

4 MILE RUN RESULTS

FEMALE OVERALL

| Place | Name | Age | City | St | Time |
|-------|---------------|-----|-----------|----|-------|
| 1 | Jenna Voelker | 22 | Iowa City | IA | 32:09 |

MALE OVERALL

| Place | Name | Age | City | St | Time |
|-------|--------------|-----|--------------|----|-------|
| 1 | Garrett Toll | 26 | Cedar Rapids | IA | 27:43 |

FEMALE MASTERS

| Place | Name | Age | City | St | Time |
|-------|---------------|-----|------------|----|-------|
| 1 | Karen Robbins | 40 | Coralville | IA | 37:37 |

MALE MASTERS

| Place | Name | Age | City | St | Time |
|-------|------------|-----|--------|----|-------|
| 1 | David Cook | 52 | Wilton | IA | 32:16 |

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|-----------|----|-------|
| 1 | Carly Aschinger | 14 | Dedham | IA | 38:32 |
| 2 | Natalie Himmel | 19 | Iowa City | IA | 39:13 |
| 3 | Paris Schnepf | 19 | Iowa City | IA | 40:33 |

MALE INDIVIDUAL AGE GROUP: 1 - 19

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|------------|----|-------|
| 1 | Daniel Bartz | 18 | Rockford | IL | 30:52 |
| 2 | Vincent Lapelusa | 18 | Long Grove | IL | 32:50 |
| 3 | Chris Felder | 19 | Batavia | IL | 32:50 |

FEMALE INDIVIDUAL AGE GROUP: 20 - 29

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|-----------|----|-------|
| 1 | Blake Funke | 23 | Iowa City | IA | 32:15 |
| 2 | Erin Behan | 24 | Iowa City | IA | 32:50 |
| 3 | Maisie Vachuska | 20 | Iowa City | IA | 33:15 |

MALE INDIVIDUAL AGE GROUP: 20 - 29

| Place | Name | Age | City | St | Time |
|-------|----------------|-----|-----------|----|-------|
| 1 | Michael Matula | 29 | Urbandale | IA | 29:44 |
| 2 | Clay Sammis | 22 | Iowa City | IA | 30:47 |
| 3 | Ryan McGunn | 22 | Iowa City | IA | 30:48 |

FEMALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|---------|----|-------|
| 1 | Valorie Northrup | 34 | Waverly | IA | 34:01 |
| 2 | Deidre Nims | 38 | Robins | IA | 34:47 |
| 3 | Shannon Kindred | 37 | Keota | IA | 34:51 |

MALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Time |
|-------|--------------|-----|--------------|----|-------|
| 1 | Ty Burke | 31 | Wilton | IA | 28:02 |
| 2 | Nick Quanrud | 38 | Cedar Rapids | IA | 30:07 |
| 3 | Anith Mathai | 34 | Iowa City | IA | 30:24 |

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|---------|----|-------|
| 1 | Sarah Williams | 47 | Marion | IA | 38:48 |
| 2 | Amy Ross | 40 | Carroll | IA | 39:43 |
| 3 | Tonya McDonough | 41 | Solon | IA | 39:59 |

MALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|--------------|----|-------|
| 1 | Ion Bogdan Vasi | 43 | Iowa City | IA | 32:40 |
| 2 | Dan Ranschau | 46 | Cedar Rapids | IA | 33:36 |
| 3 | Ben Pearce | 40 | Grinnell | IA | 34:06 |

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Time |
|-------|--------------|-----|-----------|----|-------|
| 1 | Sue Sax | 51 | Oxford | IA | 42:47 |
| 2 | Julie Kruger | 50 | Iowa City | IA | 42:59 |
| 3 | Jeanne Giles | 50 | Robins | IA | 45:30 |

MALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Time |
|-------|----------------|-----|-----------|----|-------|
| 1 | Tim Smith | 52 | Iowa City | IA | 35:23 |
| 2 | Doug Lord | 59 | Lisbon | IA | 38:49 |
| 3 | Brian Decoster | 51 | Iowa City | IA | 42:58 |

MALE INDIVIDUAL AGE GROUP: 60 - 98

| Place | Name | Age | City | St | Time |
|-------|---------------|-----|-----------|----|---------|
| 1 | Larry Dessner | 67 | Wilton | IA | 54:48 |
| 2 | Arthur Nowak | 76 | Iowa City | IA | 1:05:17 |

TEAM DIVISION RESULTS

Header Legend (Average time, Total time, time spread between first and last scorer)

WOMEN'S TEAM RESULTS

| | | | |
|----|----|-----------------|------------------------|
| 1. | 24 | Saddlebags | (38:59 2:35:54 11:13) |
| 1 | 1 | Jenna Voelker | 32:09 |
| 2 | 4 | Natalie Himmel | 39:13 |
| 3 | 8 | Farrah Steinke | 41:10 |
| 4 | 11 | Jessica Voelker | 43:22 |

MEN'S TEAM RESULTS

| | | | |
|----|----|-------------------------------------|-----------------------|
| 1. | 23 | Fxb Extreme Running Crew Men's Team | (32:32 2:10:05 7:01) |
| 1 | 1 | Garrett Toll | 27:43 |
| 2 | 5 | Dan Ranschau | 33:36 |
| 3 | 7 | Jason Andrews | 34:02 |
| 4 | 10 | Chad Regennitter | 34:44 |

COED TEAM RESULTS

| | | | |
|----|----|------------------------------------|-----------------------|
| 1. | 36 | Fxb Extreme Running Crew Coed Team | (35:06 2:20:24 7:19) |
| 1 | 2 | Chris Nims | 32:07 |
| 2 | 4 | Shawn Mundell | 34:04 |
| 3 | 7 | Deidre Nims | 34:47 |
| 4 | 23 | Melissa Mundell | 39:26 |

ROTC TEAM RESULTS

| | | | |
|----|----|----------------|-----------------------|
| 1. | 10 | Rotc Gold Team | (30:55 2:03:40 0:26) |
| 1 | 1 | Clay Sammis | 30:47 |
| 2 | 2 | Ryan McGunn | 30:48 |
| 3 | 3 | Daniel Bartz | 30:52 |
| 4 | 4 | Nick Linder | 31:13 |