13	02:53:20.4
783	2086/2257	111/116	3214	Terry Powers	M	44	Lincoln	NE	780	12:03	01:22:04.1	785	14:29	01:34:55.7	13:16	02:53:57.2
784	2094/2257	147/151	809	Scott Smith	M	36	Omaha	NE	791	12:59	01:28:00.3	770	13:42	01:29:45.6	13:20	02:54:49.4
785	2097/2257	112/116	2556	Darin Isaac	M	43	Ceresco	NE	758	11:06	01:16:29.6	797	15:44	01:43:07.5	13:24	02:55:52.4
786	2099/2257	107/109	1301	Trey Buchholz	M	27	Lincoln	NE	785	12:26	01:25:29.3	782	14:24	01:34:23.3	13:25	02:55:54.8
787	2100/2257	136/136	269	Mark Antonson	M	30	Lincoln	NE	777	11:50	01:21:23.1	790	15:02	01:38:34.4	13:26	02:56:07.3
788	2116/2257	113/116	3352	Latigo Munson	M	40	Omaha	NE	796	13:01	01:29:34.4	777	14:01	01:31:51.3	13:30	02:57:10.2
789	2121/2257	57/58	3043	Ed Gau	M	57	Dubuque	IA	806	16:20	01:51:11.7	645	10:49	01:10:54.6	13:34	02:57:59.9
790	2133/2257	148/151	897	Michael Sloup	M	37	Columbus	NE	794	13:03	01:29:03.1	780	14:20	01:33:58.1	13:41	02:59:30.8
791	2147/2257	114/116	1924	Patrick McClure	M	44	Lincoln	NE	779	12:12	01:21:53.9	796	15:29	01:41:25.6	13:50	03:01:26.1
792	2150/2257	108/109	2436	Ryan Lorchick	M	29	Lincoln	NE	797	13:16	01:31:04.8	783	14:27	01:34:41.0	13:51	03:01:35.6

The Good Life Halfsy

November 9, 2014

Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
793	2151/2257	109/109	2710	Blaine Morse	M	28	Elkhorn	NE	789	12:43	01:27:25.8	789	15:01	01:38:21.6	13:51	03:01:44.0
794	2165/2257	13/13	1741	Ryan Stungis	M	17	Omaha	NE	790	12:49	01:27:39.7	794	15:17	01:40:10.9	14:03	03:04:11.8
795	2168/2257	76/77	2259	Derrick Vick	M	48	Lincoln	NE	800	13:23	01:31:24.9	791	15:04	01:38:42.8	14:13	03:06:26.2
796	2171/2257	115/116	3397	Kurt Mantonya	M	44	Lincoln	NE	798	13:16	01:31:07.3	793	15:16	01:40:00.7	14:15	03:06:55.2
797	2174/2257	29/30	3412	Phil Tegeler	M	63	Lincoln	NE	801	13:40	01:33:44.6	788	14:55	01:37:44.6	14:17	03:07:22.0
798	2192/2257	116/116	1894	Cole Moore	M	41	Lincoln	NE	792	12:57	01:28:25.3	798	16:01	01:44:55.0	14:28	03:09:47.9
799	2194/2257	149/151	1703	Robert Evans	M	37	Lincoln	NE	793	12:53	01:28:29.5	799	16:06	01:45:28.9	14:29	03:09:53.2
800	2198/2257	150/151	3452	Darin Person	M	38	Lincoln	NE	802	14:03	01:35:57.3	792	15:05	01:38:49.2	14:33	03:10:51.8
801	2207/2257	151/151	2923	Steve Korgie	M	37	Hickman	NE	795	13:10	01:29:26.8	800	16:24	01:47:28.3	14:47	03:13:47.9
802	2214/2257	27/27	2400	Ryan Smith	M	23	Lincoln	NE	799	13:34	01:31:08.3	801	16:25	01:47:34.2	14:59	03:16:28.9
803	2226/2257	30/30	3021	Harvey Birky	M	64	Red Oak	IA	804	14:31	01:39:16.3	802	16:42	01:49:29.0	15:36	03:24:36.1
804	2234/2257	77/77	1759	James Foster	M	48	Lincoln	NE	803	14:12	01:36:59.6	804	17:10	01:52:31.0	15:41	03:25:37.4
805	2237/2257	58/58	2228	Dave Scharf	M	57	Lincoln	NE	805	15:01	01:42:35.8	803	16:48	01:50:05.4	15:54	03:28:29.8