

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1	1/1393	1/3	31	Alvaro Sanabria	M	26	Kearney	NE	00:16:10.85	00:35:04.43	00:16:17.36	5:09	01:07:32.64
2	2/1393	2/3	47	Luka Thor	M	29	Elkhorn	NE	00:16:08.92	00:35:05.64	00:16:20.57	5:09	01:07:35.14
3	3/1393	3/3	40	Johnny Rutford	M	25	Omaha	NE	00:16:10.69			5:11	01:08:02.87
4	4/1393	1/122	58	Zack Baker	M	24	Iowa City	IA	00:16:09.12	00:35:10.51	00:16:53.76	5:12	01:08:13.39
5	5/1393	1/173	53	Matthew Tebo	M	27	Lincoln	NE	00:16:10.25	00:35:18.27	00:17:45.17	5:16	01:09:13.70
6	6/1393	1/250	22	Jeremy Van Veen	M	37	Aberdeen	SD	00:16:09.94	00:35:42.59	00:17:39.72	5:18	01:09:32.26
7	7/1393	2/122	5109	Nolan Border	M	23	Lincoln	NE	00:16:51.39	00:37:28.81	00:16:38.21	5:24	01:10:58.42
8	8/1393	2/173	20	Peter Falcon	M	27	Omaha	NE	00:16:51.37	00:37:18.28	00:17:00.88	5:25	01:11:10.53
9	9/1393	3/173	19	Benson Langat	M	27	Sioux	SD	00:16:10.76	00:36:39.20	00:18:26.32	5:26	01:11:16.29
10	10/1393	1/213	1	Tom Nichols	M	34	Parker	CO	00:16:13.33	00:38:25.32	00:17:50.48	5:31	01:12:29.13
11	11/1393	3/122	4681	Joshua Stewart	M	24	Aurora	CO	00:17:09.00	00:37:33.35	00:17:55.43	5:32	01:12:37.78
12	12/1393	4/173	36	Gerardo Hernandez	M	25	Lee's Summit	MO	00:16:44.52	00:37:38.04	00:18:27.92	5:33	01:12:50.48
13	13/1393	5/173	11	Cory Logsdon	M	28	Omaha	NE	00:16:37.41	00:38:08.26	00:18:47.31	5:36	01:13:33.00
14	14/1393	6/173	12	Daniel Black	M	28	Sioux Falls	SD	00:17:34.80	00:37:48.34	00:18:11.05	5:36	01:13:34.20
15	15/1393	1/2	4	Ivan Ivanov	M	46	Lincoln	NE	00:16:58.56			5:39	01:14:04.59
16	16/1393	7/173	50	Colin Morrissey	M	27	Omaha	NE	00:16:18.74	00:39:07.24	00:19:45.04	5:44	01:15:11.03
17	17/1393	8/173	37	Josiah Belzer	M	26	Omaha	NE	00:17:58.72	00:39:06.63	00:18:14.72	5:44	01:15:20.08
18	1/2794	1/3	33	Obsie Birru	F	27	Des Monies	IA	00:17:27.13	00:39:06.93	00:18:49.12	5:45	01:15:23.19
19	18/1393	2/213	151	Greg Dowe	M	30	Bellevue	NE	00:18:04.35	00:39:15.99	00:18:30.65	5:47	01:15:51.00
20	19/1393	2/250	1411	Brian Wandzilak	M	36	Lincoln	NE	00:18:05.81	00:39:23.56	00:19:01.66	5:50	01:16:31.03
21	20/1393	9/173	4697	Ryan Hruska	M	29	Lincoln	NE	00:17:21.92	00:39:13.06	00:20:14.07	5:51	01:16:49.06
22	21/1393	4/122	60	Blake Kanger	M	20	Bellevue	NE	00:18:21.06	00:40:11.11	00:18:51.11	5:54	01:17:23.28
23	22/1393	2/2	1331	Michael Morrison	M	41	Papillion	NE	00:17:36.00	00:40:25.99	00:19:23.35	5:54	01:17:25.35
24	23/1393	10/173	48	Logan Watley	M	29	Elkhorn	NE	00:18:05.81	00:40:01.31	00:19:31.21	5:55	01:17:38.34
25	24/1393	3/250	1370	Scott Haug	M	37	Elkhorn	NE	00:18:05.07	00:40:22.70	00:20:01.27	5:59	01:18:29.05
26	25/1393	5/122	4730	Todd Leutzinger	M	21	Lincoln	NE	00:18:41.11	00:40:52.46	00:19:33.40	6:02	01:19:06.97
27	26/1393	6/122	4709	Spencer Strong	M	24	Lincoln	NE	00:18:03.15	00:40:38.82	00:20:37.12	6:03	01:19:19.10
28	2/2794	2/3	34	Casey Mcdermott	F	27	Grinnell	IA	00:18:40.77	00:41:12.29	00:19:27.46	6:03	01:19:20.53
29	27/1393	11/173	1489	Derek Sekora	M	28	Lincoln	NE	00:18:58.54	00:41:21.45	00:19:27.56	6:05	01:19:47.56
30	28/1393	7/122	55	Pierce Tallichet	M	22	Lincoln	NE	00:17:28.51	00:41:36.02	00:21:46.77	6:10	01:20:51.31
31	29/1393	4/250	1736	Jay Oligmueller	M	35	Lincoln	NE	00:17:39.38	00:42:36.62	00:20:40.75	6:10	01:20:56.76
32	30/1393	1/184	1400	Brian Bergstrom	M	43	Axtell	NE	00:18:53.37	00:41:46.09	00:20:22.09	6:10	01:21:01.56
33	31/1393	1/81	5073	Brian Kelley	M	57	Lincoln	NE	00:19:01.93	00:42:05.25	00:19:55.50	6:10	01:21:02.68
34	32/1393	2/184	4738	Jason Schmaderer	M	43	Lincoln	NE	00:18:59.05	00:42:05.21	00:20:03.64	6:11	01:21:07.91
35	3/2794	3/3	54	Maija Zimmerman	F	36	Highlands Ranch	CO	00:19:08.59	00:42:16.18	00:20:10.67	6:13	01:21:35.45

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
36	33/1393	5/250	152	Jeremiah Doyle	M	35	Lincoln	NE	00:19:04.15	00:42:01.44	00:20:49.77	6:14	01:21:55.37
37	34/1393	3/213	5313	John Mccarthy	M	32	Lincoln	NE	00:19:18.73	00:42:44.95	00:20:03.54	6:15	01:22:07.23
38	35/1393	8/122	5023	Steve Dosskey	M	23	Lincoln	NE	00:18:19.45	00:43:25.91	00:20:50.43	6:18	01:22:35.79
39	36/1393	1/106	156	Troy Krause	M	52	Lincoln	NE	00:19:17.76	00:43:05.08	00:20:33.78	6:19	01:22:56.63
40	37/1393	6/250	5347	Jim Kealy	M	35	Lincoln	NE	00:18:37.51	00:42:57.85	00:21:31.27	6:20	01:23:06.64
41	38/1393	12/173	43	Kyle Kraz	M	29	Rapid City	SD	00:19:21.01	00:43:56.15	00:20:13.81	6:22	01:23:30.97
42	4/2794	1/489	17	Kelly Boler	F	35	Eagan	MN	00:19:14.38	00:43:22.68	00:21:10.49	6:23	01:23:47.56
43	39/1393	4/213	5377	Josh Schlautman	M	32	Lincoln	NE	00:19:18.11	00:43:09.80	00:21:20.37	6:23	01:23:48.29
44	40/1393	2/81	1733	Brian Bergt	M	56	Amherst	NE	00:19:41.76	00:43:31.97	00:20:42.27	6:24	01:23:56.01
45	41/1393	13/173	1352	Andrew Pope	M	29	Sidney	NE	00:18:25.41	00:43:14.44	00:22:20.87	6:24	01:24:00.72
46	42/1393	7/250	5222	Bryan Sypal	M	39	Lincoln	NE	00:20:15.85	00:43:35.31	00:20:17.77	6:25	01:24:08.94
47	43/1393	9/122	4853	Jace Kranau	M	20	Blue Hill	NE	00:18:58.11	00:43:59.04	00:21:20.43	6:25	01:24:17.59
48	44/1393	10/122	1716	Ryan Jensen	M	22	Lincoln	NE	00:20:32.07	00:43:52.86	00:19:54.91	6:25	01:24:19.84
49	5/2794	2/489	51	Michelle Paxton	F	39	Lincoln	NE	00:19:43.43	00:43:57.81	00:21:08.79	6:28	01:24:50.04
50	45/1393	1/33	4773	Jacob Baumert	M	19	Omaha	NE	00:20:29.08	00:44:20.28	00:20:23.44	6:30	01:25:12.80
51	6/2794	1/2	24	Christy Nielsen	F	41	Omaha	NE	00:19:21.41	00:44:30.23	00:21:36.53	6:31	01:25:28.18
52	46/1393	11/122	15	Jeff Yau	M	22	Omaha	NE	00:21:02.29	00:44:42.13	00:19:51.36	6:31	01:25:35.79
53	47/1393	8/250	1467	Ryan Hatt	M	35	Lincoln	NE	00:20:15.69	00:44:03.49	00:21:21.13	6:32	01:25:40.31
54	48/1393	14/173	5843	Ralph Saint Pierre	M	27	Lincoln	NE	00:20:07.95	00:44:24.63	00:21:08.67	6:32	01:25:41.26
55	49/1393	1/134	5018	Alvin Sueper	M	46	Lincoln	NE	00:20:32.36	00:44:27.56	00:20:48.55	6:32	01:25:48.48
56	50/1393	5/213	1723	Matt James	M	30	Lincoln	NE	00:20:03.65	00:44:23.40	00:21:30.55	6:33	01:25:57.61
57	7/2794	1/477	44	Kira Belzer	F	25	Omaha	NE	00:20:06.34	00:45:10.98	00:20:49.33	6:34	01:26:06.65
58	8/2794	2/477	35	Erica Doering	F	26	Omaha	NE	00:19:20.04	00:45:19.17	00:21:28.85	6:34	01:26:08.07
59	51/1393	2/134	5618	Eric Barnes	M	49	Central City	NE	00:20:05.35	00:44:58.17	00:21:34.37	6:36	01:26:37.90
60	52/1393	9/250	5021	Brent Wilson	M	38	Crete	NE	00:19:52.26	00:44:44.53	00:22:06.48	6:36	01:26:43.28
61	53/1393	10/250	5080	Joshua Darr	M	37	Omaha	NE	00:20:39.83	00:44:43.83	00:21:25.69	6:37	01:26:49.36
62	9/2794	3/489	2219	Amy Barry	F	37	Gretna	NE	00:19:47.86	00:45:03.57	00:22:03.11	6:37	01:26:54.54
63	10/2794	3/477	2213	Adrienne Owens	F	26	Lincoln	NE	00:20:45.06	00:44:33.32	00:21:39.44	6:38	01:26:57.83
64	11/2794	1/450	42	Kristin Dennis	F	32	Highlands Ranch	CO	00:20:21.09	00:45:24.62	00:21:20.64	6:38	01:27:06.36
65	12/2794	4/489	10	Sarah Madsen	F	38	Omaha	NE	00:20:15.65	00:45:42.42	00:21:37.33	6:40	01:27:35.41
66	54/1393	6/213	4943	Adam Niederklein	M	32	Lincoln	NE	00:21:20.26	00:44:55.95	00:21:28.72	6:41	01:27:44.93
67	13/2794	2/450	16	Nicole Mcintire	F	32	Waverly	NE	00:20:57.82	00:46:08.75	00:20:50.26	6:42	01:27:56.83
68	14/2794	4/477	2216	Tessa Oetken	F	29	Hebron	NE	00:21:07.75	00:45:38.22	00:21:16.45	6:42	01:28:02.42
69	15/2794	5/477	2190	Laurel Johnson	F	29	Lincoln	NE	00:20:04.70	00:46:15.68	00:22:01.18	6:44	01:28:21.57
70	55/1393	15/173	5217	Austin Nelson	M	26	Lincoln	NE	00:20:41.57	00:46:01.01	00:21:49.14	6:45	01:28:31.72

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71	56/1393	3/184	5690	Matthew Olberding	M	42	Lincoln	NE	00:21:02.51	00:46:01.00	00:21:30.03	6:45	01:28:33.55
72	57/1393	7/213	6133	Scott Cavadini	M	31	Lincoln	NE	00:21:01.97	00:46:01.68	00:21:30.36	6:45	01:28:34.01
73	16/2794	5/489	39	Jennifer Freeman	F	35	Omaha	NE	00:20:57.60	00:46:05.57	00:21:35.05	6:45	01:28:38.23
74	58/1393	2/33	5100	Alec Schneider	M	19	Lincoln	NE	00:20:26.01	00:45:37.37	00:22:50.84	6:46	01:28:54.22
75	17/2794	2/2	52	Michelle Schmidt	F	40	Lincoln	NE	00:20:17.28	00:46:35.96	00:22:02.43	6:47	01:28:55.68
76	59/1393	11/250	4989	Jeff Beavers	M	35	Lincoln	NE	00:21:11.48	00:46:09.81	00:21:46.70	6:47	01:29:08.00
77	60/1393	12/122	5136	Jordan Quiroz	M	22	Omaha	NE	00:20:47.47	00:46:35.07	00:21:46.36	6:48	01:29:08.91
78	61/1393	2/106	1636	Jim Mccarthy	M	50	Papillion	NE	00:20:25.90	00:46:19.74	00:22:33.77	6:48	01:29:19.41
79	62/1393	12/250	5058	Dan Walker	M	38	Omaha	NE	00:20:33.21	00:46:12.32	00:22:34.04	6:48	01:29:19.57
80	18/2794	6/477	59	Rebecca Bevans	F	25	Lincoln	NE	00:20:42.92	00:45:46.11	00:22:56.00	6:49	01:29:25.04
81	63/1393	8/213	5020	Trevor Scoville	M	33	David City	NE	00:20:13.70	00:45:53.17	00:23:24.61	6:49	01:29:31.48
82	64/1393	4/184	4743	Travis Green	M	42	Lincoln	NE	00:21:41.66	00:46:09.32	00:21:47.84	6:50	01:29:38.83
83	65/1393	13/250	5339	Brody Ockander	M	35	Lincoln	NE	00:21:09.23	00:47:09.99	00:21:22.26	6:50	01:29:41.48
84	66/1393	5/184	1413	Jim Baker	M	44	Lincoln	NE	00:20:47.28	00:46:45.80	00:22:14.67	6:50	01:29:47.76
85	67/1393	9/213	4883	Jared Meyer	M	33	Lincoln	NE	00:20:39.83	00:46:05.63	00:23:07.22	6:51	01:29:52.69
86	68/1393	14/250	1442	Jason Hesser	M	37	Crete	NE	00:20:50.61	00:46:58.32	00:22:06.60	6:51	01:29:55.54
87	19/2794	7/477	2025	Kelsey Oliverius	F	25	Lincoln	NE	00:20:30.98	00:46:45.86	00:22:39.97	6:51	01:29:56.82
88	69/1393	6/184	5125	Ben Gilbert	M	43	Omaah	NE	00:21:29.59	00:46:47.09	00:21:40.49	6:51	01:29:57.18
89	70/1393	15/250	1376	Austin Mckillip	M	37	Lincoln	NE	00:19:19.36	00:46:56.26	00:23:49.00	6:52	01:30:04.63
90	71/1393	13/122	4791	Rees Klintworth	M	22	Lincolne	NE	00:20:04.60	00:47:52.58	00:22:10.42	6:52	01:30:07.61
91	72/1393	16/173	5056	Paul Creger	M	25	Omaha	NE	00:21:02.78	00:46:49.69	00:22:17.91	6:52	01:30:10.38
92	73/1393	3/33	4712	Anthony Krick	M	17	Lincoln	NE	00:21:20.26	00:46:31.75	00:22:19.98	6:52	01:30:12.00
93	74/1393	3/134	4907	Brian Boyce	M	48	Omaha	NE	00:20:54.76	00:47:10.82	00:22:10.44	6:53	01:30:16.03
94	20/2794	1/378	2626	Kelly Messbarger	F	23	Lincoln	NE	00:20:18.20	00:46:57.06	00:23:04.03	6:53	01:30:19.30
95	75/1393	7/184	1361	Jason Mccown	M	41	Lincoln	NE	00:21:06.74	00:46:57.41	00:22:16.86	6:53	01:30:21.01
96	21/2794	8/477	301	Malaina Schlautman	F	26	Madison	WI	00:20:01.21	00:45:55.66	00:24:37.04	6:54	01:30:33.92
97	76/1393	4/33	1501	Dominic Vavala	M	17	Lincoln	NE	00:22:07.07	00:46:20.93	00:22:06.47	6:54	01:30:34.48
98	77/1393	16/250	5243	Brian Lubberstedt	M	39	Omaha	NE	00:20:56.36	00:46:52.57	00:22:52.04	6:55	01:30:40.98
99	78/1393	17/173	4664	Colton Meyers	M	28	Lincoln	NE	00:21:39.58	00:47:27.86	00:21:33.88	6:55	01:30:41.32
100	79/1393	18/173	5086	John Metzger	M	29	Dunlap	IL	00:21:27.10	00:47:18.09	00:22:00.40	6:55	01:30:45.59
101	80/1393	14/122	1375	Zach Turner	M	20	Auburn	NE	00:20:50.36	00:47:21.51	00:22:36.43	6:55	01:30:48.30
102	81/1393	15/122	129	Max Lawlor	M	22	Omaha	NE	00:20:05.86	00:44:54.29	00:25:54.95	6:56	01:30:55.10
103	82/1393	16/122	4669	Christian Guinac	M	20	Lincoln	NE	00:21:22.41			6:56	01:30:55.67
104	83/1393	10/213	1506	Addison Killeen	M	30	Lincoln	NE	00:20:13.13	00:47:50.11	00:22:52.52	6:56	01:30:55.77
105	22/2794	3/450	588	Lindsey Meyer	F	31	Omaha	NE	00:21:47.88	00:47:25.17	00:21:43.70	6:56	01:30:56.75

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106	84/1393	19/173	5089	Shannon Mccoy	M	26	Papillion	NE	00:21:01.07	00:47:00.18	00:22:59.21	6:56	01:31:00.47
107	85/1393	8/184	5113	Ken Logan	M	40	Lincoln	NE	00:20:53.36	00:46:55.68	00:23:13.37	6:56	01:31:02.41
108	86/1393	17/122	4903	Austin Mar	M	23	Lincoln	NE	00:21:49.23	00:45:59.95	00:23:25.60	6:57	01:31:14.79
109	23/2794	2/378	6137	Sierra Zemanick	F	24	Seward	NE	00:20:51.73	00:46:53.74	00:23:40.35	6:58	01:31:25.82
110	24/2794	4/450	725	Elizabeth Woodruff	F	31	Papillion	NE	00:21:57.49	00:48:12.86	00:21:17.64	6:58	01:31:28.00
111	87/1393	17/250	135	Joshua Sales	M	39	Olathe	KS	00:21:18.92	00:47:35.11	00:22:57.20	7:00	01:31:51.23
112	88/1393	4/134	4715	Tim Irwin	M	45	Papillion	NE	00:21:04.09	00:47:14.59	00:23:36.13	7:00	01:31:54.82
113	89/1393	5/33	4704	Avery Watts	M	15	Lincoln	NE	00:22:07.95	00:48:14.80	00:21:39.00	7:01	01:32:01.76
114	90/1393	18/250	4698	Ryan Richard	M	39	Omaha	NE	00:21:23.63	00:47:38.62	00:23:01.81	7:01	01:32:04.07
115	91/1393	11/213	5131	Tyler Gilkey	M	33	Waco	NE	00:21:47.27	00:47:48.97	00:22:38.97	7:02	01:32:15.23
116	25/2794	6/489	310	Amber Oligmueller	F	35	Lincoln	NE	00:21:33.39	00:47:54.94	00:22:48.73	7:02	01:32:17.07
117	92/1393	12/213	4807	Troy Gilmore	M	34	Omaha	NE	00:21:36.08	00:47:27.20	00:23:15.08	7:02	01:32:18.36
118	26/2794	5/450	13	Lindsey Brezenski	F	34	Omaha	NE	00:20:21.29			7:02	01:32:19.81
119	27/2794	3/378	3713	Celia Bravard	F	23	Omaha	NE	00:21:02.14	00:47:35.31	00:23:46.54	7:02	01:32:23.99
120	93/1393	18/122	4984	Anthony Pittman	M	24	Omaha	NE	00:21:44.31	00:47:20.49	00:23:24.29	7:03	01:32:29.11
121	94/1393	13/213	1851	Richard Schwartz	M	32	Lincoln	NE	00:22:07.19	00:47:30.90	00:22:51.69	7:03	01:32:29.79
122	95/1393	19/250	5184	Jay Mcardle	M	36	Elkhorn	NE	00:21:25.58	00:47:53.00	00:23:13.14	7:03	01:32:31.73
123	96/1393	19/122	5062	Morgan Chapman	M	24	Omaha	NE	00:20:45.62	00:48:06.82	00:23:44.48	7:03	01:32:36.93
124	28/2794	9/477	32	Amber Sargent	F	29	Beatrice	NE	00:19:49.07	00:47:58.61	00:24:58.51	7:04	01:32:46.19
125	29/2794	10/477	18	Breelan Kear	F	26	Omaha	NE	00:21:02.16	00:47:53.66	00:23:50.61	7:04	01:32:46.44
126	97/1393	9/184	5082	Dennis Pope	M	44	Martell	NE	00:21:46.10	00:47:59.37	00:23:00.97	7:04	01:32:46.44
127	98/1393	20/173	9	Casey Kear	M	28	Omaha	NE	00:21:02.15	00:47:53.60	00:23:52.55	7:04	01:32:48.30
128	99/1393	21/173	4967	Spencer Glynn	M	26	Lincoln	NE	00:21:37.88	00:48:24.98	00:22:52.38	7:05	01:32:55.25
129	30/2794	1/359	149	Amy Mccracken	F	42	Lincoln	NE	00:21:06.09	00:48:11.07	00:23:41.41	7:05	01:32:58.59
130	31/2794	4/378	154	Megan Niesen	F	24	Lincoln	NE	00:21:03.02	00:48:51.99	00:23:05.93	7:05	01:33:00.94
131	32/2794	11/477	819	Mary Caitlin Dominguez	F	27	Bellevue	NE	00:21:45.68	00:48:07.88	00:23:19.34	7:06	01:33:12.90
132	100/1393	10/184	5232	Timothy Hill	M	40	Lincoln	NE	00:21:04.83	00:48:41.42	00:23:31.25	7:06	01:33:17.50
133	33/2794	7/489	2578	Nicole Norris	F	35	Lincoln	NE	00:22:04.95	00:48:35.04	00:22:41.20	7:07	01:33:21.20
134	101/1393	20/250	4849	John Gorman	M	37	Lincoln	NE	00:22:36.35	00:49:22.10	00:21:33.27	7:08	01:33:31.73
135	102/1393	22/173	1399	Stuart Mason	M	29	Lincoln	NE	00:21:24.12	00:49:27.04	00:22:46.32	7:08	01:33:37.48
136	103/1393	20/122	5124	Scott Friend	M	20	Omaha	NE	00:21:06.62	00:48:07.23	00:24:34.43	7:09	01:33:48.28
137	104/1393	14/213	4924	Todd Mcquistan	M	33	Lincoln	NE	00:22:39.43	00:49:46.53	00:21:29.23	7:09	01:33:55.20
138	105/1393	15/213	4929	Mitch Bern	M	31	Lincoln	NE	00:21:10.22	00:47:32.93	00:25:13.41	7:09	01:33:56.56
139	34/2794	8/489	812	Niki Hilgenberg	F	35	St. Joseph	MO	00:22:00.04	00:49:14.42	00:22:50.22	7:10	01:34:04.69
140	106/1393	16/213	5643	Matt Weeder	M	31	Lincoln	NE	00:22:25.15	00:50:02.44	00:21:38.27	7:10	01:34:05.86

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
141	107/1393	17/213	4972	Brad Hansen	M	32	South Sioux City	NE	00:21:42.03	00:48:58.31	00:23:26.48	7:10	01:34:06.82
142	35/2794	9/489	2278	Stephanie Miller	F	36	Mccook	NE	00:20:57.68	00:48:33.26	00:24:38.85	7:10	01:34:09.80
143	108/1393	6/33	4717	Garrett Wells	M	16	Waverly	NE	00:22:16.45	00:48:33.54	00:23:21.21	7:11	01:34:11.20
144	36/2794	2/359	2468	Kami Alessandro	F	44	Omaha	NE	00:21:27.86	00:49:16.45	00:23:27.14	7:11	01:34:11.46
145	109/1393	21/250	1527	Thaddeus Edgerton	M	38	Lincoln	NE	00:21:30.26	00:50:11.46	00:22:34.84	7:11	01:34:16.57
146	110/1393	22/250	1665	John Boever	M	38	Lincoln	NE	00:22:40.86	00:49:46.33	00:21:51.78	7:11	01:34:18.98
147	111/1393	21/122	5151	Trent Ihme	M	20	Castle Pines	CO	00:21:40.60	00:48:17.99	00:24:23.27	7:11	01:34:21.87
148	112/1393	7/33	4918	Bryan Fitch	M	17	Lincoln	NE	00:22:07.56	00:46:49.21	00:25:26.53	7:12	01:34:23.31
149	113/1393	18/213	1614	Corey Vasey	M	30	Lincoln	NE	00:21:41.92	00:48:40.17	00:24:04.73	7:12	01:34:26.83
150	114/1393	11/184	4952	Rick Tast	M	43	Lincoln	NE	00:21:36.29	00:49:44.15	00:23:11.47	7:12	01:34:31.91
151	115/1393	23/173	4691	Brian Hinkle	M	28	Omaha	NE	00:21:09.91	00:48:25.13	00:25:04.53	7:13	01:34:39.58
152	37/2794	10/489	766	Karey Roberts	F	39	Beatrice	NE	00:21:30.19	00:49:21.18	00:23:51.48	7:13	01:34:42.86
153	116/1393	24/173	4815	Justin Van Nostrand	M	27	Lincoln	NE	00:22:13.06	00:49:04.56	00:23:26.95	7:13	01:34:44.59
154	117/1393	1/16	124	Paul Braunschweiler	M	65	Elkhorn	NE	00:21:18.15	00:49:24.58	00:24:04.70	7:13	01:34:47.44
155	38/2794	6/450	291	Erin Esslinger	F	31	Aurora	NE	00:21:51.04	00:49:30.12	00:23:26.92	7:13	01:34:48.08
156	118/1393	5/134	5279	James Thornton	M	45	Ankeny	IA	00:22:03.26	00:49:57.65	00:22:49.41	7:14	01:34:50.33
157	39/2794	11/489	272	Allison Nielsen	F	37	Elmwood	NE	00:22:10.62	00:49:35.89	00:23:05.41	7:14	01:34:51.94
158	119/1393	23/250	5105	Joseph Fitzpatrick	M	39	Gretna	NE	00:22:12.43	00:50:04.79	00:22:36.28	7:14	01:34:53.51
159	40/2794	12/477	2100	Ashley Dotson	F	29	Lincoln	NE	00:22:05.07	00:49:31.36	00:23:29.64	7:15	01:35:06.08
160	120/1393	22/122	1373	Austin Baade	M	21	Roca	NE	00:21:30.10	00:49:37.77	00:23:59.26	7:15	01:35:07.14
161	121/1393	3/106	5201	John Thomas	M	50	East Greenwich	RI	00:21:28.45	00:49:34.67	00:24:07.17	7:15	01:35:10.30
162	41/2794	12/489	5478	Crystal Kmoch	F	36	Omaha	NE	00:22:27.89	00:49:56.37	00:22:52.90	7:16	01:35:17.17
163	122/1393	19/213	5373	Dan Zieg	M	31	Lincoln	NE	00:22:11.79	00:49:52.57	00:23:16.92	7:16	01:35:21.28
164	42/2794	5/378	153	Jessa Sughroue	F	23	La Vista	NE	00:20:51.70	00:48:12.82	00:26:20.54	7:16	01:35:25.07
165	123/1393	25/173	5744	Kurt Anderzhon	M	27	Lincoln	NE	00:22:24.44	00:50:02.73	00:23:00.94	7:16	01:35:28.11
166	124/1393	12/184	5299	Cainon Brown	M	42	Elkhonr	NE	00:22:44.12	00:49:40.60	00:23:14.74	7:17	01:35:39.47
167	125/1393	20/213	5431	Nick Kauffman	M	32	Kansas City	MO	00:22:12.02	00:49:42.11	00:23:46.80	7:17	01:35:40.94
168	126/1393	21/213	4896	Martin Ertz	M	31	Omaha	NE	00:22:08.50	00:49:57.99	00:23:34.63	7:17	01:35:41.12
169	127/1393	4/106	1430	J J Yost	M	50	Lincoln	NE	00:23:21.75	00:49:34.13	00:22:47.12	7:18	01:35:43.02
170	128/1393	24/250	5728	Dan Riskowski	M	36	Hickman	NE	00:21:45.36	00:50:03.81	00:24:02.81	7:18	01:35:51.98
171	129/1393	26/173	5412	Kyle Kopplin	M	25	Lincoln	NE	00:22:12.36	00:49:54.88	00:23:45.43	7:18	01:35:52.67
172	130/1393	27/173	1410	Benjamin Stangl	M	28	Blair	NE	00:20:50.97	00:49:39.73	00:25:24.98	7:19	01:35:55.69
173	131/1393	25/250	4772	Jason Kennedy	M	36	Lincoln	NE	00:21:16.24	00:49:16.76	00:25:23.70	7:19	01:35:56.71
174	132/1393	23/122	5749	Robert Giovanazzi	M	23	Lincoln	NE	00:22:11.90	00:50:03.13	00:23:49.44	7:19	01:36:04.48
175	133/1393	28/173	5308	Adrian Brandt	M	27	Lincoln	NE	00:22:24.68	00:50:02.73	00:23:37.13	7:19	01:36:04.55

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
176	134/1393	13/184	5605	James Boerner	M	42	Bellevue	NE	00:21:53.17	00:50:04.28	00:24:13.15	7:20	01:36:10.60
177	135/1393	26/250	4780	Dan Rokser	M	36	Omaha	NE	00:22:33.17	00:50:26.14	00:23:13.33	7:20	01:36:12.64
178	136/1393	5/106	5026	Randy Johnston	M	54	York	NE	00:22:14.39	00:49:29.54	00:24:32.30	7:20	01:36:16.23
179	137/1393	8/33	1777	Peyton Renard	M	17	Lincoln	NE	00:21:52.94	00:50:57.09	00:23:34.66	7:21	01:36:24.70
180	138/1393	9/33	1498	Anthony Butler	M	16	Lincoln	NE	00:22:38.28	00:49:56.93	00:23:51.71	7:21	01:36:26.93
181	139/1393	24/122	4804	Colby Kresak	M	21	Lincoln	NE	00:21:17.82	00:50:43.76	00:24:29.45	7:21	01:36:31.03
182	43/2794	13/489	2136	Krista Roebke	F	39	Lincoln	NE	00:21:42.66	00:49:33.47	00:25:19.48	7:22	01:36:35.61
183	140/1393	27/250	1694	Trevor Bohling	M	37	Omaha	NE	00:22:38.05	00:50:45.32	00:23:12.63	7:22	01:36:36.01
184	141/1393	29/173	5025	Alex Driesen	M	27	Omaha	NE	00:21:06.05	00:49:45.88	00:25:45.16	7:22	01:36:37.10
185	44/2794	14/489	146	Linsey Dobson	F	36	Manhattan	KS	00:21:39.71	00:50:37.10	00:24:20.49	7:22	01:36:37.30
186	45/2794	7/450	2762	Tiffany Murray	F	30	Lincoln	NE	00:22:09.55	00:50:08.76	00:24:19.43	7:22	01:36:37.75
187	46/2794	1/208	950	Kjersten Welch	F	46	Sioux City	IA	00:22:57.48	00:49:46.02	00:23:54.99	7:22	01:36:38.50
188	142/1393	30/173	1406	Danny Poethig	M	27	Omaha	NE	00:21:03.03	00:50:11.90	00:25:25.04	7:22	01:36:39.98
189	47/2794	2/208	2932	Marcia Esola	F	49	Omaha	NE	00:22:06.11	00:50:10.79	00:24:24.80	7:22	01:36:41.70
190	143/1393	22/213	5120	Christopher Fuller	M	34	Omaha	NE	00:22:42.36	00:50:30.52	00:23:28.91	7:22	01:36:41.81
191	144/1393	31/173	4944	Chase McClaren	M	25	Lincoln	NE	00:21:36.83	00:49:34.70	00:25:30.93	7:22	01:36:42.46
192	145/1393	6/134	1419	Kevin Mccaffrey	M	48	Lincoln	NE	00:22:16.70	00:50:09.75	00:24:16.14	7:22	01:36:42.59
193	48/2794	3/359	4053	Heidi Tast	F	40	Lincoln	NE	00:21:36.73	00:49:44.65	00:25:23.66	7:22	01:36:45.05
194	49/2794	8/450	201	Sarah Toline	F	33	Wahoo	NE	00:22:05.31	00:50:16.98	00:24:37.94	7:23	01:37:00.24
195	146/1393	6/106	4852	Mark Patton	M	53	Lincoln	NE	00:23:08.59	00:50:14.04	00:23:38.87	7:24	01:37:01.51
196	147/1393	23/213	1580	Jediah Kautz	M	31	Hastings	NE	00:23:07.45	00:50:10.47	00:23:48.63	7:24	01:37:06.57
197	148/1393	32/173	1715	Maxwell Crawford	M	28	Omaha	NE	00:23:49.15	00:50:33.39	00:22:44.46	7:24	01:37:07.01
198	149/1393	24/213	5047	David Scharfen	M	34	Lincoln	NE	00:22:57.43	00:50:54.34	00:23:20.69	7:24	01:37:12.48
199	150/1393	28/250	1659	Tom Worthington	M	37	Omaha	NE	00:23:24.77	00:50:02.18	00:23:53.66	7:25	01:37:20.62
200	50/2794	15/489	540	Kristie Brezenski	F	36	Columbus	NE	00:22:08.61	00:50:45.02	00:24:28.79	7:25	01:37:22.42
201	151/1393	25/213	1468	Derek Sinica	M	31	Lincoln	NE	00:21:36.36	00:49:29.19	00:26:17.39	7:25	01:37:22.94
202	51/2794	4/359	374	Tonya Beach	F	42	Lincoln	NE	00:22:23.87	00:50:51.28	00:24:12.65	7:26	01:37:27.81
203	152/1393	26/213	4694	Shane Peed	M	31	Lincoln	NE	00:23:34.22	00:50:30.41	00:23:24.99	7:26	01:37:29.63
204	153/1393	14/184	5334	Curt Vanlaningham	M	42	Ogallala	NE	00:23:01.39	00:51:30.35	00:22:59.34	7:26	01:37:31.09
205	154/1393	27/213	5133	Brian Labenz	M	32	Clarkson	NE	00:19:43.38	00:48:37.42	00:29:11.79	7:26	01:37:32.60
206	155/1393	7/106	1497	Steven Sousek	M	50	Lincoln	NE	00:23:03.60	00:51:07.02	00:23:22.20	7:26	01:37:32.83
207	156/1393	29/250	4771	Joe Smith	M	35	Lincoln	NE	00:23:05.94	00:50:16.48	00:24:19.00	7:27	01:37:41.43
208	52/2794	13/477	2195	Hannah Johnson	F	26	Lincoln	NE	00:23:50.88	00:50:36.33	00:23:14.91	7:27	01:37:42.12
209	53/2794	16/489	469	Jackie Freeman	F	35	Bloomfield	NE	00:22:39.15	00:51:28.01	00:23:39.04	7:27	01:37:46.21
210	54/2794	9/450	6145	Diane Lally	F	33	Lincoln	NE	00:23:18.17	00:50:34.36	00:23:55.88	7:27	01:37:48.41

# The Good Life Halfsy

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## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
211	157/1393	28/213	4875	Todd Prauner	M	31	Omaha	NE	00:22:40.54	00:51:08.03	00:24:00.75	7:27	01:37:49.33
212	55/2794	14/477	3879	Anna Davidson	F	25	Omaha	NE	00:22:41.05	00:51:08.13	00:24:00.67	7:27	01:37:49.86
213	158/1393	7/134	1653	Michael Davis	M	48	Omaha	NE	00:22:16.50	00:50:56.59	00:24:38.95	7:27	01:37:52.05
214	56/2794	10/450	385	Carrie Bostar	F	30	Lincoln	NE	00:23:21.56	00:50:34.55	00:23:56.08	7:27	01:37:52.20
215	159/1393	1/53	5320	Steve Nabity	M	60	Elkhorn	NE	00:23:13.99	00:51:01.38	00:23:38.78	7:28	01:37:54.16
216	160/1393	3/81	1473	Con Murray	M	55	Lincoln	NE	00:22:23.11	00:50:46.58	00:24:45.26	7:28	01:37:54.96
217	161/1393	30/250	5950	Todd Goodman	M	35	Juniata	NE	00:22:33.52	00:50:41.68	00:24:40.57	7:28	01:37:55.77
218	162/1393	25/122	4993	Kingsley Gibbens	M	24	Lincoln	NE	00:24:11.50	00:50:46.49	00:23:03.92	7:28	01:38:01.92
219	163/1393	31/250	1515	Chris Mcbratney	M	36	Fremont	NE	00:22:09.02	00:50:33.58	00:25:21.10	7:28	01:38:03.71
220	57/2794	1/10	391	Laura Martin	F	14	Hickman	NE	00:23:32.30	00:51:11.24	00:23:23.61	7:29	01:38:07.16
221	164/1393	15/184	1745	Mark Treadway	M	41	Kearney	NE	00:20:08.85	00:49:27.62	00:28:41.93	7:29	01:38:18.41
222	165/1393	8/134	5304	Jeremy Murphy	M	48	Lincoln	NE	00:21:47.76	00:51:49.63	00:24:42.38	7:30	01:38:19.78
223	166/1393	2/53	4770	David Coleman	M	61	Lincoln	NE	00:23:55.14	00:50:34.47	00:23:53.67	7:30	01:38:23.28
224	167/1393	9/134	1483	Matthew Nelson	M	47	Lincoln	NE	00:22:47.93	00:51:00.55	00:24:35.82	7:30	01:38:24.31
225	58/2794	1/103	4533	Carol Kelly	F	56	Lincoln	NE				7:30	01:38:24.92
226	59/2794	15/477	3113	Brianne Dacy	F	28	Bennington	NE	00:23:53.52	00:51:00.80	00:23:30.70	7:30	01:38:25.03
227	168/1393	32/250	656	Joe Leyboldt	M	39	Omaha	NE	00:23:53.62	00:51:48.58	00:22:44.37	7:30	01:38:26.58
228	60/2794	11/450	2810	Julia Storm	F	30	Omaha	NE	00:22:36.08	00:51:08.14	00:24:47.32	7:30	01:38:31.54
229	61/2794	12/450	148	Shelley Tift-Lippold	F	33	Elkhorn	NE	00:22:36.01	00:51:08.34	00:24:47.34	7:30	01:38:31.70
230	169/1393	33/173	4845	Jordon Haar	M	25	Lincoln	NE	00:24:01.53	00:51:44.94	00:22:49.35	7:31	01:38:35.83
231	170/1393	29/213	5445	Nick Vanous	M	31	Lincoln	NE	00:22:46.81	00:50:47.27	00:25:02.85	7:31	01:38:36.94
232	171/1393	16/184	4979	Brooks Hitt	M	40	Lincoln	NE	00:23:47.90	00:51:14.63	00:23:35.82	7:31	01:38:38.36
233	62/2794	6/378	56	Taylor Johnson	F	23	Lincoln	NE	00:21:05.43	00:51:51.04	00:25:44.77	7:31	01:38:41.24
234	172/1393	10/33	4865	Drew Labreck	M	19	Bennington	NE	00:23:58.88	00:51:59.39	00:22:50.51	7:32	01:38:48.78
235	63/2794	7/378	49	Marissa Moore	F	22	Lincoln	NE	00:23:40.92	00:51:18.87	00:23:49.18	7:32	01:38:48.98
236	173/1393	4/81	5632	Don Honeycutt	M	57	Omaha	NE	00:23:24.36	00:51:31.83	00:23:53.30	7:32	01:38:49.50
237	174/1393	33/250	5324	Chad Reade	M	38	Omaha	NE	00:23:07.31	00:51:29.65	00:24:13.73	7:32	01:38:50.69
238	175/1393	30/213	1464	Cody Williams	M	32	Brookings	SD	00:22:01.06	00:51:34.58	00:25:17.89	7:32	01:38:53.54
239	176/1393	5/81	5671	Jerry Kreutzer	M	59	Derby	KS	00:24:03.80	00:51:02.01	00:23:53.24	7:33	01:38:59.05
240	64/2794	5/359	2490	Rachel Bellinghausen	F	40	Omaha	NE	00:23:31.06	00:51:23.92	00:24:10.36	7:33	01:39:05.35
241	65/2794	16/477	668	Amanda Homes	F	29	Gretna	NE	00:24:00.52	00:51:40.86	00:23:28.40	7:33	01:39:09.79
242	177/1393	10/134	1440	Sam Allgood	M	49	Lincoln	NE	00:23:17.89	00:52:09.46	00:23:42.67	7:33	01:39:10.02
243	66/2794	13/450	2716	Amanda Lingg	F	30	Hallam	NE	00:23:23.25	00:51:52.62	00:23:55.86	7:34	01:39:11.74
244	178/1393	34/250	1378	Ben Watson	M	37	Chadron	NE	00:24:03.32	00:52:26.44	00:22:46.02	7:34	01:39:15.79
245	67/2794	17/477	472	Kirsten Kreutz	F	29	Giltner	NE	00:24:04.06	00:51:41.40	00:23:31.11	7:34	01:39:16.57

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
246	68/2794	18/477	209	Kristen Humphrey	F	27	Omaha	NE	00:23:46.58	00:51:52.11	00:23:39.56	7:34	01:39:18.25
247	179/1393	35/250	1798	Jake Messersmith	M	38	Lincoln	NE	00:23:07.32	00:51:29.89	00:24:42.76	7:34	01:39:19.97
248	180/1393	6/81	1540	Doug Brudny	M	57	Valley	NE	00:23:46.33	00:51:22.80	00:24:19.32	7:35	01:39:28.45
249	69/2794	19/477	462	Carrie Westerbuhr	F	29	Kearney	NE	00:23:20.41	00:51:33.96	00:24:35.05	7:35	01:39:29.44
250	70/2794	14/450	166	Ashley Taff	F	32	Lincoln	NE	00:22:33.96	00:51:00.48	00:25:57.63	7:35	01:39:32.07
251	181/1393	31/213	5670	Jeff Dunton	M	31	Lincoln	NE	00:23:36.22	00:51:40.68	00:24:20.02	7:35	01:39:36.93
252	71/2794	3/208	3641	Shawna Young	F	46	Omaha	NE	00:24:08.87	00:51:13.04	00:24:15.29	7:35	01:39:37.20
253	182/1393	7/81	1450	William Berzonsky	M	56	Lincoln	NE	00:23:37.58	00:51:37.32	00:24:22.57	7:35	01:39:37.48
254	72/2794	1/167	2618	Stacy Shaw	F	50	Elkhorn	NE	00:21:29.68	00:52:25.20	00:25:42.76	7:35	01:39:37.65
255	183/1393	17/184	4951	Sami Zeineddine	M	42	Omaha	NE	00:23:15.52	00:52:28.07	00:23:58.14	7:36	01:39:41.73
256	184/1393	11/134	5362	David Fuson	M	48	Lincoln	NE	00:24:12.31	00:51:50.83	00:23:38.90	7:36	01:39:42.04
257	185/1393	8/106	1531	Nick Heng	M	53	Overland Park	KS	00:23:30.33	00:52:05.16	00:24:06.64	7:36	01:39:42.14
258	73/2794	20/477	2215	Maggie Hedlund	F	26	Lincoln	NE	00:22:05.84	00:52:55.80	00:24:41.19	7:36	01:39:42.85
259	186/1393	34/173	1635	Kyle Schutte	M	28	Omaha	NE	00:23:48.10	00:51:49.20	00:24:13.91	7:37	01:39:51.23
260	74/2794	15/450	2345	Kristina Myint	F	34	Lincoln	NE	00:24:04.08	00:51:53.42	00:23:56.49	7:37	01:39:54.00
261	187/1393	12/134	4869	Robert Myer	M	45	La Vista	NE	00:23:15.54	00:51:59.23	00:24:43.53	7:37	01:39:58.31
262	188/1393	18/184	5569	Bryan Wortham	M	41	Yukon	OK	00:23:09.52	00:52:25.26	00:24:24.99	7:37	01:39:59.78
263	189/1393	3/53	5017	Larry Dietrich	M	63	Lincoln	NE	00:24:05.20	00:51:54.68	00:24:01.49	7:37	01:40:01.37
264	75/2794	17/489	193	Michelle Bivens	F	37	Lincoln	NE	00:23:54.44	00:51:52.50	00:24:15.29	7:37	01:40:02.24
265	190/1393	32/213	4828	David Neff Jr	M	33	Lincoln	NE	00:24:16.62	00:52:55.33	00:22:50.35	7:37	01:40:02.30
266	191/1393	36/250	1568	Carl J Samuelson	M	39	Papillion	NE	00:22:39.42	00:52:20.16	00:25:04.48	7:38	01:40:04.07
267	192/1393	8/81	4902	Tom Dunkleman	M	55	Bellevue	NE	00:23:58.67	00:51:21.56	00:24:45.61	7:38	01:40:05.84
268	193/1393	9/106	4922	Tim Mayo	M	50	Charleston	WV	00:22:34.05	00:51:53.82	00:25:45.16	7:38	01:40:13.03
269	76/2794	4/208	2569	Myshell Straight	F	45	Red Oak	IA	00:24:17.19	00:51:57.11	00:24:01.88	7:38	01:40:16.18
270	194/1393	19/184	1681	Ron Larson	M	44	Lincoln	NE	00:24:04.41	00:52:36.89	00:23:35.27	7:38	01:40:16.58
271	77/2794	16/450	182	Lynn Soneson	F	31	Gretna	NE	00:24:10.79	00:52:01.92	00:24:05.67	7:39	01:40:18.38
272	78/2794	17/450	2139	Lindsay Knoop	F	32	Elkhorn	NE	00:24:08.55	00:51:54.36	00:24:18.59	7:39	01:40:21.51
273	195/1393	20/184	1333	Wei Hu	M	41	Lincoln	NE	00:23:57.15	00:51:11.09	00:25:18.03	7:39	01:40:26.28
274	196/1393	33/213	1695	Joseph Banegas	M	30	Lincoln	NE	00:21:35.76	00:51:57.59	00:26:52.94	7:39	01:40:26.29
275	197/1393	35/173	5293	Red Diediker	M	29	Dakota City	NE	00:23:57.33	00:52:10.32	00:24:19.57	7:39	01:40:27.22
276	198/1393	37/250	5560	Brett Ritter	M	35	Elkhorn	NE	00:24:49.04	00:52:53.70	00:22:45.05	7:39	01:40:27.80
277	199/1393	38/250	1770	David Smidt	M	35	Lincoln	NE	00:24:26.59	00:52:08.24	00:23:58.38	7:40	01:40:33.22
278	200/1393	36/173	4988	Andeew Hille	M	29	Hickman	NE	00:20:57.80	00:53:19.65	00:26:17.50	7:40	01:40:34.95
279	201/1393	11/33	5337	Calen Olsen	M	16	Lincoln	NE	00:22:06.96	00:51:25.60	00:27:03.64	7:40	01:40:36.21
280	79/2794	1/89	2632	Ashley Burkholder	F	16	Cozad	NE	00:23:03.64	00:51:32.40	00:26:04.65	7:40	01:40:40.69



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
281	80/2794	18/450	816	Shawntae Razo	F	30	Lincoln	NE	00:22:32.90	00:52:43.96	00:25:36.44	7:41	01:40:53.31
282	202/1393	13/134	1718	John Christensen	M	45	Lincoln	NE	00:24:10.37	00:51:54.57	00:24:49.26	7:41	01:40:54.20
283	81/2794	2/89	2306	Camryn Larsen	F	17	Omaha	NE	00:24:18.56	00:51:28.59	00:25:09.48	7:42	01:40:56.64
284	203/1393	34/213	1433	Paul Judge	M	30	Omaha	NE	00:23:57.64	00:52:42.11	00:24:21.03	7:42	01:41:00.79
285	204/1393	10/106	1719	Doug Volkmer	M	51	Lincoln	NE	00:23:10.57	00:52:20.39	00:25:31.38	7:42	01:41:02.35
286	205/1393	39/250	4976	Justus Foged	M	38	Waverly	NE	00:24:42.36	00:52:51.06	00:23:29.70	7:42	01:41:03.13
287	206/1393	35/213	5368	Adam Martinez	M	33	Lincoln	NE	00:23:10.16	00:52:35.97	00:25:24.09	7:43	01:41:10.23
288	82/2794	5/208	4357	Jodene Stalp	F	47	West Point	NE	00:23:31.06	00:51:58.12	00:25:43.01	7:43	01:41:12.21
289	207/1393	12/33	5011	Peyton Abendroth	M	18	Lincoln	NE	00:23:49.69	00:52:52.86	00:24:29.92	7:43	01:41:12.48
290	208/1393	40/250	1637	Marcus Goeschel	M	38	Omaha	NE	00:24:09.12	00:51:55.07	00:25:08.77	7:43	01:41:12.97
291	209/1393	14/134	1747	Troy Bailey	M	49	Lincoln	NE	00:24:05.13	00:51:54.94	00:25:16.17	7:43	01:41:16.24
292	83/2794	6/359	2334	Lyn Kummer	F	44	Lincoln	NE	00:23:36.83	00:52:15.95	00:25:23.92	7:43	01:41:16.71
293	210/1393	41/250	4850	Nico Tigers Masten	M	37	Lincoln	NE	00:24:06.06	00:52:07.04	00:25:13.39	7:44	01:41:26.50
294	211/1393	42/250	1591	Tom Roddel	M	38	Lincoln	NE	00:24:06.23	00:52:06.85	00:25:15.41	7:44	01:41:28.50
295	84/2794	21/477	757	Crystal Foust	F	26	Fremont	NE	00:24:11.16	00:52:17.49	00:25:00.31	7:44	01:41:28.97
296	85/2794	18/489	693	Shelly Haiar	F	37	Omaha	NE	00:23:55.85	00:53:14.37	00:24:23.57	7:44	01:41:33.80
297	212/1393	36/213	5065	Nick Strobe	M	33	Lincoln	NE	00:24:15.56	00:52:10.13	00:25:08.28	7:44	01:41:33.97
298	213/1393	15/134	1579	Tom Macy	M	49	Omaha	NE	00:23:38.69	00:52:44.47	00:25:13.10	7:45	01:41:36.26
299	86/2794	19/489	2591	Sarah Lancaster	F	36	Salina	KS	00:24:06.44	00:53:10.02	00:24:20.40	7:45	01:41:36.86
300	214/1393	43/250	4752	Todd Mercural-Chapman	M	35	Omaha	NE	00:24:10.61	00:53:08.87	00:24:17.53	7:45	01:41:37.02
301	215/1393	13/33	1601	Jared Teckmeyer	M	18	Lincoln	NE	00:24:17.32	00:53:00.87	00:24:19.23	7:45	01:41:37.43
302	216/1393	16/134	5440	Troy Betancur	M	46	Lincoln	NE	00:23:38.08	00:52:35.71	00:25:33.26	7:45	01:41:47.06
303	217/1393	11/106	1907	Mark Bozarth	M	50	Omaha	NE	00:23:32.73	00:53:56.23	00:24:21.26	7:46	01:41:50.23
304	218/1393	12/106	6118	Craig Anderson	M	50	Lincoln	NE	00:21:52.56	00:52:23.95	00:27:39.96	7:46	01:41:56.48
305	219/1393	44/250	5703	Brandon Noerrlinger	M	35	Lincoln	NE	00:23:15.35	00:52:16.86	00:26:27.17	7:46	01:41:59.39
306	87/2794	19/450	3428	Karah Perdue	F	31	York	NE	00:24:42.11	00:52:44.02	00:24:34.98	7:46	01:42:01.12
307	220/1393	37/213	1628	Zach Schroeder	M	30	Lincoln	NE	00:23:34.56	00:51:53.42	00:26:33.44	7:46	01:42:01.43
308	221/1393	17/134	1775	Brad Okamoto	M	45	Lincoln	NE	00:23:55.38	00:52:05.60	00:26:00.96	7:47	01:42:01.95
309	88/2794	20/489	3774	Torri Janecek	F	36	Dubuque	IA	00:23:33.35	00:52:44.38	00:25:45.64	7:47	01:42:03.38
310	222/1393	18/134	5225	Brian Yueill	M	47	Omaha	NE	00:21:05.41	00:50:20.33	00:30:37.81	7:47	01:42:03.56
311	89/2794	20/450	3167	Jackie Engel	F	30	Lincoln	NE	00:22:32.25	00:53:31.76	00:25:59.68	7:47	01:42:03.70
312	90/2794	21/450	6126	Rebecca Smith	F	34	Lincoln	NE	00:23:22.61	00:52:46.05	00:25:58.64	7:47	01:42:07.31
313	223/1393	21/184	1334	Nel Pineda	M	41	Bellevue	NE	00:24:08.71	00:51:52.43	00:26:06.21	7:47	01:42:07.35
314	91/2794	8/378	2059	Maelyn Huebert	F	22	Bradshaw	NE	00:23:58.79	00:53:19.95	00:24:51.67	7:47	01:42:10.42
315	92/2794	22/477	2633	Rebecca Koch	F	25	Sioux City	IA	00:23:06.35	00:53:01.83	00:26:02.61	7:47	01:42:10.79

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
316	224/1393	45/250	4785	Beau Bartlett	M	38	Lincoln	NE	00:24:02.54	00:53:05.66	00:25:02.77	7:47	01:42:10.98
317	225/1393	46/250	5678	Timothy Noerrlinger	M	36	Syracuse	NE	00:23:37.86			7:47	01:42:14.93
318	226/1393	47/250	5183	Jeremy Raridon	M	37	Lincoln	NE	00:23:59.81	00:52:27.12	00:25:53.79	7:48	01:42:20.73
319	227/1393	22/184	5272	Aaron Coleman	M	41	Lincoln	NE	00:22:00.86	00:52:09.83	00:28:12.75	7:48	01:42:23.45
320	93/2794	22/450	2223	Kassia Ulfers	F	33	Omaha	NE	00:24:08.30	00:51:59.77	00:26:16.36	7:48	01:42:24.44
321	228/1393	26/122	4935	Mitchell Johnson	M	21	Grand Island	NE	00:22:14.96	00:54:10.90	00:26:01.51	7:48	01:42:27.38
322	229/1393	48/250	5722	Kevin Sypal	M	37	Lincoln	NE	00:24:05.21	00:52:37.98	00:25:47.90	7:49	01:42:31.10
323	230/1393	38/213	6018	Matthew Carper	M	32	Lincoln	NE	00:22:47.42	00:52:58.87	00:26:49.01	7:49	01:42:35.31
324	231/1393	19/134	5823	Hank Newburn	M	49	Seward	NE	00:23:39.87	00:53:17.57	00:25:37.93	7:49	01:42:35.38
325	94/2794	7/359	1363	Amy Clausen	F	43	Norfolk	NE	00:23:10.40	00:53:28.46	00:25:57.81	7:49	01:42:36.68
326	95/2794	8/359	777	Kaycee Neil	F	41	Lincoln	NE	00:23:29.32	00:52:44.91	00:26:23.28	7:49	01:42:37.51
327	232/1393	37/173	5659	Lucas Weeder	M	27	Columbus	NE	00:23:37.15	00:52:30.35	00:26:30.52	7:49	01:42:38.03
328	233/1393	14/33	1470	Ethan Schott	M	18	Lincoln	NE	00:22:38.49	00:53:37.56	00:26:30.35	7:50	01:42:46.41
329	96/2794	23/450	3385	Kristen Rist	F	33	Warrenton	VA	00:23:31.40	00:54:13.03	00:25:02.49	7:50	01:42:46.92
330	234/1393	38/173	5257	Kyle Rowl	M	27	Wichita	KS	00:24:48.11	00:54:19.94	00:23:40.15	7:50	01:42:48.21
331	97/2794	21/489	672	Lora Ullerich	F	39	Omaha	NE	00:23:47.21	00:51:54.49	00:27:08.66	7:50	01:42:50.37
332	98/2794	24/450	739	Leah Sveen	F	30	Lincoln	NE	00:23:44.92	00:53:28.61	00:25:37.05	7:50	01:42:50.58
333	235/1393	39/213	1412	Luis Rios	M	33	Lincoln	NE	00:24:11.81	00:53:14.45	00:25:25.09	7:50	01:42:51.35
334	236/1393	40/213	5326	Marlon Good	M	34	Lincoln	NE	00:22:52.01	00:52:40.93	00:27:20.90	7:50	01:42:53.85
335	237/1393	23/184	1594	Sean Kenney	M	43	Bellevue	NE	00:24:39.97	00:53:45.46	00:24:29.00	7:51	01:42:54.44
336	238/1393	20/134	4974	Jeff Jensen	M	45	Omaha	NE	00:23:43.69	00:53:37.41	00:25:34.36	7:51	01:42:55.47
337	239/1393	24/184	1917	Vinnie Krikac	M	40	Lincoln	NE	00:24:05.09	00:52:22.79	00:26:28.77	7:51	01:42:56.66
338	99/2794	22/489	2388	Trisha Hudson	F	37	Lincoln	NE	00:25:33.59	00:54:14.46	00:23:12.25	7:51	01:43:00.31
339	100/2794	9/359	519	Rachael Kluck-Spann	F	40	Lincoln	NE	00:23:37.16	00:53:47.92	00:25:35.44	7:51	01:43:00.53
340	240/1393	49/250	1720	Jason Longnecker	M	35	Lincoln	NE	00:23:14.17	00:53:55.25	00:25:52.38	7:51	01:43:01.81
341	241/1393	13/106	1547	Patrick Lawlor	M	54	Omaha	NE	00:24:08.28	00:52:44.12	00:26:12.26	7:51	01:43:04.67
342	101/2794	25/450	635	Mary Sweeney	F	34	Lincoln	NE	00:24:26.36	00:53:39.23	00:24:59.76	7:51	01:43:05.36
343	242/1393	39/173	5398	Nate Leonard	M	29	Omaha	NE	00:24:31.11	00:53:35.34	00:24:58.93	7:51	01:43:05.38
344	243/1393	25/184	5204	Drew Bateman	M	44	Omaha	NE	00:24:13.76	00:53:29.67	00:25:25.16	7:52	01:43:08.59
345	244/1393	50/250	1395	Ben Biehl	M	35	Syracuse	NE	00:23:59.05	00:51:58.52	00:27:11.52	7:52	01:43:09.09
346	245/1393	27/122	4933	Matthew Smith	M	20	Lincoln	NE	00:22:45.46	00:53:02.92	00:27:22.90	7:52	01:43:11.28
347	102/2794	26/450	2033	Brandi Gufford	F	33	Omaha	NE	00:23:30.60	00:54:07.89	00:25:33.55	7:52	01:43:12.05
348	246/1393	15/33	5168	Vincent Wieser	M	15	Lincoln	NE	00:24:38.70	00:54:00.88	00:24:32.58	7:52	01:43:12.17
349	247/1393	26/184	5211	Kevin Hughes	M	41	Omaha	NE	00:23:58.78	00:53:23.67	00:25:54.02	7:52	01:43:16.48
350	103/2794	23/477	818	Sarah Dolezal	F	25	Waverly	NE	00:24:34.84	00:54:09.45	00:24:33.49	7:52	01:43:17.78

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
351	248/1393	27/184	5079	Jim Hudson	M	41	Ceresco	NE	00:22:03.37	00:52:57.05	00:28:20.57	7:53	01:43:21.00
352	249/1393	14/106	5554	Kerry Scott	M	52	Mccook	NE	00:23:43.82	00:53:10.93	00:26:29.49	7:53	01:43:24.24
353	104/2794	27/450	2255	Theresa Jedd	F	33	Lincoln	NE	00:23:50.92	00:53:33.55	00:26:02.43	7:53	01:43:26.91
354	250/1393	51/250	5907	Mark Belau	M	35	Lincoln	NE	00:23:48.91	00:53:37.99	00:26:01.73	7:53	01:43:28.64
355	251/1393	40/173	5720	Taylor Kendle	M	28	Lincoln	NE	00:22:00.84	00:54:51.97	00:26:36.91	7:53	01:43:29.72
356	252/1393	52/250	5099	Robert Wittler	M	37	Lincoln	NE	00:24:06.33	00:53:59.89	00:25:25.35	7:53	01:43:31.57
357	253/1393	41/173	4718	Brady West	M	25	Omaha	NE	00:26:17.07	00:54:03.55	00:23:11.71	7:53	01:43:32.33
358	254/1393	53/250	1466	Adam Thimmesch	M	36	Lincoln	NE	00:24:34.15	00:54:19.06	00:24:47.26	7:54	01:43:40.48
359	255/1393	28/184	1872	Chad Kudym	M	41	Lincoln	NE	00:24:34.44	00:54:08.14	00:24:59.39	7:54	01:43:41.98
360	256/1393	54/250	4844	Joshua Nielsen	M	36	Omaha	NE	00:23:35.07	00:53:51.46	00:26:16.18	7:54	01:43:42.72
361	257/1393	21/134	5668	Daniel Hoelsing	M	47	Omaha	NE	00:24:51.68	00:54:32.28	00:24:19.25	7:54	01:43:43.21
362	105/2794	28/450	2368	Jackie Erb	F	30	Gothenburg	NE	00:24:34.39	00:53:47.50	00:25:21.88	7:54	01:43:43.77
363	106/2794	29/450	172	Emmeline Watson	F	34	Lincoln	NE	00:24:35.32	00:54:09.60	00:24:59.19	7:54	01:43:44.11
364	107/2794	2/103	2203	Wanda Essink	F	55	Lincoln	NE	00:22:15.32	00:53:01.97	00:28:27.08	7:54	01:43:44.38
365	258/1393	28/122	5623	Mitchell Anderson	M	20	Lincoln	NE	00:21:16.56	00:54:25.90	00:28:03.05	7:54	01:43:45.52
366	108/2794	2/167	1050	Shelly Tvrdy	F	52	Seward	NE	00:24:46.20	00:52:59.60	00:26:01.55	7:55	01:43:47.36
367	259/1393	41/213	4840	Mark Miller	M	31	Omaha	NE	00:23:44.86	00:52:28.11	00:27:38.27	7:55	01:43:51.24
368	109/2794	24/477	638	Chelsea Arendt	F	26	Aurora	NE	00:22:06.22	00:54:13.89	00:27:36.38	7:55	01:43:56.49
369	260/1393	42/213	1662	Aaron Rouse	M	31	Lincoln	NE	00:23:57.89	00:54:39.68	00:25:20.68	7:55	01:43:58.25
370	110/2794	6/208	2023	Victoria Dietz	F	47	Elkhorn	NE	00:23:30.14	00:53:25.53	00:27:03.08	7:55	01:43:58.76
371	261/1393	55/250	5218	David Welch	M	38	Omaha	NE	00:24:37.90	00:53:50.46	00:25:35.37	7:56	01:44:03.74
372	262/1393	15/106	5366	Kent Blobaum	M	54	Omaha	NE	00:24:31.17	00:54:08.92	00:25:27.56	7:56	01:44:07.65
373	263/1393	56/250	5397	Aaron Hooks	M	36	Winona	MN	00:23:17.80	00:54:27.86	00:26:22.30	7:56	01:44:07.97
374	264/1393	29/184	4868	Tony Heer	M	44	Omaha	NE	00:24:10.71	00:53:58.02	00:25:59.85	7:56	01:44:08.59
375	265/1393	57/250	1830	Kurt Ramaekers	M	37	Lincoln	NE	00:23:42.93	00:54:18.60	00:26:09.54	7:56	01:44:11.07
376	266/1393	58/250	4816	Brian Meyers	M	35	Lincoln	NE	00:25:18.99	00:53:35.57	00:25:17.79	7:56	01:44:12.35
377	267/1393	42/173	5010	Jace Peters	M	26	Omaha	NE	00:24:02.37	00:53:46.50	00:26:25.74	7:57	01:44:14.61
378	268/1393	59/250	5894	Adam Lenz	M	37	Seward	NE	00:23:55.43	00:52:23.75	00:27:59.11	7:57	01:44:18.30
379	269/1393	60/250	4895	Bentley Swan	M	35	Omaha	NE	00:23:46.65	00:54:31.73	00:26:03.75	7:57	01:44:22.14
380	270/1393	61/250	5634	James Warren	M	38	Lincoln	NE	00:23:44.37	00:54:24.56	00:26:13.82	7:57	01:44:22.76
381	111/2794	23/489	2597	Jess Harris	F	39	Coralville	IA	00:24:51.68	00:54:48.34	00:24:43.73	7:57	01:44:23.76
382	271/1393	4/53	1810	Bob Freese	M	63	Ceresco	NE	00:25:16.92	00:53:48.86	00:25:21.34	7:58	01:44:27.13
383	272/1393	30/184	5875	Levi Holte	M	41	Lincoln	NE	00:23:45.91	00:54:35.39	00:26:07.04	7:58	01:44:28.35
384	273/1393	43/173	1459	Zachary Nielsen	M	26	Oxford	NE	00:24:40.75	00:54:45.83	00:25:01.82	7:58	01:44:28.41
385	274/1393	44/173	1507	Drew Partridge	M	27	Lincoln	NE	00:24:40.86	00:54:47.74	00:25:00.47	7:58	01:44:29.08

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
386	275/1393	62/250	1959	Chris Kirkpatrick	M	38	Crete	NE	00:24:08.47	00:54:28.77	00:25:51.87	7:58	01:44:29.12
387	276/1393	45/173	4879	David Rastede	M	29	Allen	NE	00:23:57.26	00:52:10.90	00:28:22.32	7:58	01:44:30.49
388	112/2794	10/359	2065	Lisa Sieczkowski	F	42	Omaha	NE	00:23:43.66	00:54:34.35	00:26:13.52	7:58	01:44:31.54
389	113/2794	24/489	3137	Katie Kafka	F	39	Lincoln	NE	00:25:21.40	00:53:18.61	00:25:51.82	7:58	01:44:31.84
390	277/1393	31/184	1563	Jeff Spilinek	M	44	Gretna	NE	00:25:00.60	00:53:47.70	00:25:44.17	7:58	01:44:32.49
391	114/2794	30/450	3202	Betsy Strobe	F	32	Lincoln	NE	00:24:15.95	00:53:07.57	00:27:09.84	7:58	01:44:33.37
392	278/1393	63/250	5138	Jay Mcconnell	M	39	Lincoln	NE	00:26:01.10	00:54:42.03	00:23:50.66	7:58	01:44:33.80
393	115/2794	25/477	3577	Kala Kuhlmann	F	28	Newman Grove	NE	00:23:44.73	00:55:04.47	00:25:47.83	7:58	01:44:37.04
394	279/1393	22/134	5095	Dean Carlisle	M	45	Lincoln	NE	00:24:06.92	00:52:23.19	00:28:09.71	7:59	01:44:39.83
395	116/2794	26/477	2044	Kimberly Vanbuskirk	F	27	Fremont	NE	00:24:38.38	00:54:43.10	00:25:18.77	7:59	01:44:40.25
396	280/1393	23/134	5135	Dean Trampe	M	46	Amherst	NE	00:23:32.08	00:52:48.57	00:28:24.06	7:59	01:44:44.72
397	117/2794	25/489	1103	Ann Reinhardt	F	38	Hastings	NE	00:24:06.82	00:54:06.15	00:26:33.84	7:59	01:44:46.82
398	118/2794	11/359	3169	Krista Austin	F	41	Papillion	NE	00:23:02.05	00:53:30.84	00:28:15.65	7:59	01:44:48.55
399	119/2794	31/450	299	Gail Hochstein	F	32	Crete	NE	00:23:22.95	00:53:20.31	00:28:05.45	7:59	01:44:48.72
400	120/2794	12/359	3070	Holly Rogers	F	40	Omaha	NE	00:23:02.00	00:53:30.68	00:28:16.04	7:59	01:44:48.73
401	281/1393	64/250	1377	Spencer Finley	M	35	Omaha	NE	00:22:54.09	00:54:14.03	00:27:40.75	7:59	01:44:48.87
402	282/1393	43/213	5415	Brad Hochstein	M	32	Crete	NE	00:23:57.59	00:52:17.60	00:28:35.67	7:59	01:44:50.86
403	283/1393	32/184	1743	Kirk Eckhardt	M	41	Lincoln	NE	00:24:01.14	00:53:45.96	00:27:04.02	7:59	01:44:51.13
404	121/2794	13/359	4223	Christy Schwensen	F	41	Lincoln	NE	00:23:49.40	00:54:01.65	00:27:03.63	8:00	01:44:54.68
405	284/1393	46/173	1748	Trevor White	M	28	Lincoln	NE	00:24:04.62	00:54:37.20	00:26:13.55	8:00	01:44:55.37
406	285/1393	65/250	5267	Dylan Schenk	M	35	Lincoln	NE	00:24:08.55	00:54:20.85	00:26:28.94	8:00	01:44:58.34
407	122/2794	14/359	2046	Melissa Zieg	F	42	Omaha	NE	00:24:47.52	00:54:48.94	00:25:22.58	8:00	01:44:59.04
408	123/2794	26/489	162	Katy Biehl	F	36	Syracuse	NE	00:24:17.73	00:54:48.13	00:25:54.72	8:00	01:45:00.58
409	124/2794	27/489	2892	Emily Getzschman	F	39	Omaha	NE	00:24:49.10	00:54:20.85	00:25:50.77	8:00	01:45:00.73
410	286/1393	66/250	1562	Shawn Edie	M	39	Omaha	NE	00:24:04.20	00:55:05.47	00:25:53.45	8:00	01:45:03.12
411	125/2794	32/450	2170	Maria Reutlinger	F	33	Lexington	NE	00:23:20.22	00:53:48.99	00:27:54.08	8:00	01:45:03.30
412	126/2794	7/208	3356	Sondra Thompson	F	49	Blair	NE	00:24:16.44	00:55:00.59	00:25:47.97	8:00	01:45:05.01
413	127/2794	28/489	428	Abbie Edie	F	39	Omaha	NE	00:24:05.85	00:55:05.88	00:25:53.45	8:00	01:45:05.18
414	287/1393	67/250	5350	Josh Huenergardt	M	37	Lincoln	NE	00:23:59.33	00:54:35.78	00:26:31.90	8:01	01:45:07.02
415	128/2794	29/489	2418	Angela Peck	F	38	Kearney	NE	00:24:42.93	00:54:15.85	00:26:14.80	8:01	01:45:13.59
416	129/2794	27/477	2005	Brittany Wotipka	F	25	Cresco	NE	00:23:55.33	00:55:12.61	00:26:06.56	8:01	01:45:14.51
417	288/1393	33/184	4696	Josh Herr	M	40	Lincoln	NE	00:23:51.35	00:54:38.88	00:26:44.99	8:01	01:45:15.23
418	289/1393	44/213	1698	Mike Dudley	M	34	Mcperson	KS	00:24:05.98	00:53:24.49	00:27:45.89	8:01	01:45:16.36
419	290/1393	47/173	5227	Brady Britten	M	27	Lincoln	NE	00:22:24.61	00:55:43.86	00:27:09.52	8:01	01:45:18.00
420	291/1393	45/213	1529	Zachary Tannehill	M	31	Omaha	NE	00:23:45.61	00:54:01.41	00:27:31.58	8:02	01:45:18.62

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
421	130/2794	9/378	2072	Laura Camacho	F	24	Lincoln	NE	00:26:17.61	00:54:20.07	00:24:41.60	8:02	01:45:19.29
422	292/1393	68/250	5364	Josh Morgan	M	38	Lincoln	NE	00:24:59.90	00:55:29.77	00:24:50.44	8:02	01:45:20.12
423	293/1393	48/173	5704	Damon Hudson	M	26	Lincoln	NE	00:25:08.06	00:57:01.16	00:23:13.34	8:02	01:45:22.57
424	131/2794	30/489	600	Ann Lesch	F	36	De Smet	SD	00:25:12.41	00:54:56.43	00:25:15.08	8:02	01:45:23.93
425	132/2794	15/359	150	Missy Peters	F	41	Lincoln	NE	00:23:55.30	00:55:23.91	00:26:09.76	8:02	01:45:28.98
426	294/1393	46/213	1845	Kelby Nitz	M	33	Seward	NE	00:25:08.93	00:55:26.75	00:24:53.78	8:02	01:45:29.47
427	295/1393	24/134	4777	Bradley Sik	M	45	Yankton	SD	00:24:39.86	00:54:55.10	00:25:57.31	8:03	01:45:32.28
428	296/1393	16/106	1338	Brad Penner	M	52	Lincoln	NE	00:24:13.67	00:54:46.31	00:26:32.55	8:03	01:45:32.54
429	297/1393	17/106	5592	Bob Kendle	M	54	Lincoln	NE	00:24:46.31	00:55:59.56	00:24:48.07	8:03	01:45:33.95
430	133/2794	3/167	3640	Dawn Claus	F	51	Sutton	NE	00:24:47.23	00:54:57.53	00:25:51.78	8:03	01:45:36.55
431	298/1393	5/53	5323	Dick Travis	M	62	Beresford	SD	00:24:36.00	00:55:14.37	00:25:49.47	8:03	01:45:39.85
432	299/1393	18/106	5301	Jack Sullivan	M	52	Omaha	NE	00:23:01.25	00:55:29.32	00:27:11.08	8:03	01:45:41.66
433	134/2794	2/10	2589	Andie Koch	F	13	Blue Springs	NE	00:24:57.01	00:55:25.72	00:25:19.28	8:03	01:45:42.02
434	135/2794	28/477	783	Cassie Zitek	F	26	Lincoln	NE	00:23:34.26	00:54:56.35	00:27:11.71	8:03	01:45:42.33
435	136/2794	3/89	2185	Cassidy Healey	F	16	Lincoln	NE	00:25:08.33	00:54:07.01	00:26:27.60	8:03	01:45:42.95
436	300/1393	69/250	4894	Greg Payne	M	36	Lincoln	NE	00:24:48.55	00:54:54.52	00:25:59.91	8:03	01:45:42.99
437	301/1393	25/134	5282	Tim Starbuck	M	48	Bellevue	NE	00:25:28.10	00:54:37.57	00:25:40.24	8:04	01:45:45.92
438	302/1393	70/250	4787	Andrew Hershey	M	37	Omaha	NE	00:24:45.61	00:54:50.39	00:26:16.76	8:04	01:45:52.77
439	303/1393	34/184	4908	Dan Powers	M	42	Holdrege	NE	00:24:18.93	00:54:59.43	00:26:34.95	8:04	01:45:53.32
440	137/2794	29/477	814	Mary Jantz	F	27	Fairbury	NE	00:24:12.49	00:53:37.10	00:28:04.76	8:04	01:45:54.35
441	138/2794	33/450	401	Natalie Nelsen	F	34	Holdrege	NE	00:24:20.32	00:55:00.09	00:26:34.33	8:04	01:45:54.74
442	139/2794	31/489	2131	Becky Dorman	F	36	Waukee	IA	00:23:46.93	00:54:46.28	00:27:25.93	8:05	01:45:59.14
443	304/1393	49/173	4899	Tyler Montoya	M	25	Hooper	NE	00:24:06.65	00:55:10.42	00:26:43.47	8:05	01:46:00.54
444	140/2794	32/489	338	Melanie Johnson	F	35	Lincoln	NE	00:24:38.57	00:55:08.89	00:26:18.69	8:05	01:46:06.15
445	305/1393	26/134	1332	Blake Anderson	M	45	Lincoln	NE	00:24:13.66	00:55:19.61	00:26:33.52	8:05	01:46:06.79
446	306/1393	71/250	1407	Michael Pankas	M	38	Lincoln	NE	00:24:46.00	00:55:56.49	00:25:24.55	8:05	01:46:07.04
447	141/2794	8/208	677	Wendy Wilke	F	47	Lincoln	NE	00:23:53.53	00:54:36.92	00:27:39.53	8:05	01:46:09.98
448	307/1393	47/213	5144	Timothy Culwell	M	32	Lincoln	NE	00:23:55.81	00:53:18.39	00:28:56.03	8:05	01:46:10.23
449	308/1393	72/250	5276	Bruce Bednar	M	39	Firth	NE	00:24:50.10	00:54:58.51	00:26:23.64	8:06	01:46:12.25
450	309/1393	35/184	5148	Jeff Lake	M	42	Omaha	NE	00:25:19.19	00:56:27.63	00:24:28.98	8:06	01:46:15.80
451	310/1393	9/81	5472	Craig Diehl	M	57	Lincoln	NE	00:25:35.32	00:55:13.40	00:25:29.73	8:06	01:46:18.46
452	142/2794	4/89	2505	Johanna Schubert	F	16	Lincoln	NE	00:24:21.76	00:54:30.70	00:27:26.75	8:06	01:46:19.22
453	143/2794	33/489	2645	Hilary Michaelson	F	35	Lincoln	NE	00:24:49.26	00:55:46.41	00:25:44.21	8:06	01:46:19.89
454	311/1393	10/81	1630	William Newton	M	56	Pender	NE	00:23:44.45	00:54:59.34	00:27:37.91	8:06	01:46:21.70
455	312/1393	11/81	1417	Brad Gengenbach	M	56	Lincoln	NE	00:24:02.37	00:54:32.97	00:27:46.49	8:06	01:46:21.84

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
456	313/1393	50/173	4842	Sebastian Florczyk	M	25	Omaha	NE	00:24:39.31	00:54:50.15	00:26:52.97	8:06	01:46:22.45
457	144/2794	16/359	3789	Melissa Hayes	F	44	Lincoln	NE	00:25:00.18	00:55:36.00	00:25:50.88	8:07	01:46:27.07
458	314/1393	73/250	5262	Travis Hansen	M	37	Lincoln	NE	00:23:55.12	00:52:57.13	00:29:34.98	8:07	01:46:27.24
459	315/1393	27/134	5365	Jim Klaasmeyer	M	49	Burr	NE	00:24:37.13	00:56:59.48	00:24:51.01	8:07	01:46:27.63
460	316/1393	51/173	5359	Will Pope	M	28	Chadron	NE	00:24:01.33	00:53:46.83	00:28:45.46	8:07	01:46:33.63
461	317/1393	16/33	1485	Isaac Larsen	M	15	Lincoln	NE	00:24:38.00	00:54:20.19	00:27:36.27	8:07	01:46:34.46
462	318/1393	74/250	5463	Justin Moore	M	36	Lincoln	NE	00:26:13.71	00:55:43.92	00:24:37.51	8:07	01:46:35.15
463	319/1393	36/184	5330	Bryan Hunsberger	M	42	Elkhorn	NE	00:24:37.14	00:56:11.77	00:25:47.13	8:07	01:46:36.04
464	320/1393	52/173	4713	Sam Suesz	M	27	Lincoln	NE	00:25:22.09	00:56:21.86	00:24:53.87	8:08	01:46:37.83
465	145/2794	30/477	407	Dana Willsey	F	25	Kansas City	MO	00:25:13.38	00:55:42.51	00:25:45.35	8:08	01:46:41.25
466	146/2794	31/477	409	Evan Willsey	F	25	Kansas City	MO	00:25:13.83	00:55:42.11	00:25:45.53	8:08	01:46:41.48
467	147/2794	32/477	408	Amy Willsey	F	25	Kansas City	MO	00:25:13.85	00:55:42.55	00:25:45.32	8:08	01:46:41.73
468	321/1393	29/122	5679	Josh Johanson	M	22	Lincoln	NE	00:25:08.44	00:56:10.56	00:25:22.76	8:08	01:46:41.78
469	322/1393	53/173	5357	Garrett Deeds	M	25	Lincoln	NE	00:24:15.04	00:55:39.60	00:26:48.97	8:08	01:46:43.62
470	323/1393	30/122	4823	Jackson Klein	M	23	Lincoln	NE	00:22:41.64	00:53:00.01	00:31:02.18	8:08	01:46:43.84
471	324/1393	48/213	4885	Joel Owens	M	30	Lincoln	NE	00:24:46.55	00:54:57.33	00:27:00.39	8:08	01:46:44.28
472	148/2794	5/89	840	Kerstin Swanson	F	17	Omaha	NE	00:24:53.91	00:56:25.69	00:25:26.62	8:08	01:46:46.23
473	325/1393	28/134	4722	John Findley	M	47	Lincoln	NE	00:24:56.30	00:56:13.89	00:25:37.00	8:08	01:46:47.20
474	326/1393	75/250	5850	Dan Ashley	M	36	Butler	NJ	00:24:22.01	00:55:36.43	00:26:50.16	8:08	01:46:48.61
475	327/1393	19/106	5931	David Brummond	M	50	Omaha	NE	00:25:12.50	00:55:21.73	00:26:14.48	8:08	01:46:48.73
476	328/1393	49/213	5053	Luke Potts	M	30	Lincoln	NE	00:24:05.11	00:52:36.96	00:30:09.66	8:09	01:46:51.74
477	329/1393	29/134	1401	Craig Pleskac	M	46	Lincoln	NE	00:24:03.06	00:55:28.08	00:27:21.83	8:09	01:46:52.98
478	330/1393	37/184	2402	Clint Kmoch	M	42	Omaha	NE	00:22:27.69	00:55:18.82	00:29:07.04	8:09	01:46:53.56
479	149/2794	34/489	1081	Lyndsay Jensen	F	37	Lincoln	NE	00:24:20.90	00:55:54.25	00:26:40.34	8:09	01:46:55.50
480	331/1393	31/122	4884	Christian Jungck	M	21	Lincoln	NE	00:25:40.07	00:57:22.83	00:23:54.10	8:09	01:46:57.00
481	332/1393	76/250	5757	Ben Dey	M	35	Omaha	NE	00:25:49.90	00:54:45.20	00:26:24.35	8:09	01:46:59.46
482	150/2794	33/477	216	Shelby Steffen	F	25	Omaha	NE	00:24:07.92	00:56:37.48	00:26:15.45	8:09	01:47:00.86
483	333/1393	50/213	1409	Michael Johnson	M	34	Omaha	NE	00:24:49.55	00:55:02.96	00:27:09.45	8:09	01:47:01.97
484	334/1393	51/213	5258	Marcus Goldenstein	M	33	Omaha	NE	00:24:49.67	00:55:03.11	00:27:10.42	8:09	01:47:03.20
485	151/2794	34/477	2128	Rachel Heyl	F	28	Lincoln	NE	00:24:23.19	00:55:46.02	00:26:55.77	8:10	01:47:04.99
486	335/1393	20/106	1722	Bryce Johnson	M	50	Lincoln	NE	00:24:19.51	00:54:19.53	00:28:26.89	8:10	01:47:05.93
487	336/1393	52/213	4846	Jacob Wallace	M	34	Brookings	SD	00:24:40.61	00:55:19.37	00:27:07.79	8:10	01:47:07.78
488	337/1393	21/106	1424	Todd Bircher	M	54	Omaha	NE	00:25:58.60	00:55:44.09	00:25:25.29	8:10	01:47:07.98
489	152/2794	4/167	806	Kristi Peterson	F	51	Fairbury	NE	00:24:14.54	00:55:56.68	00:26:57.64	8:10	01:47:08.86
490	338/1393	22/106	5240	Richard Hetherington	M	52	Omaha	NE	00:24:44.29	00:55:47.74	00:26:38.82	8:10	01:47:10.86

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
491	339/1393	30/134	5149	Christopher Sommerich	M	47	Lincoln	NE	00:24:42.55	00:55:44.04	00:26:45.22	8:10	01:47:11.82
492	340/1393	54/173	5013	Broderick Olson	M	25	Omaha	NE	00:23:33.55	00:54:05.44	00:29:34.97	8:10	01:47:13.97
493	341/1393	12/81	1795	Noel Timmons	M	55	Lincoln	NE	00:24:16.73	00:55:15.06	00:27:42.68	8:10	01:47:14.47
494	342/1393	77/250	1791	Michael Pietro	M	37	Omaha	NE	00:25:13.98	00:56:27.61	00:25:37.73	8:11	01:47:19.32
495	153/2794	35/489	3622	Christine Sales	F	38	Olathe	KS	00:24:34.63	00:55:45.87	00:27:00.20	8:11	01:47:20.70
496	343/1393	31/134	5426	Greg Tiemann	M	45	Omaha	NE	00:24:50.18	00:55:22.70	00:27:09.98	8:11	01:47:22.87
497	344/1393	78/250	5024	Kenneth Keuck	M	37	Omaha	NE	00:24:44.86	00:56:23.89	00:26:16.25	8:11	01:47:25.00
498	345/1393	55/173	5699	Anthony Preusker	M	29	Battle Creek	NE	00:22:20.90	00:54:19.85	00:30:46.94	8:11	01:47:27.70
499	154/2794	17/359	4039	Angie Frederick	F	41	Omaha	NE	00:24:01.73	00:55:57.99	00:27:33.11	8:12	01:47:32.83
500	346/1393	53/213	1327	Robb Hiatt	M	31	Omaha	NE	00:20:58.02	00:54:48.32	00:31:46.63	8:12	01:47:32.98
501	347/1393	32/134	5559	Kevin Murray	M	48	Lincoln	NE	00:24:49.69	00:55:11.64	00:27:32.10	8:12	01:47:33.44
502	348/1393	54/213	1717	Kaj Stauffer	M	34	Lincoln	NE	00:25:43.13	00:56:21.09	00:25:30.28	8:12	01:47:34.51
503	349/1393	79/250	1806	David Beatty	M	38	Lincoln	NE	00:25:24.44	00:56:03.64	00:26:09.89	8:12	01:47:37.98
504	350/1393	80/250	4679	John Conrad	M	38	Omaha	NE	00:25:40.22	00:56:10.12	00:25:47.80	8:12	01:47:38.15
505	351/1393	23/106	4941	Jerry Bricker	M	53	Lincoln	NE	00:24:50.09	00:56:28.01	00:26:20.98	8:12	01:47:39.09
506	352/1393	55/213	4809	Christopher Mackey	M	30	Lincoln	NE	00:24:04.81	00:54:09.47	00:29:25.98	8:12	01:47:40.26
507	353/1393	24/106	5252	Doug Dewaard	M	54	Mitchell	SD	00:23:23.13	00:56:18.74	00:28:02.12	8:13	01:47:44.00
508	354/1393	56/213	5074	Dave Jones	M	32	West Des Moines	IA	00:24:39.28	00:56:09.66	00:26:55.91	8:13	01:47:44.86
509	155/2794	36/489	584	Christina Bentley	F	36	Lincoln	NE	00:23:29.83	00:54:52.18	00:29:24.00	8:13	01:47:46.02
510	355/1393	81/250	4950	Sean Connolly	M	37	Omaha	NE	00:26:59.49	00:56:26.34	00:24:20.45	8:13	01:47:46.30
511	156/2794	34/450	2002	Darcy Svara	F	31	Lincoln	NE	00:24:09.15	00:54:38.05	00:29:01.46	8:13	01:47:48.66
512	157/2794	37/489	2041	Dandan Zheng	F	35	Omaha	NE	00:24:52.37	00:55:58.53	00:26:58.93	8:13	01:47:49.84
513	356/1393	13/81	1398	Michael Wadzinski	M	56	Sioux City	IA	00:25:11.89	00:56:22.53	00:26:19.11	8:13	01:47:53.54
514	357/1393	82/250	5727	David Riskowski	M	39	Hickman	NE	00:23:18.25	00:55:12.68	00:29:23.20	8:13	01:47:54.14
515	358/1393	57/213	1510	Brandon Memming	M	34	Lincoln	NE	00:24:12.38	00:55:54.75	00:27:47.97	8:13	01:47:55.10
516	158/2794	35/450	3536	Jill Nielsen	F	31	Randolph	NE	00:23:48.01	00:55:31.05	00:28:36.27	8:13	01:47:55.34
517	359/1393	56/173	122	Jeff Strecansky	M	27	Omaha	NE	00:26:01.92	00:57:10.10	00:24:45.00	8:14	01:47:57.03
518	159/2794	38/489	467	Jenny Pinkall	F	36	Seward	NE	00:24:49.55			8:14	01:47:59.40
519	160/2794	39/489	721	Susanne Beckmanm	F	35	Denton	NE	00:23:22.95	00:55:34.72	00:29:01.93	8:14	01:47:59.61
520	161/2794	10/378	2080	Mckenzie Rosdail	F	22	Sidney	NE	00:24:18.97	00:55:28.96	00:28:12.79	8:14	01:48:00.73
521	360/1393	38/184	1647	Michael Reed	M	44	Omaha	NE	00:25:30.87	00:54:48.62	00:27:47.14	8:14	01:48:06.64
522	162/2794	5/167	417	Julie Olmstead	F	53	Webster City	IA	00:24:17.95	00:56:35.65	00:27:14.77	8:14	01:48:08.38
523	361/1393	25/106	5367	Joe Ikemire	M	50	Glenwood	IA	00:25:23.82	00:56:19.92	00:26:25.96	8:15	01:48:09.70
524	163/2794	40/489	3665	Rachel Propp	F	36	Hastings	NE	00:25:15.64	00:56:09.92	00:26:45.93	8:15	01:48:11.49
525	362/1393	39/184	1581	Chris Bartling	M	40	Lincoln	NE	00:23:50.76	00:56:13.57	00:28:07.86	8:15	01:48:12.20

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
526	363/1393	40/184	1789	Michael Dixon	M	40	Omaha	NE	00:25:18.85	00:56:27.32	00:26:26.47	8:15	01:48:12.64
527	364/1393	58/213	5574	Kellen Jacobs	M	34	Norton	KS	00:24:04.46	00:56:08.95	00:28:03.03	8:15	01:48:16.45
528	365/1393	83/250	5625	David Dirksen	M	39	Lincoln	NE	00:25:16.01	00:55:56.07	00:27:05.39	8:15	01:48:17.48
529	366/1393	41/184	5519	David Roberts	M	44	Omaha	NE	00:23:55.86	00:54:43.43	00:29:40.71	8:15	01:48:20.02
530	367/1393	14/81	1365	Kevin Howat	M	55	Hallam	NE	00:24:32.20	00:55:06.00	00:28:43.39	8:15	01:48:21.60
531	368/1393	32/122	5117	Matthew Vondrasek	M	23	Omaha	NE	00:24:58.50	00:55:14.87	00:28:08.56	8:15	01:48:21.93
532	164/2794	41/489	795	Melissa Bell	F	37	Gothenburg	NE	00:24:35.68	00:56:42.70	00:27:03.68	8:16	01:48:22.07
533	165/2794	11/378	626	Natalie Strawhecker	F	21	Omaha	NE	00:24:26.06	00:56:09.37	00:27:47.14	8:16	01:48:22.58
534	369/1393	59/213	5633	Brandon Lyons	M	32	Lincoln	NE	00:25:53.32	00:56:54.89	00:25:34.77	8:16	01:48:22.99
535	370/1393	84/250	1779	Tony Rouse	M	37	Lincoln	NE	00:24:54.48	00:56:52.77	00:26:38.65	8:16	01:48:25.90
536	371/1393	15/81	1386	Tim Shomaker	M	57	Lincoln	NE	00:25:12.45	00:56:45.80	00:26:31.87	8:16	01:48:30.13
537	372/1393	60/213	4829	Charlie Scherer	M	30	Boulder	CO	00:24:14.34	00:55:47.60	00:28:28.64	8:16	01:48:30.59
538	166/2794	42/489	931	Jayne Lowell	F	36	Lincoln	NE	00:24:36.45	00:56:27.39	00:27:26.95	8:16	01:48:30.80
539	167/2794	35/477	2146	Kelsey Kovar	F	28	Schuyler	NE	00:25:19.50	00:56:46.72	00:26:24.59	8:16	01:48:30.82
540	168/2794	36/450	4549	Becke Grundman	F	33	Lincoln	NE	00:25:38.89	00:57:20.29	00:25:32.43	8:16	01:48:31.62
541	373/1393	33/134	1886	Tom Hempel	M	46	Omaha	NE	00:24:49.87	00:55:25.24	00:28:17.25	8:16	01:48:32.37
542	169/2794	43/489	863	Andrea Schmidt	F	36	Fairbury	NE	00:24:56.86	00:56:57.35	00:26:38.85	8:16	01:48:33.07
543	170/2794	44/489	378	Kristy Preuss	F	36	Gretna	NE	00:24:13.25	00:56:14.89	00:28:06.36	8:16	01:48:34.50
544	374/1393	26/106	5233	Matt Wickett	M	52	Brandon	SD	00:25:32.26	00:57:09.64	00:25:53.35	8:17	01:48:35.26
545	171/2794	12/378	327	Hannah Bauer	F	24	Lincoln	NE	00:25:31.60	00:56:41.17	00:26:23.41	8:17	01:48:36.19
546	375/1393	85/250	5329	Matt Semple	M	38	Omaha	NE	00:25:28.52	00:57:48.69	00:25:22.52	8:17	01:48:39.73
547	376/1393	27/106	1587	Jeff Wickett	M	51	Norfolk	NE	00:25:31.70	00:57:00.09	00:26:09.57	8:17	01:48:41.37
548	377/1393	16/81	1346	David Berkowitz	M	56	Lincoln	NE	00:23:34.33	00:56:30.65	00:28:39.15	8:17	01:48:44.14
549	172/2794	45/489	493	Andrea Marshall	F	38	Omaha	NE	00:24:25.14	00:56:46.12	00:27:34.76	8:17	01:48:46.02
550	173/2794	46/489	4386	Penny Befort	F	36	Deshler	NE	00:24:35.44	00:56:36.75	00:27:33.84	8:17	01:48:46.04
551	174/2794	47/489	3950	Stephanie Semple	F	37	Omaha	NE	00:25:25.86	00:57:49.24	00:25:31.74	8:17	01:48:46.85
552	175/2794	37/450	3776	Molly Jensen	F	34	Omaha	NE	00:23:56.13	00:56:27.28	00:28:26.23	8:18	01:48:49.65
553	378/1393	28/106	1821	Terry Pramberg	M	51	Lincoln	NE	00:25:27.01	00:56:49.37	00:26:33.28	8:18	01:48:49.67
554	379/1393	33/122	4882	Nick Sass	M	24	Firth	NE	00:26:32.82	00:56:52.01	00:25:25.21	8:18	01:48:50.05
555	380/1393	61/213	4820	Jason Karabel	M	30	Lincoln	NE	00:23:55.17	00:56:09.41	00:28:45.89	8:18	01:48:50.48
556	381/1393	86/250	4874	Curits Saunders	M	39	Lincoln	NE	00:24:37.32	00:54:57.81	00:29:18.83	8:18	01:48:53.96
557	382/1393	29/106	4822	Rick Johnson	M	50	Omaha	NE	00:25:03.86	00:56:49.13	00:27:01.08	8:18	01:48:54.08
558	383/1393	62/213	4797	Jon Baugous	M	33	Syracuse	NE	00:24:25.06	00:57:55.97	00:26:33.34	8:18	01:48:54.38
559	384/1393	1/19	1931	Connor Knollenberg	M	11	Lincoln	NE	00:25:33.36	00:57:02.86	00:26:19.26	8:18	01:48:55.49
560	385/1393	57/173	1754	August Roettger	M	26	Lincoln	NE	00:26:03.30	00:54:42.20	00:28:10.69	8:18	01:48:56.19



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
561	176/2794	9/208	2794	Roxanne Filby	F	47	Lincoln	NE	00:25:44.64	00:56:51.45	00:26:20.77	8:18	01:48:56.86
562	386/1393	87/250	5188	Nathan Lake	M	36	Lincoln	NE	00:24:23.50	00:57:08.97	00:27:25.00	8:18	01:48:57.47
563	177/2794	36/477	390	Brianne Clark	F	25	Lincoln	NE	00:24:54.75	00:57:05.63	00:26:57.80	8:18	01:48:58.19
564	387/1393	30/106	5616	Robert Beck	M	54	Lincoln	NE	00:26:12.36	00:57:31.36	00:25:14.47	8:18	01:48:58.19
565	388/1393	58/173	1374	Colby Dolan	M	27	Lincoln	NE	00:24:40.35	00:56:30.97	00:27:47.89	8:18	01:48:59.21
566	389/1393	34/134	5944	Jeff Harrison	M	48	Omaha	NE	00:25:32.65	00:57:47.77	00:25:38.85	8:18	01:48:59.27
567	178/2794	37/477	1056	Meleia Oestmann	F	26	Elkhorn	NE	00:25:25.58	00:57:49.56	00:25:47.20	8:19	01:49:02.34
568	179/2794	10/208	487	Elizabeth Berentson	F	46	Omaha	NE	00:25:27.64	00:57:49.36	00:25:47.77	8:19	01:49:04.78
569	390/1393	35/134	5346	Russ Leeser	M	45	Onalaska	WI	00:24:21.73	00:56:51.89	00:27:51.73	8:19	01:49:05.35
570	391/1393	34/122	1829	Ran Woodfin	M	23	Lincoln	NE	00:25:08.51	00:57:18.17	00:26:39.08	8:19	01:49:05.78
571	180/2794	38/450	3902	Kate Sibson	F	33	Lincoln	NE	00:25:21.60	00:57:36.79	00:26:10.28	8:19	01:49:08.68
572	392/1393	63/213	4699	Casey Roy	M	34	North Platte	NE	00:24:27.88	00:56:58.15	00:27:43.91	8:19	01:49:09.95
573	181/2794	39/450	2926	Kristen Ingram	F	33	Elkhorn	NE	00:24:52.21	00:57:17.36	00:27:06.53	8:20	01:49:16.11
574	182/2794	38/477	3794	Marcia Kennedy	F	27	Lincoln	NE	00:25:28.48	00:56:27.20	00:27:22.23	8:20	01:49:17.91
575	183/2794	11/208	2348	Claire Haag	F	48	South Bend	NE	00:24:45.36	00:54:51.78	00:29:41.17	8:20	01:49:18.31
576	393/1393	59/173	5192	Alex Harrington	M	29	Omaha	NE	00:23:55.43	00:57:09.90	00:28:13.15	8:20	01:49:18.48
577	184/2794	12/208	3102	Jenny Mayo	F	45	Charleston	WV	00:24:16.41	00:56:16.95	00:28:50.88	8:20	01:49:24.25
578	394/1393	35/122	5589	Garrett Borcher	M	22	Crete	NE	00:26:50.36	00:57:31.88	00:25:02.60	8:20	01:49:24.85
579	185/2794	18/359	2013	Julie Coen	F	44	Lincoln	NE	00:26:08.52	00:57:17.95	00:26:02.54	8:21	01:49:29.02
580	395/1393	88/250	5035	Ryan Baker	M	37	Omaha	NE	00:28:49.54	00:54:56.64	00:25:43.87	8:21	01:49:30.06
581	396/1393	64/213	5563	Travis Eichenberger	M	30	Beatrice	NE	00:25:11.10	00:57:18.36	00:27:02.74	8:21	01:49:32.21
582	397/1393	89/250	5717	Troy Sidders	M	35	Omaha	NE	00:24:22.58	00:56:51.68	00:28:18.34	8:21	01:49:32.61
583	186/2794	6/167	891	Nancy Asselin	F	54	Lincoln	NE	00:25:39.22	00:57:19.92	00:26:34.14	8:21	01:49:33.28
584	187/2794	6/89	684	Bailey Dergan	F	17	Omaha	NE	00:24:13.92	00:57:27.40	00:27:52.35	8:21	01:49:33.67
585	398/1393	42/184	5608	Jeremy Williams	M	43	Lincoln	NE	00:26:10.33	00:56:53.67	00:26:29.99	8:21	01:49:33.99
586	399/1393	60/173	1454	Matt Kuske	M	27	Lincoln	NE	00:23:49.45	00:53:47.01	00:31:59.02	8:21	01:49:35.49
587	188/2794	39/477	587	Alyssa Dolezal	F	29	Omaha	NE	00:24:34.63	00:55:27.91	00:29:33.78	8:21	01:49:36.33
588	400/1393	65/213	6132	Aaron Christensen	M	34	Omaha	NE	00:26:48.88	00:58:00.97	00:24:46.54	8:21	01:49:36.40
589	401/1393	31/106	1432	Matthew Dwyer	M	53	Lincoln	NE	00:25:18.72	00:57:44.28	00:26:33.74	8:21	01:49:36.75
590	189/2794	40/477	4246	Samantha Mehr	F	25	Omaha	NE	00:24:27.40	00:56:54.02	00:28:17.42	8:21	01:49:38.84
591	402/1393	36/134	1737	Chad Bauerly	M	45	Omaha	NE	00:25:08.96	00:56:39.90	00:27:51.67	8:21	01:49:40.54
592	403/1393	36/122	5769	Cody Schuldt	M	22	Lincoln	NE	00:25:25.72	00:56:37.66	00:27:38.52	8:22	01:49:41.91
593	404/1393	43/184	6050	Clint Solano	M	42	Lincoln	NE	00:26:01.13	00:56:58.19	00:26:45.38	8:22	01:49:44.71
594	405/1393	66/213	6094	Ryan Curtis	M	33	Omaha	NE	00:26:49.36	00:58:00.94	00:24:54.41	8:22	01:49:44.71
595	190/2794	41/477	3328	Natalie Dunn	F	28	Elkhorn	NE	00:25:23.10	00:57:22.09	00:27:00.05	8:22	01:49:45.25

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
596	406/1393	37/134	5156	Tim Borchers	M	47	Nebraska City	NE	00:24:38.50	00:55:26.95	00:29:44.01	8:22	01:49:49.46
597	191/2794	42/477	1353	Sarah Wheeldon	F	25	Omaha	NE	00:24:52.70	00:57:06.99	00:27:50.12	8:22	01:49:49.82
598	407/1393	67/213	5164	Kirby Klappenback	M	33	Lincoln	NE	00:24:46.23	00:55:43.40	00:29:20.67	8:22	01:49:50.31
599	408/1393	17/81	5996	Terry Stutzman	M	55	Lincoln	NE	00:23:29.66	00:55:48.91	00:30:31.77	8:22	01:49:50.35
600	409/1393	61/173	1513	Jesse Genrich	M	26	Lincoln	NE	00:23:18.36	00:55:41.59	00:30:51.29	8:22	01:49:51.26
601	192/2794	43/477	4746	Meagan Driesen	F	27	Omaha	NE	00:25:20.09	00:57:22.20	00:27:10.34	8:22	01:49:52.63
602	193/2794	13/378	3636	Shelby Rademacher	F	24	Kearney	NE	00:24:59.85	00:57:31.40	00:27:23.11	8:23	01:49:54.37
603	194/2794	40/450	2634	Kristen Hassebrook	F	31	Raymond	NE	00:25:21.99	00:57:34.50	00:27:04.25	8:23	01:50:00.74
604	410/1393	38/134	1434	Steve Filips	M	49	Omaha	NE	00:25:23.94	00:56:57.43	00:27:39.56	8:23	01:50:00.94
605	195/2794	41/450	341	Stephanie Lambrecht	F	32	Lincoln	NE	00:25:08.38	00:57:32.85	00:27:20.84	8:23	01:50:02.08
606	196/2794	13/208	2006	Rachele Eller	F	46	Shelby	NE	00:25:07.86	00:57:38.11	00:27:17.52	8:23	01:50:03.49
607	411/1393	90/250	5956	Bryson Monroe	M	36	Lincoln	NE	00:24:20.80	00:55:57.54	00:29:46.12	8:23	01:50:04.48
608	412/1393	39/134	5342	Todd Eicher	M	46	Lincoln	NE	00:27:22.60	00:57:53.37	00:24:49.31	8:23	01:50:05.29
609	413/1393	37/122	4835	Sam Jensen	M	21	Omaha	NE	00:27:26.20	00:58:17.98	00:24:22.81	8:24	01:50:07.00
610	414/1393	68/213	5110	J D Smith	M	30	Lincoln	NE	00:27:28.67	00:58:03.89	00:24:37.25	8:24	01:50:09.81
611	415/1393	6/53	5682	Rick Negreann	M	61	Englewood	CO	00:25:52.73	00:57:13.19	00:27:04.57	8:24	01:50:10.50
612	197/2794	42/450	842	Kate Kavan	F	33	Cedar Bluffs	NE	00:25:12.30	00:57:20.41	00:27:39.69	8:24	01:50:12.42
613	198/2794	3/103	636	Sue Wambaugh	F	59	Lincoln	NE	00:26:01.56	00:57:24.90	00:26:48.72	8:24	01:50:15.18
614	416/1393	32/106	1678	Mark Gokie	M	54	Lincoln	NE	00:26:20.23	00:57:25.12	00:26:30.30	8:24	01:50:15.65
615	199/2794	7/167	2519	Peggy Pratt	F	51	Norton	KS	00:25:54.78	00:56:40.67	00:27:41.33	8:24	01:50:16.78
616	417/1393	62/173	5742	Josh Kendle	M	28	Lincoln	NE	00:24:45.37	00:56:23.03	00:29:08.49	8:24	01:50:16.90
617	200/2794	48/489	2171	Tasha Main	F	37	West Des Moines	IA	00:25:32.91	00:57:23.22	00:27:21.39	8:24	01:50:17.53
618	201/2794	49/489	3357	Mandy Farber	F	38	Kearney	NE	00:25:24.88	00:57:36.77	00:27:17.46	8:24	01:50:19.12
619	202/2794	43/450	379	Heidi Mcintire	F	32	Lincoln	NE	00:25:04.70	00:56:39.12	00:28:37.43	8:25	01:50:21.26
620	418/1393	69/213	1811	Nathan Mcintire	M	34	Lincoln	NE	00:25:04.68	00:56:38.86	00:28:38.23	8:25	01:50:21.77
621	203/2794	8/167	658	Joeth Zucco	F	50	Lincoln	NE	00:25:34.91	00:57:35.09	00:27:13.47	8:25	01:50:23.47
622	419/1393	70/213	4821	Matt Ramert	M	31	Lincoln	NE	00:25:21.05	00:58:06.76	00:26:58.48	8:25	01:50:26.30
623	204/2794	50/489	603	Sarah Wilson	F	39	Lincoln	NE	00:26:25.61	00:56:36.99	00:27:26.11	8:25	01:50:28.72
624	205/2794	14/208	2581	Sonja Honeycutt	F	46	Omaha	NE	00:25:24.43	00:57:01.76	00:28:02.76	8:25	01:50:28.95
625	206/2794	44/450	4708	Morgan Grot	F	34	Omaha	NE	00:25:30.81	00:58:05.66	00:27:00.76	8:26	01:50:37.24
626	420/1393	38/122	5101	Stacy Ritchie	M	22	Lincoln	NE	00:24:45.12	00:57:06.60	00:28:45.64	8:26	01:50:37.37
627	207/2794	15/208	547	Kristin Adkins	F	47	Brooklyn	IA	00:25:24.82	00:57:46.08	00:27:28.09	8:26	01:50:39.00
628	208/2794	51/489	188	Karen Borchert	F	38	Omaha	NE	00:25:30.80	00:58:06.17	00:27:03.02	8:26	01:50:40.00
629	209/2794	52/489	3347	Carrie Whiting	F	36	Kearney	NE	00:25:25.31	00:57:36.90	00:27:37.83	8:26	01:50:40.05
630	210/2794	14/378	2175	Danelle Topil	F	21	Eudora	KS	00:26:22.26	00:58:24.96	00:25:56.06	8:26	01:50:43.30

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
631	211/2794	19/359	3657	Molly Leiting	F	43	South Sioux City	NE	00:25:19.97	00:58:08.48	00:27:16.21	8:26	01:50:44.67
632	421/1393	71/213	4666	Takeshi Tsuji	M	34	Lincoln	NE	00:26:10.57	00:58:19.19	00:26:16.85	8:27	01:50:46.62
633	422/1393	44/184	1842	Tony Lamar	M	43	Omaha	NE	00:25:41.06	00:58:15.99	00:26:53.60	8:27	01:50:50.66
634	212/2794	53/489	2998	Julie Roos	F	38	Orange City	IA	00:26:16.02	00:58:06.75	00:26:29.88	8:27	01:50:52.65
635	423/1393	72/213	1573	Greg Howe	M	34	Lincoln	NE	00:26:10.19	00:58:07.05	00:26:40.18	8:27	01:50:57.43
636	424/1393	45/184	1447	William Thibodeau	M	43	Omaha	NE	00:24:40.12	00:58:12.50	00:28:09.45	8:28	01:51:02.07
637	213/2794	15/378	3369	Rebekah Spader	F	23	Broken Bow	NE	00:24:38.02	00:56:12.19	00:30:13.83	8:28	01:51:04.05
638	214/2794	16/208	2751	Dawn Bringelson	F	49	Lincoln	NE	00:25:35.50	00:57:44.93	00:27:45.31	8:28	01:51:05.74
639	215/2794	54/489	464	S. Dusty Hatt	F	36	Lincoln	NE	00:24:56.99	00:56:51.42	00:29:18.47	8:28	01:51:06.88
640	216/2794	16/378	3134	Jennifer Shehan	F	24	Omaha	NE	00:24:06.31	00:58:38.31	00:28:22.94	8:28	01:51:07.57
641	217/2794	55/489	3098	Kerry Bumgardner	F	39	Hastings	NE	00:25:29.76	00:57:36.14	00:28:02.91	8:28	01:51:08.82
642	425/1393	46/184	4942	Li Tan	M	44	Lincoln	NE	00:26:08.13	00:57:28.80	00:27:33.13	8:28	01:51:10.07
643	218/2794	56/489	844	Bridget Sheeder	F	36	Casey	IA	00:23:42.47	00:58:31.56	00:28:57.72	8:28	01:51:11.75
644	426/1393	39/122	4996	Colton Abendroth	M	20	Lincoln	NE	00:24:49.34	00:57:23.49	00:28:58.95	8:28	01:51:11.79
645	427/1393	91/250	5868	Jeff Maas	M	35	Elkhorn	NE	00:24:44.01	00:57:15.24	00:29:13.75	8:29	01:51:13.01
646	219/2794	44/477	4343	Tessa Jacobsen	F	25	Creighton	NE	00:24:46.05	00:57:18.85	00:29:09.39	8:29	01:51:14.30
647	220/2794	45/450	3531	Sarah Hopkins	F	30	Lincoln	NE	00:24:17.91	00:57:36.45	00:29:21.23	8:29	01:51:15.60
648	221/2794	46/450	3322	Jessie Thompson	F	34	Lincoln	NE	00:25:30.56	00:57:39.12	00:28:08.06	8:29	01:51:17.75
649	222/2794	45/477	974	Amanda Thaler	F	27	Omaha	NE	00:25:58.97	00:57:51.43	00:27:28.32	8:29	01:51:18.73
650	428/1393	33/106	6038	Jeff Rudy	M	51	Lincoln	NE	00:25:54.48			8:29	01:51:20.03
651	223/2794	46/477	240	Marisa Mcclintock	F	25	Elkhorn	NE	00:24:43.11	00:58:57.36	00:27:39.58	8:29	01:51:20.06
652	224/2794	57/489	3390	Jessica Florez	F	35	Lincoln	NE	00:24:41.91	00:58:07.37	00:28:33.12	8:29	01:51:22.41
653	225/2794	47/477	2443	Amanda Bruntz	F	29	Friend	NE	00:25:20.37	00:57:51.59	00:28:11.91	8:29	01:51:23.88
654	226/2794	7/89	2304	Paige Blankenbiller	F	17	Lincoln	NE	00:25:31.40	00:57:30.41	00:28:22.49	8:29	01:51:24.30
655	429/1393	7/53	1624	Mark Churchill	M	63	Lincoln	NE	00:25:57.32	00:57:49.99	00:27:37.19	8:29	01:51:24.51
656	227/2794	47/450	4096	Joni Rupe	F	32	Lincoln	NE	00:24:35.76	00:57:01.11	00:29:48.06	8:29	01:51:24.94
657	228/2794	48/450	2410	Meg Mikolajczyk	F	31	Lincoln	NE	00:26:01.89	00:58:39.64	00:26:44.81	8:30	01:51:26.35
658	229/2794	17/208	3914	Shelly Haller	F	48	Cerexco	NE	00:25:16.35	00:57:09.94	00:29:01.06	8:30	01:51:27.36
659	230/2794	4/103	683	Joanie Dergan	F	55	Omaha	NE	00:25:45.28	00:58:00.80	00:27:43.07	8:30	01:51:29.15
660	430/1393	34/106	1577	Tom Mckitterick	M	53	Lincoln	NE	00:24:46.95	00:57:51.45	00:28:51.54	8:30	01:51:29.95
661	231/2794	49/450	700	Melissa Lee	F	33	Lincoln	NE	00:24:57.20	00:58:16.72	00:28:16.76	8:30	01:51:30.68
662	431/1393	47/184	5974	Keith Ratterree	M	44	Lincoln	NE	00:26:39.24	00:58:12.58	00:26:38.90	8:30	01:51:30.73
663	232/2794	50/450	3939	Megan Pierce	F	31	Omaha	NE	00:26:07.06	00:57:50.38	00:27:35.56	8:30	01:51:33.01
664	233/2794	58/489	4152	Cathy Sanchez	F	39	Kearney	NE	00:25:24.25	00:57:36.60	00:28:32.55	8:30	01:51:33.40
665	234/2794	59/489	2341	Tonya Pulec	F	36	Lincoln	NE	00:26:44.62	00:59:24.81	00:25:25.38	8:30	01:51:34.81

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
666	235/2794	60/489	2235	Jessica Clements	F	36	South Bend	NE	00:25:43.05	00:57:10.85	00:28:42.05	8:30	01:51:35.95
667	432/1393	92/250	1437	Andrew Carter	M	37	Lincoln	NE	00:26:14.78	00:58:25.11	00:26:57.18	8:30	01:51:37.08
668	236/2794	48/477	3066	Rae Rohlfsen	F	29	Omaha	NE	00:25:30.71	00:57:17.78	00:28:50.53	8:31	01:51:39.02
669	237/2794	49/477	3233	Anna Weigandt	F	25	Lincoln	NE	00:26:27.77	00:58:26.82	00:26:44.86	8:31	01:51:39.46
670	433/1393	35/106	1472	Rob Hotz	M	54	Lincoln	NE	00:25:57.06	00:59:17.85	00:26:24.88	8:31	01:51:39.80
671	434/1393	73/213	4912	Toan Nguyen	M	32	Lincoln	NE	00:25:17.97	00:57:16.93	00:29:05.19	8:31	01:51:40.10
672	238/2794	61/489	2101	Marissa Williams	F	38	Portsmouth	NH	00:24:43.60	00:57:39.58	00:29:17.85	8:31	01:51:41.04
673	239/2794	62/489	2969	Amber Tempelmeyer	F	37	Beatrice	NE	00:25:34.61	00:58:13.36	00:27:54.14	8:31	01:51:42.12
674	435/1393	36/106	5452	Monte Meyers	M	50	Kearney	NE	00:24:39.86	00:57:41.93	00:29:21.62	8:31	01:51:43.41
675	436/1393	93/250	4987	Charles Braymen	M	39	Omaha	NE	00:25:36.60	00:58:41.89	00:27:26.86	8:31	01:51:45.35
676	240/2794	50/477	2535	Calista Kringen	F	28	Lincoln	NE	00:26:19.55	00:59:05.25	00:26:20.68	8:31	01:51:45.48
677	241/2794	51/450	3245	Rebecca Rubottom	F	30	Lincoln	NE	00:25:25.01	00:58:29.61	00:27:55.20	8:31	01:51:49.83
678	242/2794	52/450	695	Amanda Deterding	F	34	Lincoln	NE	00:25:25.81	00:58:29.07	00:27:55.08	8:31	01:51:49.96
679	437/1393	40/134	5773	Matt Schafer	M	46	Lincoln	NE	00:24:54.53	00:57:24.08	00:29:31.92	8:31	01:51:50.53
680	438/1393	63/173	5402	Andrew Hill	M	29	Lincoln	NE	00:24:39.35	00:57:55.86	00:29:16.18	8:31	01:51:51.40
681	243/2794	51/477	266	Rachel McGill	F	28	Lincoln	NE	00:25:01.04	00:58:45.68	00:28:12.07	8:32	01:51:58.80
682	439/1393	41/134	1652	Tony Sullivan	M	49	Hickman	NE	00:27:25.78	00:57:41.48	00:26:54.20	8:32	01:52:01.47
683	244/2794	53/450	394	Jill Blanchard	F	32	Big Lake	MN	00:23:54.26	00:57:36.10	00:30:31.15	8:32	01:52:01.51
684	245/2794	17/378	2269	Lauren Klaasmeyer	F	21	Burr	NE	00:24:38.06	00:59:01.91	00:28:21.76	8:32	01:52:01.73
685	246/2794	63/489	2346	Heather Davis	F	35	Omaha	NE	00:26:02.02	00:57:32.66	00:28:34.13	8:33	01:52:08.82
686	247/2794	64/489	484	Jessica Kirkpatrick	F	38	Crete	NE	00:24:46.58	00:59:03.44	00:28:20.60	8:33	01:52:10.63
687	248/2794	52/477	2211	Kaila Lewallen	F	26	Lincoln	NE	00:25:40.53	00:57:53.17	00:28:38.17	8:33	01:52:11.87
688	440/1393	18/81	5292	Jay Huskey	M	56	Lincoln	NE	00:24:04.92	00:55:37.08	00:32:31.54	8:33	01:52:13.55
689	249/2794	53/477	6140	Kimberly Burt	F	26	Lincoln	NE	00:24:03.67	00:58:32.01	00:29:39.31	8:33	01:52:15.00
690	441/1393	48/184	1367	Simeon Bukacek	M	43	Lincoln	NE	00:26:36.04	00:57:37.83	00:28:01.54	8:33	01:52:15.42
691	442/1393	64/173	5278	Ryan Janousek	M	28	Lincoln	NE	00:26:20.06	00:57:26.54	00:28:29.50	8:33	01:52:16.11
692	443/1393	42/134	5884	Jim Sutfin	M	49	Omaah	NE	00:25:27.64	00:57:47.30	00:29:01.75	8:33	01:52:16.70
693	250/2794	54/450	867	Theresa Haack	F	32	Lincoln	NE	00:25:38.62	00:57:40.95	00:28:57.26	8:33	01:52:16.84
694	251/2794	65/489	2471	Marissa James	F	36	Lincoln	NE	00:25:13.51	00:58:59.84	00:28:07.23	8:34	01:52:20.58
695	252/2794	8/89	2124	Morgan Thorson	F	19	Columbus	NE	00:26:05.21	00:59:06.17	00:27:12.56	8:34	01:52:23.94
696	444/1393	37/106	1837	Robert Jennings	M	51	Papillion	NE	00:25:21.24	00:58:07.56	00:28:56.62	8:34	01:52:25.43
697	445/1393	94/250	5551	Jesus Gutierrez Rajo	M	37	Omaha	NE	00:25:17.28	00:58:17.79	00:28:51.57	8:34	01:52:26.65
698	253/2794	55/450	2935	Jessica Wehner	F	33	Lincoln	NE			00:27:28.75	8:34	01:52:26.86
699	254/2794	20/359	1066	Jodi Seevers	F	41	Gretna	NE	00:26:02.64	00:57:49.71	00:28:35.36	8:34	01:52:27.72
700	446/1393	17/33	5458	Scott Schieuer	M	19	Walton	NE	00:26:31.24	00:58:08.55	00:27:48.35	8:34	01:52:28.14

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
701	255/2794	66/489	1520	Amy Divis	F	35	Lincoln	NE	00:25:38.87	00:58:39.85	00:28:09.90	8:34	01:52:28.63
702	447/1393	43/134	4839	Mark Schuldt	M	47	Papillion	NE	00:25:29.34	00:59:15.65	00:27:49.11	8:35	01:52:34.11
703	448/1393	49/184	5939	Jason Owens	M	43	Kearney	NE	00:25:08.25	00:58:18.46	00:29:13.69	8:35	01:52:40.40
704	449/1393	38/106	5817	Patrick Carraher	M	54	Lincoln	NE	00:24:50.27	00:58:24.65	00:29:25.79	8:35	01:52:40.72
705	450/1393	19/81	1456	Greg Duncan	M	58	Lincoln	NE	00:25:22.16	00:59:48.38	00:27:31.04	8:35	01:52:41.59
706	256/2794	18/208	3360	Fran Benne	F	47	Lincoln	NE	00:26:45.99	00:59:23.63	00:26:35.11	8:36	01:52:44.73
707	451/1393	8/53	1891	John Schuette	M	61	Lincoln	NE	00:25:22.35	00:57:40.70	00:29:46.00	8:36	01:52:49.06
708	452/1393	50/184	5549	Patrick Brown	M	42	Onaha	NE	00:24:40.92	00:58:08.75	00:29:59.67	8:36	01:52:49.34
709	453/1393	51/184	5028	Mike Osterholt	M	43	Kearney	NE	00:25:52.39	00:58:28.38	00:28:30.99	8:36	01:52:51.77
710	257/2794	21/359	3412	Amy Thompson	F	41	Kearney	NE	00:25:53.01	00:58:28.67	00:28:30.93	8:36	01:52:52.62
711	454/1393	65/173	1910	Steven Hentzen	M	28	Lincoln	NE	00:27:32.07	00:59:07.90	00:26:13.97	8:36	01:52:53.94
712	258/2794	9/167	437	Becky Fields	F	51	Council Bluffs	IA	00:25:43.54	00:58:44.38	00:28:27.17	8:36	01:52:55.09
713	259/2794	22/359	2042	Dawn Lewis	F	42	Arnold	NE	00:25:42.61	00:59:03.86	00:28:09.15	8:36	01:52:55.62
714	455/1393	44/134	1866	Brett Vasek	M	47	Omaha	NE	00:26:14.74	00:59:13.66	00:27:27.95	8:36	01:52:56.35
715	456/1393	66/173	4959	Cooper Domgard	M	25	Lincoln	NE	00:22:07.25	01:01:17.11	00:29:32.93	8:36	01:52:57.30
716	457/1393	74/213	6024	Van Vanderschaaf	M	34	Daykin	NE	00:26:03.90	00:59:23.98	00:27:30.28	8:37	01:52:58.17
717	260/2794	18/378	2527	Anne Harvey	F	23	Oberlin	KS	00:26:49.89	00:58:35.98	00:27:32.61	8:37	01:52:58.49
718	458/1393	20/81	5849	Steve Merkel	M	55	Omaha	NE	00:25:11.58	00:58:31.09	00:29:16.83	8:37	01:52:59.50
719	261/2794	67/489	1435	Angie Petersen	F	39	Gretna	NE	00:25:45.21	00:58:33.86	00:28:41.07	8:37	01:53:00.15
720	262/2794	19/378	2525	Megan Thompson	F	20	Manhattan	KS	00:26:02.84	00:59:54.07	00:27:04.31	8:37	01:53:01.23
721	263/2794	56/450	3570	Robyn Drudik	F	31	Hastings	NE	00:25:26.13	00:58:22.49	00:29:13.20	8:37	01:53:01.82
722	264/2794	68/489	2027	Olga Creal	F	36	Lincoln	NE	00:25:40.01	00:59:00.34	00:28:22.20	8:37	01:53:02.56
723	459/1393	95/250	4910	Brandon Bowles	M	35	Lincoln	NE	00:25:15.65	00:59:07.82	00:28:39.32	8:37	01:53:02.79
724	460/1393	21/81	1742	Bill Rice	M	59	Lincoln	NE	00:24:50.64	00:54:47.07	00:33:25.12	8:37	01:53:02.83
725	265/2794	69/489	973	Sara Stewart	F	39	Lincoln	NE	00:26:01.27	00:58:56.43	00:28:05.20	8:37	01:53:02.90
726	266/2794	57/450	2172	Megan Burtle	F	31	Lincoln	NE	00:27:07.86	00:58:21.50	00:27:34.83	8:37	01:53:04.20
727	461/1393	75/213	5934	Brandon Mccarville	M	33	Bennington	NE	00:25:52.74	00:58:16.79	00:28:55.29	8:37	01:53:04.82
728	267/2794	70/489	711	Lindsay Day	F	35	Lincoln	NE	00:25:33.37	00:58:59.12	00:28:37.39	8:37	01:53:09.89
729	462/1393	67/173	1597	Ryan Messman	M	25	Lincoln	NE	00:25:54.17	00:57:45.80	00:29:32.36	8:38	01:53:12.33
730	268/2794	54/477	213	Melissa Wadzinski	F	26	Lincoln	NE	00:25:16.13	00:58:31.84	00:29:26.92	8:38	01:53:14.90
731	269/2794	58/450	459	Gail Dishman	F	32	Utica	NE	00:25:26.44	00:58:43.31	00:29:05.35	8:38	01:53:15.12
732	463/1393	76/213	6037	Adam Jorgensen	M	31	Papillion	NE	00:26:43.65	00:59:36.44	00:26:58.12	8:38	01:53:18.22
733	270/2794	23/359	2068	Beth Ludwig	F	40	Lincoln	NE	00:26:00.38	00:59:59.56	00:27:18.63	8:38	01:53:18.58
734	271/2794	10/167	207	Pam O'connor	F	54	Omaha	NE	00:23:59.57	01:00:02.70	00:29:16.44	8:38	01:53:18.71
735	272/2794	71/489	1060	Jenny Morrck	F	35	Grand Island	NE	00:26:15.20	00:58:55.81	00:28:08.32	8:38	01:53:19.34

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
736	464/1393	40/122	5244	Kevin Van Cott	M	20	Hickman	NE	00:26:10.84	00:58:40.39	00:28:29.59	8:38	01:53:20.83
737	273/2794	59/450	3010	Mallory Rupp	F	31	Elkhorn	NE	00:26:47.32	00:58:40.12	00:27:53.64	8:38	01:53:21.09
738	274/2794	60/450	305	Jackie Sheets	F	32	Bennington	NE	00:26:43.75	00:59:28.90	00:27:08.63	8:38	01:53:21.29
739	275/2794	55/477	2344	Jordan Sechtem	F	29	Lincoln	NE	00:25:05.15	00:58:26.49	00:29:49.65	8:38	01:53:21.29
740	465/1393	77/213	5641	Michael Zimmer	M	32	Lincoln	NE	00:26:43.05	01:00:45.54	00:25:55.09	8:39	01:53:23.69
741	276/2794	20/378	4008	Therin Baum	F	22	Aurora	NE	00:24:44.11	00:57:15.65	00:31:24.85	8:39	01:53:24.62
742	466/1393	96/250	5014	Cory Epler	M	38	Lincoln	NE	00:26:37.69	00:57:33.90	00:29:14.17	8:39	01:53:25.76
743	467/1393	68/173	4920	Alex Manning	M	27	Omaha	NE	00:26:32.52	00:59:26.59	00:27:30.90	8:39	01:53:30.01
744	277/2794	21/378	3063	Clara Rich	F	22	Lincoln	NE	00:26:55.36	00:59:04.38	00:27:33.69	8:39	01:53:33.43
745	468/1393	69/173	5303	Baker Steinkuhler	M	27	Lincoln	NE	00:25:41.99	00:57:54.15	00:29:58.60	8:39	01:53:34.75
746	278/2794	72/489	3330	Jody Hoops	F	39	Lincoln	NE	00:25:01.05	00:59:52.17	00:28:42.44	8:39	01:53:35.66
747	469/1393	41/122	4692	Rucuo Wang	M	22	Lincoln	NE	00:25:48.40	00:58:27.65	00:29:20.32	8:39	01:53:36.38
748	470/1393	52/184	5407	Michael Hardin	M	44	Lincoln	NE	00:26:42.05	00:59:37.46	00:27:18.14	8:40	01:53:37.66
749	471/1393	53/184	4838	Ricardo Vizuete	M	42	Omaha	NE	00:26:24.67	01:00:12.76	00:27:00.91	8:40	01:53:38.35
750	472/1393	39/106	5439	Chris Haag	M	50	South Bend	NE	00:24:45.82	00:57:42.72	00:31:10.57	8:40	01:53:39.12
751	473/1393	42/122	4995	Aaron Steckly	M	21	Lincoln	NE	00:26:34.29	01:00:24.46	00:26:41.51	8:40	01:53:40.26
752	474/1393	54/184	5453	Brian O'hare	M	40	Crete	NE	00:25:58.67	00:58:56.31	00:28:45.58	8:40	01:53:40.56
753	475/1393	97/250	5358	Bo Johnson	M	38	Lincoln	NE	00:24:01.09	00:57:06.01	00:32:33.58	8:40	01:53:40.68
754	279/2794	22/378	2546	Jordan Vande Brug	F	22	Lincoln	NE	00:26:45.36	01:00:07.89	00:26:51.15	8:40	01:53:44.40
755	280/2794	56/477	376	Dani Michaelis	F	27	Lincoln	NE	00:25:36.86	00:58:33.73	00:29:34.40	8:40	01:53:44.99
756	476/1393	18/33	1632	Ryan Shadle	M	19	Omaha	NE	00:27:09.52	00:59:53.32	00:26:43.02	8:40	01:53:45.86
757	281/2794	57/477	3103	Ashley Sekora	F	29	Lincoln	NE	00:25:59.14	00:59:42.46	00:28:05.97	8:40	01:53:47.58
758	282/2794	73/489	2661	Paige Miller	F	39	New York	NY	00:25:21.95	01:00:14.18	00:28:13.95	8:41	01:53:50.09
759	283/2794	74/489	3955	Anne Duggins	F	39	Omaha	NE	00:24:44.04	00:58:47.22	00:30:19.44	8:41	01:53:50.71
760	284/2794	58/477	4149	Kelly Arett	F	27	Waverly	NE	00:26:43.57	00:59:34.26	00:27:33.59	8:41	01:53:51.43
761	285/2794	61/450	263	Megan Fry	F	31	Pipestone	MN	00:25:52.29	00:59:13.43	00:28:46.25	8:41	01:53:51.98
762	477/1393	70/173	5039	Daniel Stratman	M	26	Omaha	NE	00:26:50.02	00:59:38.09	00:27:24.03	8:41	01:53:52.15
763	478/1393	40/106	1833	'Stache Christensen	M	54	Gretna	NE	00:25:11.56	00:57:19.18	00:31:21.79	8:41	01:53:52.54
764	286/2794	24/359	2828	Dawn Melcher	F	43	Elkhorn	NE	00:26:43.59	00:59:35.17	00:27:34.04	8:41	01:53:52.81
765	479/1393	55/184	5295	Tarik Abdel-Monem	M	44	Lincoln	NE	00:25:23.36	00:58:52.30	00:29:37.46	8:41	01:53:53.13
766	287/2794	75/489	2081	Bradi Laird	F	38	Lincoln	NE	00:25:39.74	00:57:51.46	00:30:29.59	8:41	01:54:00.80
767	480/1393	78/213	5385	Chase Einspahr	M	30	Lincoln	NE	00:24:17.73	00:59:04.36	00:30:42.38	8:42	01:54:04.48
768	288/2794	76/489	830	Bethanne Kunz	F	39	Ord	NE	00:25:36.61	00:59:51.81	00:28:38.18	8:42	01:54:06.61
769	289/2794	62/450	410	Michelle Ober	F	33	Lincoln	NE	00:23:54.99	00:59:38.07	00:30:38.94	8:42	01:54:12.01
770	290/2794	23/378	3818	Makanna Davis	F	22	Lincoln	NE	00:25:42.91	00:58:28.30	00:30:08.90	8:43	01:54:20.12

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
771	291/2794	5/103	298	Carol Healy	F	58	Omaha	NE	00:27:01.24	00:59:40.47	00:27:39.06	8:43	01:54:20.78
772	481/1393	43/122	4813	Joey Regan	M	20	Omaha	NE	00:33:59.23	00:55:54.74	00:24:27.58	8:43	01:54:21.56
773	292/2794	19/208	247	Amy Erlbacher-Anderson	F	47	Omaha	NE	00:27:02.26	00:59:40.81	00:27:38.65	8:43	01:54:21.73
774	293/2794	20/208	598	Stacy Beshears	F	49	Saint Joseph	MO	00:26:40.69	00:59:50.67	00:27:53.39	8:43	01:54:24.75
775	294/2794	59/477	2206	Allison Martin	F	28	Sheridan	MO	00:25:04.94	00:59:49.44	00:29:35.85	8:44	01:54:30.23
776	482/1393	98/250	1734	Keith Mcroberts	M	36	Lincoln	NE	00:26:28.31	00:58:02.41	00:30:00.29	8:44	01:54:31.02
777	483/1393	45/134	3745	Andrew Tweedy	M	48	Omaha	NE	00:26:42.10	00:59:35.91	00:28:13.00	8:44	01:54:31.03
778	484/1393	41/106	5191	Bruce Barnhart	M	53	Omaha	NE	00:27:14.10	00:59:56.65	00:27:21.75	8:44	01:54:32.50
779	295/2794	25/359	2153	Yvonne Starnes	F	41	Augusta	KS	00:27:11.69	01:00:14.54	00:27:06.48	8:44	01:54:32.72
780	485/1393	56/184	1704	Jason Weber	M	42	Lincoln	NE	00:24:55.29	00:59:57.54	00:29:42.62	8:44	01:54:35.46
781	486/1393	99/250	4876	Ron Carson	M	37	Omaha	NE	00:25:57.90	00:59:42.84	00:28:56.00	8:44	01:54:36.74
782	487/1393	2/19	1347	Sam Weber	M	13	Lincoln	NE	00:24:55.09	00:59:57.90	00:29:44.08	8:44	01:54:37.07
783	296/2794	24/378	277	Erika Beedle	F	20	Lincoln	NE	00:25:55.47	00:59:14.40	00:29:28.86	8:44	01:54:38.75
784	488/1393	9/53	1415	Dick James	M	63	Verdon	NE	00:27:20.19	01:00:00.76	00:27:18.33	8:44	01:54:39.29
785	489/1393	2/16	1404	Conrad Woerner	M	65	Lincoln	NE	00:26:40.45	00:59:10.26	00:28:48.93	8:44	01:54:39.65
786	490/1393	57/184	1534	Chris Bogus	M	44	Lincoln	NE	00:25:12.46	00:59:11.44	00:30:17.19	8:44	01:54:41.10
787	297/2794	21/208	740	Megan Berry Barlow	F	47	Weeping Water	NE	00:26:18.91	00:59:56.45	00:28:25.92	8:44	01:54:41.28
788	491/1393	46/134	1567	Dustin Zabokrtsky	M	46	Omaha	NE	00:26:17.68	00:59:32.06	00:28:52.60	8:45	01:54:42.34
789	492/1393	100/250	1538	Caleb Zahnd	M	35	Saint Joseph	MO	00:23:45.04	00:59:08.34	00:31:50.01	8:45	01:54:43.40
790	493/1393	44/122	5570	Nathan Michl	M	24	Lincoln	NE	00:24:26.71	00:58:41.73	00:31:35.32	8:45	01:54:43.77
791	494/1393	79/213	5822	Kevin Forch	M	32	Lincoln	NE	00:26:32.96	00:59:52.76	00:28:18.30	8:45	01:54:44.03
792	298/2794	63/450	897	Michaela Schleicher	F	33	Lincoln	NE	00:26:26.98	01:00:00.57	00:28:17.35	8:45	01:54:44.91
793	495/1393	71/173	1480	Thomas Clutter	M	29	Lincoln	NE	00:23:49.44	00:59:45.28	00:31:10.78	8:45	01:54:45.50
794	496/1393	22/81	1906	John Klein	M	58	Walton	NE	00:27:19.83	01:00:15.25	00:27:11.18	8:45	01:54:46.26
795	497/1393	45/122	4830	Jared Michl	M	21	Lincoln	NE	00:24:26.93	00:58:41.82	00:31:38.02	8:45	01:54:46.78
796	498/1393	23/81	5264	Tom Mills	M	57	Lincoln	NE	00:26:49.25	00:59:12.73	00:28:46.14	8:45	01:54:48.13
797	499/1393	72/173	5420	Tony Gallagher	M	27	O'neill	NE	00:23:44.40	00:58:46.96	00:32:19.03	8:45	01:54:50.40
798	500/1393	46/122	4760	Henry O'neal	M	23	Lincoln	NE	00:25:33.74	00:58:22.18	00:30:57.79	8:45	01:54:53.71
799	299/2794	60/477	2078	Michelle McMullin	F	25	Leigh	NE	00:25:28.98	00:58:31.66	00:30:53.63	8:45	01:54:54.29
800	501/1393	47/134	1586	Mitch Jones	M	45	Lincoln	NE	00:25:35.66	00:58:41.44	00:30:39.02	8:46	01:54:56.13
801	300/2794	25/378	4755	Anna Lampe	F	23	Lincoln	NE	00:27:14.88	01:00:15.17	00:27:27.26	8:46	01:54:57.31
802	502/1393	58/184	5470	Chris Lawler	M	44	Omaha	NE	00:25:23.51	00:58:52.23	00:30:41.67	8:46	01:54:57.42
803	503/1393	73/173	5711	Jeff Paesl	M	28	Omaha	NE	00:24:31.93	01:00:01.30	00:30:24.47	8:46	01:54:57.71
804	504/1393	101/250	5291	Jerimi Kopsa	M	35	Tama	IA	00:25:19.95	01:00:13.08	00:29:24.96	8:46	01:54:57.99
805	301/2794	61/477	3007	Kennon Meyer	F	25	Lincoln	NE	00:24:45.49	00:57:29.16	00:32:43.63	8:46	01:54:58.30

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
806	302/2794	22/208	633	Beth Kar	F	46	Saint Joseph	MO	00:26:11.54	00:59:42.97	00:29:04.17	8:46	01:54:58.68
807	505/1393	59/184	5781	Darin Foster	M	41	Omaha	NE	00:24:57.98	00:59:21.60	00:30:39.97	8:46	01:54:59.55
808	303/2794	64/450	2251	Jacquelyn Baudhuin	F	33	Omaha	NE	00:27:28.67	01:00:31.81	00:27:00.63	8:46	01:55:01.12
809	506/1393	48/134	5311	Jason Stracke	M	45	Elkhorn	NE	00:26:58.36	01:00:18.56	00:27:44.81	8:46	01:55:01.73
810	304/2794	62/477	1117	Kelsey Richters	F	29	Lincoln	NE	00:27:05.71	01:00:05.81	00:27:52.99	8:46	01:55:04.51
811	305/2794	11/167	2550	Kelly Shields	F	52	Oberlin	KS	00:26:48.01	00:59:36.10	00:28:41.69	8:46	01:55:05.81
812	507/1393	47/122	5384	Tony Rublaitus	M	24	Lincoln	NE	00:26:04.38	00:59:06.14	00:29:58.95	8:47	01:55:09.48
813	306/2794	63/477	200	Hollyanne Fricke	F	29	Omaha	NE	00:27:19.30	01:02:23.52	00:25:30.12	8:47	01:55:12.95
814	307/2794	65/450	3314	Erin Dempsey	F	32	Lincoln	NE	00:25:33.80	00:58:22.49	00:31:16.77	8:47	01:55:13.07
815	308/2794	26/378	3884	Samantha Lococo	F	24	Lincoln	NE	00:25:32.31	01:00:49.21	00:28:53.53	8:47	01:55:15.05
816	508/1393	60/184	5767	Alan Gift	M	43	Omaha	NE	00:26:31.82	01:00:04.47	00:28:42.76	8:47	01:55:19.05
817	309/2794	6/103	460	Holly Beeman	F	58	Eagle	NE	00:27:16.75	01:00:16.38	00:27:47.45	8:47	01:55:20.58
818	310/2794	64/477	208	Taylor Herrington	F	26	Lincoln	NE	00:27:17.00			8:48	01:55:22.75
819	509/1393	80/213	5929	Jayne Pavel	M	34	Waverly	NE	00:25:59.11	00:59:28.62	00:29:55.31	8:48	01:55:23.04
820	311/2794	26/359	4472	Bridgett Petzoldt	F	43	Omaha	NE	00:27:17.11	00:59:42.42	00:28:27.10	8:48	01:55:26.63
821	312/2794	66/450	648	Heidi Miller	F	33	Lincoln	NE	00:26:23.97	00:59:34.76	00:29:29.50	8:48	01:55:28.24
822	313/2794	77/489	1035	Jordan Rishel	F	38	Blair	NE	00:24:40.46	01:00:10.02	00:30:38.76	8:48	01:55:29.25
823	314/2794	9/89	205	Mabry Brank	F	16	Lincoln	NE	00:25:10.06	01:00:57.21	00:29:25.04	8:48	01:55:32.32
824	510/1393	81/213	4858	Michael Parde	M	30	Nebraska City	NE	00:27:05.19	00:59:00.77	00:29:28.02	8:48	01:55:33.99
825	511/1393	61/184	1822	Ryan King	M	43	Lincoln	NE	00:26:08.58	00:59:37.94	00:29:47.63	8:48	01:55:34.15
826	512/1393	102/250	5735	Sam Loewe	M	38	Lincoln	NE	00:26:35.90	00:59:37.93	00:29:21.64	8:49	01:55:35.47
827	513/1393	74/173	1700	Robert Baer	M	27	Lincoln	NE	00:26:33.66	00:59:54.55	00:29:09.34	8:49	01:55:37.56
828	315/2794	27/378	3927	Katie Mckitterick	F	24	Lincoln	NE	00:27:01.10	01:01:00.01	00:27:39.48	8:49	01:55:40.60
829	316/2794	27/359	855	Michon Morrow	F	41	Roca	NE	00:26:06.91	01:00:34.13	00:28:59.98	8:49	01:55:41.03
830	514/1393	42/106	1458	Kevin Nielsen	M	51	Oxford	NE	00:24:05.46	00:58:49.13	00:32:46.89	8:49	01:55:41.49
831	317/2794	28/378	2071	Kacie Gribble	F	20	O'Neill	NE	00:26:49.74	01:00:24.28	00:28:29.83	8:49	01:55:43.85
832	515/1393	82/213	1752	Christopher Volnek	M	33	Waverly	NE	00:27:40.53	01:02:29.38	00:25:34.79	8:49	01:55:44.71
833	318/2794	78/489	490	Kimberly Keller	F	36	Lincoln	NE	00:26:31.59	01:00:01.29	00:29:12.02	8:49	01:55:44.91
834	516/1393	75/173	5022	Ryan Scoular	M	25	Omaha	NE	00:25:56.13	00:57:57.93	00:31:50.90	8:49	01:55:44.97
835	319/2794	28/359	3709	Ann Daudt	F	42	Plainview	NE	00:25:03.45	01:02:11.01	00:28:32.27	8:49	01:55:46.73
836	320/2794	79/489	3048	Deborah Smith	F	37	Saint Joseph	MO	00:27:36.11	01:00:14.31	00:27:56.97	8:49	01:55:47.39
837	321/2794	29/378	2098	Rachel Olson	F	23	Omaha	NE	00:27:19.48	01:00:42.83	00:27:48.52	8:50	01:55:50.84
838	322/2794	80/489	2960	Hilary Catron	F	39	Omaha	NE	00:24:50.28	01:00:42.37	00:30:20.26	8:50	01:55:52.92
839	323/2794	29/359	3843	Sheila Goebel	F	43	Sioux City	IA	00:25:51.59	01:00:29.21	00:29:32.83	8:50	01:55:53.64
840	324/2794	30/378	2370	Sarah Houston	F	21	Lincoln	NE	00:27:11.85	01:00:11.30	00:28:30.98	8:50	01:55:54.13



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
841	517/1393	10/53	1408	Dave Pease	M	60	Peru	NE	00:27:05.54	00:59:31.91	00:29:17.76	8:50	01:55:55.21
842	325/2794	23/208	2980	Jill Ost	F	46	Lincoln	NE	00:25:58.28	00:59:54.44	00:30:07.47	8:50	01:56:00.19
843	518/1393	83/213	5675	Derek Balk	M	32	Omaha	NE	00:25:52.17	00:58:01.41	00:32:07.96	8:51	01:56:01.55
844	519/1393	76/173	5790	Andy Morris	M	27	Kanas City	MO	00:26:07.31	01:01:28.16	00:28:26.11	8:51	01:56:01.59
845	520/1393	24/81	1856	Scot Morrison	M	56	Lincoln	NE	00:26:52.29	01:00:08.28	00:29:01.32	8:51	01:56:01.90
846	521/1393	19/33	5552	Tristan Vieselmeyer	M	17	Malcolm	NE	00:23:24.94	01:02:33.46	00:30:04.02	8:51	01:56:02.43
847	326/2794	65/477	442	Breanna Jensby	F	26	Lincoln	NE	00:25:41.56	00:59:25.91	00:30:55.12	8:51	01:56:02.60
848	327/2794	81/489	433	Niki Strotman	F	36	Bennington	NE	00:27:02.38	00:59:40.89	00:29:19.75	8:51	01:56:03.03
849	522/1393	62/184	1966	Ray Vieselmeyer	M	41	Malcolm	NE	00:23:24.38	01:00:04.48	00:32:34.44	8:51	01:56:03.31
850	523/1393	77/173	1380	Justin Carter	M	26	Burlington	CO	00:26:08.67	00:59:25.46	00:30:32.41	8:51	01:56:06.54
851	328/2794	67/450	513	Lisa Ostwinkle	F	33	Yutan	NE	00:24:03.21	01:02:14.37	00:29:49.63	8:51	01:56:07.22
852	524/1393	43/106	1388	John Koenig	M	53	Lincoln	NE	00:26:35.09	00:59:21.39	00:30:11.18	8:51	01:56:07.66
853	329/2794	82/489	332	Mary Anderson	F	37	Council Bluffs	IA	00:26:45.81	01:00:26.24	00:28:56.06	8:51	01:56:08.12
854	525/1393	25/81	1850	Arnie Cerny	M	57	Beatrice	NE	00:26:49.10	01:00:28.72	00:28:50.43	8:51	01:56:08.25
855	526/1393	49/134	1679	Cory Bergt	M	46	Lincoln	NE	00:24:36.37	00:58:52.06	00:32:41.01	8:51	01:56:09.45
856	527/1393	11/53	1690	Gregg Stokke	M	61	Lincoln	NE	00:26:31.64	00:59:45.05	00:29:53.27	8:51	01:56:09.97
857	330/2794	66/477	2162	Aleisha Thomas	F	26	Omaha	NE	00:26:40.77	01:00:40.03	00:28:49.17	8:51	01:56:09.98
858	528/1393	63/184	5636	Ramon Decaen	M	43	Lincoln	NE	00:25:24.47	01:01:12.64	00:29:33.20	8:51	01:56:10.31
859	331/2794	68/450	396	Lona Thies	F	34	Hickman	NE	00:26:48.30	01:00:16.39	00:29:05.62	8:51	01:56:10.32
860	332/2794	31/378	3551	Ronnie Brust	F	20	Ithaca	NE	00:27:47.82	01:00:52.02	00:27:30.85	8:51	01:56:10.70
861	333/2794	69/450	3065	Melissa Bartels	F	34	Lincoln	NE	00:27:49.05	01:01:08.67	00:27:13.25	8:51	01:56:10.97
862	529/1393	64/184	1786	Doug Chos	M	43	York	NE	00:26:53.74	01:00:49.57	00:28:29.14	8:51	01:56:12.45
863	334/2794	70/450	457	Marissa Wachlarowicz	F	31	Omaha	NE	00:26:01.37	00:59:26.37	00:30:45.79	8:51	01:56:13.54
864	335/2794	67/477	2812	Chassi Geist	F	28	Kearney	NE	00:25:07.18	00:58:55.67	00:32:11.02	8:51	01:56:13.88
865	336/2794	68/477	3222	Staci Worm	F	25	David City	NE	00:25:40.48	01:00:30.52	00:30:03.47	8:52	01:56:14.48
866	337/2794	83/489	3642	Brooke Koch	F	35	Blue Springs	NE	00:24:57.15	01:00:08.31	00:31:09.04	8:52	01:56:14.52
867	338/2794	84/489	969	Khara Plicanic	F	37	Lincoln	NE	00:26:13.85	01:02:46.01	00:27:16.01	8:52	01:56:15.87
868	530/1393	48/122	5712	Dillon Pflingsten	M	24	Lincoln	NE	00:26:54.57	00:59:22.43	00:30:00.70	8:52	01:56:17.71
869	531/1393	84/213	5250	Justin Feerhusen	M	31	Lincoln	NE	00:25:13.76	01:01:07.93	00:29:56.59	8:52	01:56:18.28
870	532/1393	44/106	5880	Mark Traynowicz	M	53	Lincoln	NE	00:26:08.00	00:59:29.97	00:30:40.35	8:52	01:56:18.32
871	339/2794	71/450	769	Audrey Brydl-Andrews	F	30	Lincoln	NE	00:25:13.95	01:01:08.51	00:29:56.22	8:52	01:56:18.69
872	340/2794	69/477	2314	Mallory Armstrong	F	25	Lincoln	NE	00:27:02.54	01:00:14.12	00:29:02.15	8:52	01:56:18.82
873	533/1393	85/213	4775	Jonathon Reimer	M	30	Lincoln	NE	00:27:44.31	01:01:08.69	00:27:26.15	8:52	01:56:19.15
874	534/1393	65/184	5202	Eric Hardin	M	42	Gering	NE	00:25:26.65	00:59:09.17	00:31:43.33	8:52	01:56:19.15
875	535/1393	49/122	4774	Robert Sharp	M	24	Crete	NE	00:23:30.97	00:59:58.43	00:32:51.76	8:52	01:56:21.16

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
876	341/2794	12/167	293	Cherie Noteboom	F	52	Elk Point	SD	00:26:28.40	01:00:53.69	00:29:00.27	8:52	01:56:22.37
877	536/1393	50/134	1660	John Roderique	M	45	Elkhorn	NE	00:25:51.56	01:00:11.91	00:30:19.07	8:52	01:56:22.54
878	342/2794	85/489	3371	Tiffany Witt	F	36	Oberlin	KS	00:26:47.02	01:00:00.31	00:29:35.80	8:52	01:56:23.14
879	537/1393	103/250	5005	Jared Beckmann	M	38	Lincoln	NE	00:23:56.21	00:59:05.27	00:33:21.66	8:52	01:56:23.15
880	538/1393	26/81	1448	David Selby	M	56	Omaha	NE	00:25:26.96	01:01:38.30	00:29:18.64	8:52	01:56:23.91
881	539/1393	104/250	1642	Jonathon Brezenski	M	37	Columbus	NE	00:23:44.22	00:58:52.02	00:33:48.61	8:52	01:56:24.86
882	343/2794	70/477	3926	Sarah Safarik	F	29	Lincoln	NE	00:27:16.36	01:00:15.15	00:28:53.42	8:52	01:56:24.93
883	344/2794	72/450	3349	Elizabeth Dyer	F	34	Omaha	NE	00:27:23.68	01:02:14.63	00:26:48.27	8:52	01:56:26.59
884	540/1393	78/173	1590	Ricky Thompson	M	27	Omaha	NE	00:27:19.81	01:00:36.77	00:28:30.13	8:52	01:56:26.72
885	345/2794	71/477	195	Jessica Chavez Thompson	F	27	Omaha	NE	00:27:20.14	01:00:36.16	00:28:30.50	8:52	01:56:26.80
886	346/2794	86/489	3076	Michelle Westerbeck	F	37	Kearney	NE	00:26:13.73	01:00:36.73	00:29:37.71	8:53	01:56:28.18
887	541/1393	20/33	1340	Jared Yost	M	19	Lincoln	NE	00:23:21.34	01:00:28.60	00:32:40.41	8:53	01:56:30.35
888	347/2794	30/359	3769	Lori Blum	F	44	Lincoln	NE	00:27:25.27	01:01:20.64	00:27:45.05	8:53	01:56:30.97
889	542/1393	79/173	5584	Timothy Morrow	M	26	Lincoln	NE	00:25:44.80	00:59:38.37	00:31:07.92	8:53	01:56:31.10
890	348/2794	73/450	2968	Meredith Ross	F	32	Omaha	NE	00:28:40.90	00:59:38.59	00:28:14.82	8:53	01:56:34.31
891	349/2794	31/359	2924	Susan Thayer	F	42	Lincoln	NE	00:27:23.35	01:00:18.39	00:28:52.88	8:53	01:56:34.62
892	350/2794	74/450	2340	Meghan Vanderkolk	F	30	Seward	NE	00:26:11.82	01:00:40.76	00:29:47.23	8:53	01:56:39.82
893	351/2794	75/450	3231	Tabatha Schilling	F	30	Lincoln	NE	00:26:09.46	01:00:42.11	00:29:49.29	8:54	01:56:40.87
894	543/1393	105/250	1625	Richard Weibye	M	35	Lincoln	NE	00:25:38.05	01:00:49.15	00:30:14.65	8:54	01:56:41.86
895	544/1393	106/250	5705	Broc Howard	M	36	Kearney	NE	00:23:59.04	00:59:06.03	00:33:36.90	8:54	01:56:41.98
896	545/1393	80/173	1431	Christopher Thompson	M	27	Lincoln	NE	00:28:35.48	00:59:38.00	00:28:28.88	8:54	01:56:42.37
897	546/1393	45/106	6044	Grant Forsberg	M	50	Omaha	NE	00:26:48.47	01:01:14.44	00:28:39.74	8:54	01:56:42.66
898	352/2794	72/477	3294	Madison Leonard	F	28	Omaha	NE	00:27:25.83	01:01:23.91	00:27:56.38	8:54	01:56:46.13
899	547/1393	50/122	5400	Harrison Mcminn	M	21	Omaha	NE	00:27:08.08	01:01:47.40	00:27:50.87	8:54	01:56:46.35
900	548/1393	12/53	1989	Christopher Weibye	M	60	Lincoln	NE	00:27:06.41	01:00:40.67	00:28:59.56	8:54	01:56:46.64
901	353/2794	73/477	199	Kalie Larson	F	26	Lincoln	NE	00:27:23.68	01:01:54.29	00:27:29.91	8:54	01:56:47.89
902	549/1393	51/134	1782	Jano Madsen	M	47	Lincoln	NE	00:26:05.10	00:59:18.82	00:31:25.03	8:54	01:56:48.95
903	550/1393	66/184	1640	T D Johnson	M	40	Gretna	NE	00:26:01.13	00:58:47.24	00:32:03.64	8:54	01:56:52.02
904	354/2794	13/167	485	Lisa Mansur	F	53	Lincoln	NE	00:26:49.10	01:00:43.86	00:29:19.40	8:54	01:56:52.37
905	355/2794	24/208	2183	Michele Labreck	F	46	Bennington	NE	00:26:18.06	01:00:59.46	00:29:35.13	8:54	01:56:52.65
906	551/1393	51/122	5067	Andrew Vinton	M	23	North Platte	NE	00:26:49.79	00:59:27.43	00:30:35.64	8:54	01:56:52.87
907	356/2794	87/489	4877	Lisa Krom	F	38	Sioux City	IA	00:25:51.01	00:59:51.47	00:31:10.62	8:54	01:56:53.10
908	357/2794	32/378	392	Emmie Johnson	F	21	Lincoln	NE	00:26:22.01	01:01:02.72	00:29:29.06	8:55	01:56:53.80
909	552/1393	81/173	4909	Dylan Mayberry	M	26	Omaha	NE	00:27:56.01	01:01:04.03	00:27:54.50	8:55	01:56:54.55
910	358/2794	25/208	3290	Melissa Aksamit	F	45	Superior	NE	00:28:03.63	01:01:31.89	00:27:19.94	8:55	01:56:55.47

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
911	553/1393	86/213	5185	Tom Reilly	M	33	Omaha	NE	00:26:45.09	01:00:51.92	00:29:18.62	8:55	01:56:55.65
912	359/2794	32/359	218	Jori Newell	F	42	Eagle	NE	00:28:04.13	01:01:31.56	00:27:20.26	8:55	01:56:55.96
913	554/1393	52/134	1685	Matt Vavra	M	46	Gretna	NE	00:25:58.21	01:00:34.44	00:30:23.39	8:55	01:56:56.04
914	360/2794	88/489	363	Amanda Votruba	F	39	Gretna	NE	00:25:58.67	01:00:33.12	00:30:24.98	8:55	01:56:56.78
915	555/1393	67/184	5867	Michael Swyers	M	40	Denton	NE	00:26:01.35	01:01:30.89	00:29:25.11	8:55	01:56:57.36
916	361/2794	89/489	2685	Stephanie Thorson	F	39	Omaha	NE	00:27:28.94	01:00:31.41	00:28:57.88	8:55	01:56:58.23
917	362/2794	76/450	2406	Ashley Johnson	F	32	Lincoln	NE	00:27:20.96	01:01:24.59	00:28:14.44	8:55	01:57:00.00
918	556/1393	107/250	5562	Thomas Santillan Jr.	M	39	Lincoln	NE	00:26:49.01	00:59:58.44	00:30:12.91	8:55	01:57:00.37
919	363/2794	33/359	3898	Beth Mcdonald	F	43	Prole	IA	00:24:46.98	00:59:45.46	00:32:28.67	8:55	01:57:01.11
920	364/2794	34/359	4470	Jean Hern	F	44	Omaha	NE	00:27:12.20	01:00:56.78	00:28:53.00	8:55	01:57:01.98
921	365/2794	90/489	2077	Tara Thelen	F	39	Omaha	NE	00:26:48.38	01:01:02.28	00:29:11.41	8:55	01:57:02.08
922	366/2794	77/450	886	Stephanie Widoe	F	32	Lincoln	NE	00:25:56.75	01:01:44.07	00:29:21.53	8:55	01:57:02.36
923	367/2794	74/477	2037	Katie Miller	F	25	Lincoln	NE	00:24:33.31	01:00:25.73	00:32:04.46	8:55	01:57:03.50
924	368/2794	33/378	3553	Ally Pryor	F	24	Lincoln	NE	00:26:36.09	01:01:31.40	00:28:57.27	8:55	01:57:04.76
925	369/2794	7/103	168	Therese Liegl	F	58	Lincoln	NE	00:27:17.25	01:00:18.83	00:29:28.89	8:55	01:57:04.97
926	370/2794	91/489	2157	Jackie Ryba	F	39	Omaha	NE	00:27:06.46	01:02:27.81	00:27:31.85	8:55	01:57:06.13
927	557/1393	46/106	1418	Toby Sandal	M	51	Beatrice	NE	00:27:25.14	01:01:30.92	00:28:10.13	8:55	01:57:06.20
928	558/1393	68/184	1666	Emir Plicanic	M	40	Lincoln	NE	00:27:01.83	01:01:58.28	00:28:06.33	8:56	01:57:06.45
929	559/1393	53/134	131	Steven Swanson	M	48	Lincoln	NE	00:26:17.09	01:00:27.22	00:30:22.76	8:56	01:57:07.08
930	371/2794	75/477	2502	Dana Raml	F	27	Omaha	NE	00:26:43.82	01:00:58.16	00:29:25.49	8:56	01:57:07.48
931	560/1393	69/184	1541	J J Hansen	M	40	Omaha	NE	00:26:41.62	01:01:47.79	00:28:38.59	8:56	01:57:08.01
932	561/1393	70/184	4971	Tom Tiegs	M	40	Lincoln	NE	00:25:40.83	01:00:01.90	00:31:25.77	8:56	01:57:08.50
933	372/2794	35/359	3588	Michelle Kruse	F	44	Lincoln	NE	00:27:55.09	01:00:20.67	00:28:54.61	8:56	01:57:10.38
934	562/1393	52/122	5418	Daniel Gamboa-Barrera	M	21	Grand Island	NE	00:25:39.39	00:59:38.15	00:31:55.11	8:56	01:57:12.65
935	563/1393	54/134	5610	Chad Mitchell	M	49	Omaha	NE	00:26:31.62	01:00:04.27	00:30:37.08	8:56	01:57:12.97
936	373/2794	34/378	3848	Chelsie White	F	24	Hastings	NE	00:26:27.73	01:00:30.58	00:30:15.83	8:56	01:57:14.15
937	374/2794	92/489	3752	Megan Duncan	F	39	Council Bluffs	IA	00:26:16.52	01:01:33.16	00:29:26.59	8:56	01:57:16.27
938	375/2794	76/477	2503	Stephanie Sutton	F	28	Omaha	NE	00:26:43.38	01:00:58.22	00:29:35.00	8:56	01:57:16.60
939	376/2794	77/477	2767	Chelsea Tietjen	F	29	Dewitt	NE	00:25:41.69	00:59:15.07	00:32:20.38	8:56	01:57:17.15
940	377/2794	93/489	1359	Kelly Mcvey	F	36	Papillion	NE	00:26:05.83			8:56	01:57:17.75
941	378/2794	94/489	4695	Sue Aliano	F	39	Omaha	NE	00:27:06.05	01:02:27.78	00:27:46.91	8:57	01:57:20.75
942	379/2794	35/378	2533	Madelyn Mcgowan	F	24	Lincoln	NE	00:27:00.17	01:00:59.62	00:29:23.02	8:57	01:57:22.82
943	564/1393	108/250	5224	Vince Swallow	M	36	Omaha	NE	00:27:23.46	01:02:14.62	00:27:44.82	8:57	01:57:22.91
944	380/2794	78/477	3558	Sarah Thomas	F	26	Marysville	KS	00:26:57.97	01:00:49.96	00:29:36.48	8:57	01:57:24.42
945	565/1393	109/250	1889	Nicholas Potter	M	35	Omaha	NE	00:26:11.00	01:00:02.38	00:31:11.50	8:57	01:57:24.88

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
946	566/1393	87/213	5038	Scott Mertz	M	32	Omaha	NE	00:26:44.79	01:00:53.31	00:29:47.97	8:57	01:57:26.08
947	567/1393	71/184	6009	Zac Roberts	M	42	Lincoln	NE	00:27:18.32	01:00:15.07	00:29:53.04	8:57	01:57:26.44
948	568/1393	47/106	6045	Robert Wohlgemuth	M	52	Alton	IA	00:26:46.85	01:01:17.51	00:29:22.35	8:57	01:57:26.71
949	381/2794	36/359	3006	Jodi Deboer	F	43	Beatrice	NE	00:26:23.11	01:01:43.88	00:29:20.26	8:57	01:57:27.25
950	382/2794	36/378	3130	Leah Abebe	F	21	Lincoln	NE	00:26:21.58	01:01:42.02	00:29:25.58	8:57	01:57:29.18
951	569/1393	27/81	5379	Rick Shipley	M	55	Wahoo	NE	00:27:45.31	01:00:39.92	00:29:04.95	8:57	01:57:30.18
952	383/2794	79/477	2197	Jillian Peavy	F	25	Omaha	NE	00:23:45.96	00:53:49.72	00:39:57.33	8:58	01:57:33.02
953	570/1393	110/250	1663	Josh Barker	M	37	Lincoln	NE	00:28:22.76	01:00:44.92	00:28:27.65	8:58	01:57:35.34
954	571/1393	72/184	5008	Fili Sanchez	M	40	Kearney	NE	00:25:27.89	01:01:06.53	00:31:01.31	8:58	01:57:35.74
955	572/1393	111/250	5644	Nathan Dyke	M	35	Omaha	NE	00:27:41.30	01:02:11.01	00:27:44.74	8:58	01:57:37.06
956	384/2794	95/489	599	Stephanie Huddle	F	36	Lincoln	NE	00:26:57.06	01:01:47.68	00:28:56.63	8:58	01:57:41.38
957	385/2794	78/450	2489	Jessica Anderson	F	31	Yankton	SD	00:24:53.10	01:03:13.28	00:29:35.33	8:58	01:57:41.71
958	386/2794	96/489	393	Ann Wyman	F	39	Omaha	NE	00:27:25.42	01:01:36.00	00:28:40.54	8:58	01:57:41.96
959	573/1393	13/53	1760	Patrick Heyn	M	63	Madison	WI	00:26:50.11	01:02:28.15	00:28:24.00	8:58	01:57:42.27
960	387/2794	97/489	342	Teresa Edgerton	F	37	Lincoln	NE	00:26:21.68	01:01:10.31	00:30:11.22	8:58	01:57:43.21
961	388/2794	37/359	2879	Malinda Lmb	F	40	North Liberty	IA	00:27:25.69	01:02:30.92	00:27:47.39	8:58	01:57:44.01
962	389/2794	14/167	998	Tish Fobben	F	53	Lincoln	NE	00:25:55.70	01:01:15.27	00:30:33.11	8:58	01:57:44.09
963	574/1393	48/106	6014	Troy Gladstone	M	52	Holt	MI	00:26:44.69	01:01:29.32	00:29:31.77	8:59	01:57:45.79
964	575/1393	82/173	5745	Andrew Pryor	M	25	Syracuse	NE	00:26:36.89	01:01:31.81	00:29:40.16	8:59	01:57:48.87
965	390/2794	80/477	912	Amanda Brandt	F	26	Ames	IA	00:27:00.39	01:02:30.56	00:28:19.03	8:59	01:57:49.99
966	391/2794	38/359	3909	Theresa Gulizia	F	44	Gretna	NE	00:26:35.72	01:01:35.05	00:29:39.23	8:59	01:57:50.01
967	392/2794	37/378	2364	Meredith Bowen	F	20	Roca	NE	00:26:41.59	01:02:25.88	00:28:44.64	8:59	01:57:52.12
968	576/1393	88/213	5586	Sam Riggs	M	33	Lincoln	NE	00:27:54.64	01:01:10.81	00:28:46.68	8:59	01:57:52.14
969	393/2794	39/359	2063	Emily Smith	F	40	Blair	OK	00:27:09.92	01:01:37.73	00:29:07.04	8:59	01:57:54.71
970	394/2794	40/359	486	Eve Brank	F	43	Lincoln	NE	00:27:04.37	01:01:36.89	00:29:14.52	8:59	01:57:55.78
971	395/2794	38/378	548	Taylor Mcdaniel	F	22	Brooklyn	IA	00:27:33.71	01:02:22.87	00:28:03.89	9:00	01:58:00.48
972	577/1393	73/184	5096	Chris Harris	M	41	Coralville	IA	00:26:41.13	01:00:55.40	00:30:24.52	9:00	01:58:01.06
973	578/1393	83/173	5432	Jason Hennings	M	29	Papillion	NE	00:27:33.74	01:01:57.12	00:28:30.63	9:00	01:58:01.49
974	396/2794	10/89	2556	Alyssa James	F	19	Brooklyn	IA	00:27:33.70	01:02:22.68	00:28:05.32	9:00	01:58:01.70
975	579/1393	55/134	4735	Alan Jolito	M	45	Lincoln	NE	00:28:01.82	01:01:23.14	00:28:39.08	9:00	01:58:04.04
976	397/2794	79/450	290	Tarin Wademan	F	31	Sutton	NE	00:27:40.75	01:01:35.54	00:28:47.86	9:00	01:58:04.16
977	580/1393	49/106	6036	Dan Keck	M	51	Omaha	NE	00:27:26.36			9:00	01:58:04.69
978	398/2794	80/450	2649	Katie Sands	F	32	Lincoln	NE	00:25:40.59	01:02:07.39	00:30:17.24	9:00	01:58:05.23
979	399/2794	26/208	2024	Catherine Jolito	F	46	Lincoln	NE	00:26:20.69	01:01:29.71	00:30:15.67	9:00	01:58:06.08
980	581/1393	89/213	1619	Rob Rector	M	31	Lincoln	NE	00:28:05.55	01:02:33.92	00:27:27.75	9:00	01:58:07.23

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
981	582/1393	84/173	5553	Bernie Pieper	M	27	The Colony	TX	00:29:37.80	01:02:33.18	00:25:56.36	9:00	01:58:07.35
982	583/1393	85/173	5528	Jamin Mcquillan	M	25	Greeley	NE	00:26:51.07	01:00:34.66	00:30:42.14	9:00	01:58:07.88
983	400/2794	98/489	517	Elizabeth Vander Top	F	38	Lincoln	NE	00:26:14.29	01:00:18.67	00:31:36.50	9:00	01:58:09.47
984	584/1393	86/173	4788	Ben McGill	M	27	Lincoln	NE	00:28:34.16	01:02:12.87	00:27:25.57	9:01	01:58:12.61
985	585/1393	87/173	5371	Lance Janssen	M	27	Saint Paul	MN	00:27:04.27	01:00:25.62	00:30:42.86	9:01	01:58:12.76
986	586/1393	74/184	4864	Matt Stricker	M	41	Lincoln	NE	00:26:14.20	01:01:07.79	00:30:51.72	9:01	01:58:13.72
987	401/2794	8/103	2051	Cindy Johnson	F	58	Lincoln	NE	00:27:25.84	01:01:42.86	00:29:05.99	9:01	01:58:14.69
988	402/2794	41/359	3037	Amy Cole	F	44	Lincoln	NE	00:27:22.09	01:01:53.37	00:29:00.11	9:01	01:58:15.57
989	403/2794	99/489	304	Heather George	F	37	Hershey	NE	00:26:59.32	01:02:06.15	00:29:10.18	9:01	01:58:15.66
990	404/2794	100/489	2439	Summer Zetterman	F	37	Hickman	NE	00:27:24.14	01:02:23.17	00:28:28.39	9:01	01:58:15.71
991	405/2794	81/450	4155	Sara Schmidt	F	32	Malcolm	NE	00:27:24.15	01:02:23.17	00:28:28.39	9:01	01:58:15.71
992	587/1393	112/250	1732	Michael Holdcroft	M	39	Bellevue	NE	00:24:49.05	01:01:16.77	00:32:11.08	9:01	01:58:16.90
993	588/1393	75/184	1855	Ben Hennecke	M	40	Lincoln	NE	00:27:13.59	01:01:25.28	00:29:38.39	9:01	01:58:17.26
994	406/2794	82/450	2627	Shannon Hoffman	F	33	Lincoln	NE	00:27:10.79	01:01:39.96	00:29:26.61	9:01	01:58:17.37
995	407/2794	15/167	222	Jeanne Bouwens	F	50	Lincoln	NE	00:27:07.76	01:01:37.51	00:29:32.18	9:01	01:58:17.45
996	408/2794	39/378	2521	Tiffany Rocz	F	22	Elkhorn	NE	00:27:11.82	01:00:32.61	00:30:33.30	9:01	01:58:17.74
997	589/1393	90/213	5906	Thomas Luhring	M	34	Lincoln	NE	00:26:16.50	01:01:45.23	00:30:16.26	9:01	01:58:18.00
998	590/1393	91/213	5236	Brian Thacker	M	34	Papillion	NE	00:26:30.87	01:01:31.08	00:30:17.97	9:01	01:58:19.93
999	409/2794	81/477	2387	Alexa Krajewski	F	28	Ogallala	NE	00:24:50.05	01:00:13.84	00:33:16.60	9:01	01:58:20.49
1000	591/1393	92/213	4891	Andrew Eckerson	M	32	Lincoln	NE	00:26:43.90	01:01:50.92	00:29:46.00	9:01	01:58:20.83
1001	592/1393	21/33	5111	Reid Gahan	M	19	Omaha	NE	00:27:06.15	01:00:42.79	00:30:32.78	9:01	01:58:21.72
1002	410/2794	83/450	3617	Emily Ternus	F	34	Omaha	NE	00:27:00.55	01:02:48.42	00:28:34.13	9:01	01:58:23.11
1003	411/2794	40/378	2902	Alison Willis	F	24	Grand Island	NE	00:26:32.45	01:00:10.67	00:31:41.36	9:01	01:58:24.48
1004	412/2794	42/359	594	Laurel Badura	F	42	Kearney	NE	00:25:16.79	01:02:02.34	00:31:05.37	9:01	01:58:24.51
1005	413/2794	84/450	2891	Sarah Kurz	F	34	Kearney	NE	00:26:16.15	01:01:36.47	00:30:32.93	9:02	01:58:25.56
1006	593/1393	28/81	1615	Richard Skoda	M	57	Seward	NE	00:26:40.80	01:00:42.66	00:31:02.28	9:02	01:58:25.75
1007	414/2794	101/489	397	Megan Dreyer	F	36	Lincoln	NE	00:26:26.60	01:00:50.07	00:31:09.26	9:02	01:58:25.94
1008	594/1393	88/173	4733	Jeff Morrison	M	25	Olathe	KS	00:24:47.54	01:01:41.93	00:31:59.14	9:02	01:58:28.62
1009	595/1393	3/19	4674	Taylan Vetrovsky	M	12	Adams	NE	00:27:02.48	01:02:24.68	00:29:04.45	9:02	01:58:31.61
1010	596/1393	93/213	5419	Paul Willman	M	33	Lincoln	NE	00:26:22.26	00:58:50.63	00:33:19.01	9:02	01:58:31.91
1011	597/1393	89/173	5597	Drew Logeman	M	29	Omaha	NE	00:25:46.04	00:59:39.30	00:33:07.09	9:02	01:58:32.43
1012	415/2794	102/489	189	Jenny Briseno	F	39	Lincoln	NE	00:27:22.51	01:02:24.11	00:28:46.08	9:02	01:58:32.70
1013	416/2794	103/489	2647	Tracy Bender	F	37	Lincoln	NE	00:27:09.42	01:01:33.88	00:29:52.07	9:02	01:58:35.37
1014	417/2794	85/450	2103	Lisa Kirchner	F	33	Lincoln	NE	00:26:23.31	01:00:35.67	00:31:36.51	9:02	01:58:35.49
1015	418/2794	41/378	2580	Michaela Hendricks	F	20	Lake Zurich	IL	00:26:13.46	01:02:58.26	00:29:25.51	9:02	01:58:37.24

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1016	598/1393	53/122	5631	Alex Utrup	M	20	Clayton	NC	00:26:15.60	01:02:56.50	00:29:27.11	9:03	01:58:39.22
1017	419/2794	82/477	335	Natalie Nelson	F	29	Blair	NE	00:27:08.06	01:02:37.03	00:28:55.14	9:03	01:58:40.23
1018	420/2794	86/450	4782	Renee Jurgensmeier	F	34	Lincoln	NE	00:26:36.59	01:01:14.14	00:30:49.74	9:03	01:58:40.47
1019	599/1393	29/81	5239	Larry Luedke	M	58	Wisner	NE	00:25:38.35	01:03:24.37	00:29:38.19	9:03	01:58:40.91
1020	600/1393	113/250	6079	Scott Christie	M	37	Omaha	NE	00:26:54.76	01:01:20.10	00:30:26.45	9:03	01:58:41.31
1021	421/2794	83/477	3092	Melissa Kokes	F	28	Ord	NE	00:26:18.23	01:01:28.87	00:30:54.21	9:03	01:58:41.32
1022	601/1393	30/81	1972	David Steffen	M	55	Lincoln	NE	00:26:18.70	01:00:18.44	00:32:04.56	9:03	01:58:41.71
1023	602/1393	114/250	5253	Otis Crockett	M	39	Lincoln	NE	00:27:01.78	01:02:36.41	00:29:04.21	9:03	01:58:42.41
1024	422/2794	27/208	2094	Gwen Heller	F	47	Lincoln	NE	00:27:23.02	01:01:53.97	00:29:27.15	9:03	01:58:44.14
1025	603/1393	4/19	4762	Ty Wehrs	M	13	Lincoln	NE	00:25:48.00	01:00:45.38	00:32:10.97	9:03	01:58:44.35
1026	423/2794	104/489	2353	Annie Eichele	F	37	Omaha	NE	00:27:26.33	01:03:05.98	00:28:14.25	9:03	01:58:46.57
1027	424/2794	87/450	2040	Anna Mcvay	F	30	Lincoln	NE	00:27:46.56	01:02:05.93	00:28:55.63	9:03	01:58:48.12
1028	604/1393	94/213	5116	Jake Topping	M	33	Omaha	NE	00:25:48.31	01:02:04.42	00:30:58.13	9:03	01:58:50.87
1029	605/1393	76/184	5446	Benjamin Woods	M	42	Bennington	NE	00:26:29.11	01:01:38.63	00:30:43.88	9:04	01:58:51.63
1030	606/1393	95/213	1382	Ryan Duell	M	33	Lincoln	NE	00:26:47.86	01:01:54.30	00:30:10.19	9:04	01:58:52.36
1031	607/1393	96/213	4811	Greg Walklin	M	32	Lincoln	NE	00:26:48.04	01:01:54.53	00:30:09.78	9:04	01:58:52.36
1032	425/2794	42/378	2912	Kelsey Nealon	F	23	Omaha	NE	00:28:35.69	01:01:49.55	00:28:27.13	9:04	01:58:52.38
1033	426/2794	28/208	647	Laura Miller	F	45	Papillion	NE	00:27:34.50	01:02:23.38	00:28:54.51	9:04	01:58:52.39
1034	427/2794	105/489	196	Daniela Morales-Sanchez	F	35	Lincoln	NE	00:26:48.75	01:01:56.48	00:30:07.56	9:04	01:58:52.80
1035	428/2794	16/167	2036	Janice Andersen	F	53	Audubon	IA	00:26:42.15	01:02:39.61	00:29:31.89	9:04	01:58:53.66
1036	429/2794	17/167	853	Connie Hoffman	F	54	Carroll	IA	00:26:41.32	01:02:36.88	00:29:35.48	9:04	01:58:53.69
1037	430/2794	84/477	2531	Ellen Barnes	F	26	Kearney	NE	00:25:28.56	00:59:18.75	00:34:06.58	9:04	01:58:53.89
1038	431/2794	106/489	837	Sara Sinani	F	36	Olathe	KS	00:26:31.89	01:01:09.45	00:31:12.59	9:04	01:58:53.94
1039	608/1393	77/184	5176	Jerod Vetrovsky	M	40	Adams	NE	00:27:02.48	01:02:23.89	00:29:28.24	9:04	01:58:54.61
1040	432/2794	88/450	2295	Mary Reichert	F	32	Dresden	KS	00:26:49.71	01:00:51.93	00:31:14.14	9:04	01:58:55.79
1041	609/1393	90/173	5048	Shawn Nagel	M	25	Lincoln	NE	00:26:14.07	01:02:09.89	00:30:32.17	9:04	01:58:56.13
1042	433/2794	43/378	2520	Cierra Pedersen	F	24	Lincoln	NE	00:26:14.35	01:02:10.19	00:30:31.89	9:04	01:58:56.43
1043	434/2794	29/208	532	Lisa Martone	F	47	Omaha	NE	00:27:39.37	01:02:14.10	00:29:04.15	9:04	01:58:57.63
1044	435/2794	85/477	2207	Michelle Houghton	F	27	Edmond	OK	00:25:35.21	01:00:37.67	00:32:48.80	9:04	01:59:01.68
1045	436/2794	107/489	3423	Megan Fryda	F	36	Kearney	NE	00:27:18.32	01:02:16.92	00:29:26.63	9:04	01:59:01.87
1046	437/2794	86/477	2287	Crystal Newcomb	F	29	Wisner	NE	00:27:46.30	01:03:46.73	00:27:30.12	9:04	01:59:03.16
1047	610/1393	78/184	1867	Chris Stohs	M	41	Clive	IA	00:27:14.22	01:02:33.48	00:29:15.53	9:04	01:59:03.24
1048	438/2794	108/489	4281	Melissa Moreno	F	37	Bennington	NE	00:27:01.58	01:02:48.40	00:29:13.50	9:04	01:59:03.48
1049	439/2794	89/450	741	Johanna Ludwickson	F	34	Ponte Vedra	FL	00:27:22.85	01:02:47.00	00:28:54.64	9:05	01:59:04.49
1050	440/2794	43/359	323	Claire Oglesby	F	42	Lincoln	NE	00:25:39.33	01:04:29.72	00:28:55.70	9:05	01:59:04.76

# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1051	441/2794	90/450	2179	Rachell Rowley	F	32	Lincoln	NE	00:25:56.60	01:00:46.71	00:32:21.69	9:05	01:59:05.01
1052	442/2794	44/378	3880	Neale Stadler	F	24	Lincoln	NE	00:25:18.43	01:01:51.17	00:31:55.45	9:05	01:59:05.05
1053	611/1393	50/106	5112	Steve Mossman	M	51	Lincoln	NE	00:26:13.69	01:01:48.13	00:31:03.71	9:05	01:59:05.53
1054	612/1393	79/184	1571	Ryan Zuspan	M	41	Lincoln	NE	00:27:13.69	01:02:37.96	00:29:15.88	9:05	01:59:07.54
1055	613/1393	91/173	5495	James Schleifer	M	29	Blair	NE	00:24:36.30	00:59:33.95	00:34:57.49	9:05	01:59:07.75
1056	443/2794	91/450	554	Amy Schlichting	F	33	Lincoln	NE	00:25:29.82	01:01:56.16	00:31:41.83	9:05	01:59:07.82
1057	614/1393	14/53	1570	Tom Larson	M	62	Lincoln	NE	00:25:51.54	00:59:57.31	00:33:20.02	9:05	01:59:08.87
1058	444/2794	44/359	3413	Veronica Kellogg	F	42	Wichita	KS	00:27:27.51	01:02:35.23	00:29:07.07	9:05	01:59:09.81
1059	445/2794	30/208	3715	Angie Jameson	F	48	Murray	NE	00:27:38.43	01:01:53.75	00:29:37.67	9:05	01:59:09.85
1060	615/1393	31/81	5566	Greg Jack	M	56	Omaha	NE	00:26:29.31	01:01:38.61	00:31:02.70	9:05	01:59:10.62
1061	446/2794	18/167	3488	Kaye Kennedy	F	51	Omaha	NE	00:26:29.32	01:01:38.40	00:31:02.90	9:05	01:59:10.63
1062	447/2794	87/477	2394	Samantha Ficken	F	28	Grand Island	NE	00:25:39.12	01:02:28.11	00:31:05.60	9:05	01:59:12.83
1063	616/1393	54/122	5522	Matthew Cornell	M	24	Lincoln	NE	00:27:51.41	01:03:20.57	00:28:00.98	9:05	01:59:12.98
1064	448/2794	45/378	3394	Emma Gordon	F	24	Lincoln	NE	00:27:50.78	01:03:21.18	00:28:01.54	9:05	01:59:13.50
1065	617/1393	51/106	6108	Kurt Krugerud	M	53	Omaha	NE	00:27:44.23	01:03:41.40	00:27:48.81	9:05	01:59:14.45
1066	449/2794	92/450	2184	Lindsay Lorraine	F	34	Lincoln	NE	00:27:40.09	01:02:26.23	00:29:08.49	9:05	01:59:14.81
1067	450/2794	109/489	2017	Whitney Gibson	F	36	Lincoln	NE	00:26:52.38	01:02:11.71	00:30:11.93	9:05	01:59:16.03
1068	618/1393	115/250	1490	Karl Houfek	M	37	Bellevue	NE	00:28:49.74	01:01:17.02	00:29:12.58	9:06	01:59:19.35
1069	451/2794	11/89	308	Mary Soden	F	18	Lincoln	NE	00:25:05.74	01:02:06.82	00:32:07.90	9:06	01:59:20.46
1070	452/2794	110/489	4298	Kim Cook	F	39	La Vista	NE	00:26:43.13	01:02:28.89	00:30:10.00	9:06	01:59:22.03
1071	453/2794	9/103	2352	Mary Zersen	F	57	Lincoln	NE	00:27:18.62	01:02:24.63	00:29:38.97	9:06	01:59:22.23
1072	454/2794	45/359	2631	Kristin Hancock	F	40	Overland Park	KS	00:28:59.55	01:02:22.43	00:28:00.68	9:06	01:59:22.67
1073	455/2794	88/477	191	Laura Espejel Rangel	F	26	Omaha	NE	00:26:23.16	01:02:01.92	00:30:58.00	9:06	01:59:23.09
1074	456/2794	46/359	3355	Mitzi Ritzman	F	42	Lincoln	NE	00:26:01.02	01:02:41.97	00:30:40.37	9:06	01:59:23.37
1075	619/1393	116/250	5914	Michael Arbataitis	M	39	Bennington	NE	00:27:25.07	01:03:10.82	00:28:48.27	9:06	01:59:24.17
1076	620/1393	80/184	5627	Spencer Files	M	41	Gretna	NE	00:27:37.24	01:02:23.18	00:29:25.45	9:06	01:59:25.88
1077	457/2794	93/450	2547	Katelyn Garcia	F	32	Colorado Springs	CO	00:28:30.33	01:02:51.34	00:28:04.31	9:06	01:59:25.99
1078	458/2794	19/167	226	Barb Geiger	F	51	Lincoln	NE	00:27:42.47	01:02:31.44	00:29:12.57	9:06	01:59:26.48
1079	621/1393	3/16	1602	Paul Boeshart	M	66	Lincoln	NE	00:26:11.22	01:02:36.18	00:30:40.08	9:06	01:59:27.49
1080	622/1393	81/184	5680	Mark Michaelis	M	41	Omaha	NE	00:27:17.56	01:01:14.45	00:30:56.59	9:06	01:59:28.61
1081	459/2794	47/359	3743	Jill Gries	F	40	Omaha	NE	00:27:24.56	01:03:11.72	00:28:52.62	9:06	01:59:28.91
1082	460/2794	46/378	3457	Taylor Lucas	F	23	Lincoln	NE	00:26:50.56	01:00:17.76	00:32:21.74	9:06	01:59:30.07
1083	623/1393	52/106	1814	David Kohrell	M	51	Lincoln	NE	00:28:12.54	01:02:35.12	00:28:43.74	9:07	01:59:31.41
1084	461/2794	94/450	4507	Carly Davis	F	32	Lincoln	NE	00:25:29.09	01:03:22.66	00:30:39.89	9:07	01:59:31.65
1085	624/1393	22/33	4939	Adam Schneider	M	17	Lincoln	NE	00:25:09.01	01:00:05.03	00:34:17.80	9:07	01:59:31.85

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1086	462/2794	47/378	2585	Dana Meduna	F	20	Weston	NE	00:24:29.94	00:59:45.07	00:35:17.32	9:07	01:59:32.34
1087	625/1393	82/184	5288	Ritchie Meyer	M	41	Page	NE	00:26:54.31	01:02:11.17	00:30:27.38	9:07	01:59:32.86
1088	463/2794	12/89	176	Mia Sharpnack	F	17	Lincoln	NE	00:25:10.10	01:00:04.89	00:34:18.21	9:07	01:59:33.20
1089	464/2794	95/450	3749	Nora Peterson	F	33	Lincoln	NE	00:28:38.96	01:03:25.95	00:27:28.37	9:07	01:59:33.28
1090	626/1393	56/134	1502	Michael Berry	M	48	Omaha	NE	00:24:01.99	01:03:49.38	00:31:43.90	9:07	01:59:35.27
1091	465/2794	48/359	530	Jo Mcaleer	F	42	Ralston	NE	00:27:03.52	01:02:07.73	00:30:25.81	9:07	01:59:37.06
1092	627/1393	117/250	5544	Paul Pistulka	M	38	Atkinson	NE	00:26:12.12	01:02:48.14	00:30:37.30	9:07	01:59:37.56
1093	628/1393	118/250	5695	Peter Caffrey	M	39	Bellevue	NE	00:24:52.09	01:02:01.56	00:32:43.95	9:07	01:59:37.60
1094	629/1393	5/19	4992	Grant Bauman	M	13	Lincoln	NE	00:26:49.53	01:02:31.67	00:30:18.79	9:07	01:59:40.00
1095	630/1393	57/134	5166	John Keith	M	49	Omaha	NE	00:27:13.03	01:03:02.07	00:29:26.97	9:07	01:59:42.07
1096	466/2794	96/450	694	Megan Schmidt	F	32	Seward	NE	00:28:04.96	01:02:54.41	00:28:44.60	9:08	01:59:43.97
1097	467/2794	97/450	662	Emly Daberkow	F	31	Seward	NE	00:28:04.99	01:02:54.78	00:28:44.49	9:08	01:59:44.27
1098	468/2794	49/359	1073	Becky Mantonya	F	44	Lincoln	NE	00:27:33.85	01:01:55.17	00:30:15.44	9:08	01:59:44.47
1099	631/1393	92/173	5594	Pedro Martinez	M	27	Lincoln	NE	00:27:31.44	01:03:17.88	00:28:57.54	9:08	01:59:46.86
1100	469/2794	111/489	713	Marcia Dority Baker	F	39	Lincoln	NE	00:27:14.32	01:02:45.91	00:29:46.93	9:08	01:59:47.17
1101	632/1393	93/173	5689	Kevin Hadel	M	27	Lincoln	NE	00:27:29.21	01:01:45.05	00:30:33.07	9:08	01:59:47.34
1102	633/1393	119/250	5882	Derrick Eichele	M	37	Omaha	NE	00:27:25.85	01:03:04.92	00:29:17.44	9:08	01:59:48.21
1103	470/2794	31/208	5084	Vizma Shaeffer	F	45	Lincoln	NE	00:27:40.84	01:02:26.17	00:29:43.66	9:08	01:59:50.68
1104	471/2794	48/378	4024	Allison Hurlbut	F	24	Lincoln	NE	00:27:29.24	01:02:21.68	00:29:59.88	9:08	01:59:50.81
1105	472/2794	20/167	4727	Jane Tobias	F	52	Lincoln	NE	00:27:46.56	01:02:55.94	00:29:09.87	9:08	01:59:52.38
1106	473/2794	49/378	2719	Anisa Rohilla	F	20	Erie	CO	00:24:57.23	01:03:21.64	00:31:35.12	9:08	01:59:53.99
1107	474/2794	32/208	3039	Tricia Richards	F	45	Papillion	NE	00:26:35.50	01:02:45.71	00:30:34.69	9:08	01:59:55.91
1108	475/2794	33/208	370	Katherine Finney	F	45	Council Bluffs	IA	00:26:38.75	01:02:47.62	00:30:30.75	9:09	01:59:57.13
1109	634/1393	120/250	5639	Joel Miller	M	38	Elkhorn	NE	00:27:15.50	01:02:41.36	00:30:00.42	9:09	01:59:57.28
1110	476/2794	34/208	679	Kelly Lindstrom	F	45	Omaha	NE	00:25:58.00	01:04:10.04	00:29:51.39	9:09	01:59:59.43
1111	635/1393	97/213	5409	Drew Pfeil	M	31	Elkhorn	NE	00:27:52.82	01:02:44.00	00:29:23.30	9:09	02:00:00.12
1112	636/1393	94/173	5104	Michael Vanbuskirk	M	28	Fremont	NE	00:27:14.32	01:02:28.55	00:30:18.13	9:09	02:00:01.01
1113	477/2794	13/89	1127	Molly Lienemann	F	15	Lincoln	NE	00:27:42.25	01:02:45.63	00:29:33.37	9:09	02:00:01.25
1114	478/2794	98/450	4719	Jill Leach	F	33	Elkhorn	NE	00:27:53.01	01:02:37.25	00:29:31.00	9:09	02:00:01.27
1115	479/2794	99/450	784	Kelsey Bergen	F	31	Aurora	NE	00:27:40.24	01:02:33.94	00:29:49.88	9:09	02:00:04.07
1116	480/2794	89/477	4122	Julia Harris	F	25	Omaha	NE	00:29:59.48	01:00:33.99	00:29:31.54	9:09	02:00:05.02
1117	637/1393	98/213	5487	Joe Samuels	M	34	Lincoln	NE	00:25:38.55	01:00:31.93	00:33:55.68	9:09	02:00:06.17
1118	638/1393	99/213	1938	Jeff Rottler	M	34	Lincoln	NE	00:25:55.75	01:03:38.24	00:30:33.34	9:09	02:00:07.33
1119	639/1393	83/184	6000	Chad Mckown	M	42	Albion	NE	00:27:44.82	01:01:57.16	00:30:25.36	9:09	02:00:07.34
1120	640/1393	55/122	5036	Grant Jeffres	M	24	Lincoln	NE	00:29:05.89	01:03:46.61	00:27:15.75	9:09	02:00:08.27



# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1121	641/1393	100/213	5437	Mike Shottenkirk	M	32	Lincoln	NE	00:28:28.22	01:01:13.23	00:30:27.65	9:09	02:00:09.10
1122	481/2794	112/489	2253	Erin Vaughn	F	35	Omaha	NE	00:26:19.28	01:01:35.27	00:32:14.79	9:09	02:00:09.35
1123	482/2794	113/489	400	Amy Mcgaughey	F	39	Omaha	NE	00:25:28.12	01:01:45.81	00:32:55.67	9:09	02:00:09.61
1124	483/2794	114/489	2349	Mandy Hansen	F	35	Lincoln	NE	00:25:23.34	01:02:49.54	00:31:57.62	9:10	02:00:10.50
1125	642/1393	84/184	1414	Jeff Vaughn	M	41	Omaha	NE	00:26:50.11	01:01:05.47	00:32:15.27	9:10	02:00:10.87
1126	484/2794	90/477	4781	Shannon Varney	F	29	Wichita	KS	00:27:18.89	01:01:34.10	00:31:18.27	9:10	02:00:11.27
1127	485/2794	35/208	4311	Wendi Hess	F	45	Lawton	IA	00:26:23.32	01:03:03.59	00:30:45.09	9:10	02:00:12.00
1128	486/2794	14/89	3424	Madison Tomich	F	15	Omaha	NE	00:26:24.17	01:03:33.94	00:30:15.70	9:10	02:00:13.82
1129	487/2794	100/450	512	Jillian Volnek	F	30	Waverly	NE			00:30:02.75	9:10	02:00:16.14
1130	643/1393	85/184	5259	Michael Johnson	M	42	Lincoln	NE	00:28:04.28	01:02:49.10	00:29:22.78	9:10	02:00:16.16
1131	488/2794	1/46	724	Carla Seeba	F	61	Lincoln	NE	00:28:12.27	01:02:14.06	00:29:50.15	9:10	02:00:16.49
1132	489/2794	91/477	3410	Sadie Houck	F	29	Henderson	NE	00:26:38.46	01:01:43.98	00:31:54.44	9:10	02:00:16.89
1133	644/1393	15/53	1682	Al Koontz	M	62	Lincoln	NE	00:28:12.81	01:02:13.68	00:29:50.49	9:10	02:00:16.98
1134	490/2794	50/378	184	Michelle Thompson	F	21	Lincoln	NE	00:26:10.56	01:03:32.69	00:30:45.23	9:11	02:00:28.49
1135	491/2794	21/167	2319	Julie Nelson	F	54	Lincoln	NE	00:26:57.04	01:02:41.84	00:30:50.29	9:11	02:00:29.18
1136	492/2794	101/450	726	Robyn Gonzales	F	33	Lincoln	NE	00:25:38.89	01:04:26.26	00:30:24.60	9:11	02:00:29.76
1137	493/2794	22/167	2220	Kim Etherton	F	52	Lincoln	NE	00:27:18.23	01:02:59.49	00:30:14.96	9:11	02:00:32.69
1138	494/2794	51/378	2938	Samantha Nice	F	24	Lincoln	NE	00:26:52.60	01:01:47.89	00:31:54.50	9:11	02:00:34.99
1139	645/1393	121/250	1957	Cameron Soester	M	36	Seward	NE	00:24:05.46	01:04:29.94	00:32:00.66	9:11	02:00:36.06
1140	495/2794	23/167	754	Jo Mcelwain	F	52	Lincoln	NE	00:28:45.98	01:03:18.62	00:28:33.57	9:12	02:00:38.18
1141	496/2794	15/89	659	Madison Whitney	F	16	Lincoln	NE	00:27:23.85	01:03:27.23	00:29:47.34	9:12	02:00:38.43
1142	497/2794	16/89	237	Natalie Zoz	F	15	Lincoln	NE	00:27:24.07	01:03:27.58	00:29:47.35	9:12	02:00:39.00
1143	646/1393	101/213	4682	Neeraj Sharma	M	31	Grand Island	NE	00:27:10.25	01:00:15.20	00:33:17.39	9:12	02:00:42.85
1144	498/2794	102/450	3741	Erin Howard	F	33	Kearney	NE	00:27:13.45	01:03:00.32	00:30:31.10	9:12	02:00:44.88
1145	499/2794	52/378	324	Sarah Endacott	F	20	Lincoln	NE	00:26:52.46	01:03:28.04	00:30:24.50	9:12	02:00:45.01
1146	500/2794	53/378	3561	Jamie Schleppebach	F	24	Lincoln	NE	00:28:24.62	01:01:04.83	00:31:16.34	9:12	02:00:45.79
1147	501/2794	54/378	2781	Hannah Dittmar	F	24	Gretna	NE	00:28:24.45	01:01:04.99	00:31:16.60	9:12	02:00:46.04
1148	647/1393	95/173	4798	Aaron Sedivy	M	29	Aurora	CO	00:23:32.65	01:04:25.12	00:32:49.01	9:12	02:00:46.79
1149	502/2794	55/378	2904	Kelsy Heusman	F	21	Sterling	NE	00:27:53.13	01:04:04.21	00:28:50.39	9:12	02:00:47.74
1150	648/1393	53/106	5203	Kevin Meysenburg	M	53	Norfolk	NE	00:26:27.91	01:03:01.90	00:31:18.17	9:12	02:00:47.99
1151	649/1393	122/250	1655	Aaron Meysenburg	M	37	Lincoln	NE	00:26:28.52	01:03:02.15	00:31:17.57	9:12	02:00:48.25
1152	650/1393	123/250	4906	Louis Hanson	M	37	Lincoln	NE	00:27:11.12	01:03:20.01	00:30:19.03	9:13	02:00:50.16
1153	503/2794	56/378	197	Olivia Leduc	F	22	Lincoln	NE	00:28:20.01	01:02:54.70	00:29:36.23	9:13	02:00:50.95
1154	504/2794	103/450	2377	Heidi Farmer	F	31	Geneva	NE	00:27:15.77	01:01:38.46	00:32:00.98	9:13	02:00:55.22
1155	505/2794	104/450	3033	Desiree Ahmann	F	33	Lincoln	NE	00:27:10.53	01:03:20.80	00:30:25.82	9:13	02:00:57.16

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1156	651/1393	96/173	4985	Tyler Lucas	M	28	Grand Island	NE	00:26:34.89	01:00:58.11	00:33:26.13	9:13	02:00:59.13
1157	652/1393	97/173	5128	Mack Vande Kamp	M	27	Omaha	NE	00:24:31.43	01:02:35.32	00:33:54.82	9:13	02:01:01.58
1158	506/2794	115/489	3246	Cari Forbes	F	39	Lincoln	NE	00:27:46.40	01:01:39.17	00:31:40.84	9:14	02:01:06.41
1159	507/2794	24/167	483	Rene Morris	F	54	Lincoln	NE	00:27:23.05	01:02:01.12	00:31:43.66	9:14	02:01:07.84
1160	508/2794	57/378	2973	Morgan Pfeiffer	F	21	Friend	NE	00:27:08.94	01:02:12.58	00:31:46.64	9:14	02:01:08.17
1161	653/1393	58/134	4790	Robert Kelsey	M	49	Omaha	NE	00:26:19.02	01:02:43.54	00:32:08.43	9:14	02:01:11.00
1162	509/2794	92/477	3304	Emily Hetmanek	F	27	Omaha	NE	00:28:35.82	01:03:56.13	00:28:39.79	9:14	02:01:11.74
1163	654/1393	86/184	5391	Christopher Austin	M	44	Papillion	NE	00:27:07.82	01:02:43.42	00:31:20.65	9:14	02:01:11.89
1164	510/2794	50/359	2212	Deanna Sheets	F	41	Lincoln	NE	00:27:09.82	01:01:54.60	00:32:07.83	9:14	02:01:12.25
1165	511/2794	105/450	4756	Anastasia Huggins	F	32	Kansas City	MO	00:28:40.31	01:03:02.93	00:29:29.94	9:14	02:01:13.18
1166	655/1393	56/122	5708	Aaron Kelley	M	23	Lincoln	NE	00:24:07.10	01:04:41.31	00:32:25.01	9:14	02:01:13.43
1167	656/1393	102/213	6144	Nate Czapla	M	32	Columbus	NE	00:28:08.22	01:01:41.95	00:31:24.82	9:14	02:01:14.99
1168	657/1393	87/184	1391	Adam Brank	M	42	Lincoln	NE	00:27:53.91			9:14	02:01:15.30
1169	658/1393	59/134	5256	Russell Brown	M	48	Waterloo	NE	00:27:06.73	01:00:19.65	00:33:49.69	9:15	02:01:16.08
1170	659/1393	6/19	1349	Denham Free	M	12	Hickman	NE	00:25:39.11	01:04:53.32	00:30:44.09	9:15	02:01:16.53
1171	512/2794	58/378	4710	Marisol Herling	F	24	Lincoln	NE	00:27:30.70	01:03:11.02	00:30:35.41	9:15	02:01:17.13
1172	513/2794	51/359	4167	Tami Nebesniak	F	42	Omaha	NE	00:27:06.66	01:03:59.23	00:30:11.63	9:15	02:01:17.52
1173	514/2794	52/359	1080	Jessica Bauer	F	40	Omaha	NE	00:26:21.87	01:02:41.95	00:32:15.72	9:15	02:01:19.55
1174	515/2794	93/477	2601	Molly Franz	F	28	Lincoln	NE	00:27:42.11	01:02:21.30	00:31:16.83	9:15	02:01:20.25
1175	516/2794	10/103	3255	Terri Meier	F	55	Elm Creek	NE	00:26:16.35	01:03:03.14	00:32:01.19	9:15	02:01:20.69
1176	517/2794	116/489	4408	Laura Haddix	F	37	Kearney	NE	00:26:16.67	01:03:03.35	00:32:00.99	9:15	02:01:21.01
1177	518/2794	106/450	3021	Elizabeth Prigge	F	30	York	NE	00:27:19.86	01:00:21.26	00:33:40.86	9:15	02:01:21.99
1178	519/2794	94/477	5501	Amie Dirkschneider	F	27	Omaha	NE	00:27:51.11	01:02:50.46	00:30:41.28	9:15	02:01:22.86
1179	660/1393	88/184	5921	Jason Kubat	M	42	Lincoln	NE	00:26:52.82	01:04:16.36	00:30:15.00	9:15	02:01:24.19
1180	661/1393	124/250	4826	Seth Meranda	M	37	Lincoln	NE	00:28:35.86	01:02:23.06	00:30:25.57	9:15	02:01:24.49
1181	662/1393	98/173	1429	Nicholas Arneson	M	26	Lincoln	NE	00:26:56.96	01:03:38.17	00:30:49.69	9:15	02:01:24.83
1182	663/1393	60/134	5430	Mark Frandolig	M	49	Lincoln	NE	00:28:20.03	01:03:20.22	00:29:45.06	9:15	02:01:25.32
1183	664/1393	57/122	5750	Dalton Dey	M	21	Lincoln	NE	00:26:25.39	01:03:46.64	00:31:13.34	9:15	02:01:25.37
1184	520/2794	95/477	2389	Tabitha Schumacher	F	26	Lincoln	NE	00:24:43.11	01:02:00.62	00:34:41.68	9:15	02:01:25.42
1185	665/1393	54/106	1947	John Stilley	M	50	Lincoln	NE	00:27:18.76	01:04:33.46	00:29:33.86	9:15	02:01:26.08
1186	521/2794	96/477	3746	Ashley Cihal	F	28	Wahoo	NE	00:26:01.14	01:02:45.85	00:32:40.90	9:15	02:01:27.90
1187	522/2794	97/477	2323	Margi Nielsen	F	25	Stamford	NE	00:27:46.37	01:04:04.46	00:29:37.82	9:16	02:01:28.66
1188	523/2794	53/359	3121	Sally Saf	F	41	Ceresco	NE	00:27:27.41	01:01:57.15	00:32:04.16	9:16	02:01:28.72
1189	524/2794	117/489	3494	Jessica Warren	F	37	Eagle	NE	00:26:14.74	01:02:55.86	00:32:19.06	9:16	02:01:29.67
1190	525/2794	118/489	792	Jenna Dubas	F	38	Waverly	NE	00:26:14.88	01:02:55.91	00:32:19.06	9:16	02:01:29.86

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1191	666/1393	16/53	5696	Randy Thorman	M	60	Omaha	NE	00:31:01.39	01:00:56.72	00:29:32.18	9:16	02:01:30.30
1192	526/2794	3/10	2563	Sheri Driesen	F	14	Sheldon	IA	00:26:09.37	01:03:30.39	00:31:52.17	9:16	02:01:31.94
1193	527/2794	98/477	811	Sierra Bohuslavsky	F	26	Dwight	NE	00:27:27.74	01:02:38.15	00:31:26.77	9:16	02:01:32.67
1194	528/2794	54/359	2187	Gretchen Herron	F	44	Omaha	NE	00:28:11.64	01:03:06.18	00:30:15.03	9:16	02:01:32.85
1195	667/1393	125/250	1578	Jeff Sietstra	M	35	Papillion	NE	00:25:57.87	01:02:25.63	00:33:11.51	9:16	02:01:35.01
1196	668/1393	126/250	1569	Scott Brown	M	37	Lincoln	NE	00:27:25.11	01:02:55.60	00:31:14.78	9:16	02:01:35.50
1197	529/2794	55/359	2238	Colleen Olson	F	42	Omaha	NE	00:27:10.61	01:04:01.77	00:30:23.37	9:16	02:01:35.76
1198	530/2794	36/208	2596	Joyce Fisher	F	45	Lincoln	NE	00:28:00.46	01:02:15.38	00:31:21.05	9:16	02:01:36.90
1199	531/2794	107/450	4778	Marian Pegler	F	31	Lincoln	NE	00:26:36.99	01:02:07.56	00:32:53.25	9:16	02:01:37.81
1200	532/2794	119/489	3614	Sara Going	F	36	Elkhorn	NE	00:26:46.99	01:00:37.64	00:34:13.40	9:16	02:01:38.04
1201	533/2794	99/477	294	Cortney Denker	F	28	Lincoln	NE	00:27:49.22	01:03:53.89	00:29:55.59	9:16	02:01:38.70
1202	534/2794	37/208	4290	Lori Sokol-Martin	F	48	Omaha	NE	00:27:38.62	01:03:18.38	00:30:42.73	9:16	02:01:39.74
1203	535/2794	120/489	3941	Jamie Miller	F	38	Omaha	NE	00:28:12.92	01:04:11.30	00:29:15.80	9:16	02:01:40.03
1204	669/1393	127/250	5226	Joel Janecek	M	37	Dubuque	IA	00:27:26.41	01:03:49.18	00:30:25.00	9:16	02:01:40.60
1205	670/1393	128/250	1488	Praveen Potti	M	39	Lincoln	NE	00:26:42.04	01:03:15.13	00:31:44.18	9:16	02:01:41.36
1206	536/2794	56/359	2684	Kara Engles	F	40	Auburn	NE	00:28:50.78	01:04:53.43	00:28:00.25	9:17	02:01:44.47
1207	537/2794	108/450	2603	Lisa Curtis	F	32	Omaha	NE	00:25:52.68	01:01:57.58	00:33:56.39	9:17	02:01:46.66
1208	538/2794	57/359	3740	Amy Jonas	F	44	Omaha	NE	00:27:25.10	01:03:04.82	00:31:16.75	9:17	02:01:46.68
1209	671/1393	55/106	1772	John Giannou	M	50	Stromsburg	NE	00:25:58.76	01:02:13.19	00:33:39.84	9:17	02:01:51.80
1210	539/2794	121/489	3648	Erin Mckown	F	39	Albion	NE	00:27:44.88	01:02:47.11	00:31:20.34	9:17	02:01:52.33
1211	540/2794	59/378	3594	Bailey Rainforth	F	22	Doniphan	NE	00:28:27.82	01:03:34.27	00:29:52.95	9:18	02:01:55.05
1212	541/2794	100/477	3599	Akacia Beckmann	F	28	Lincoln	NE	00:26:33.54	01:03:04.50	00:32:17.05	9:18	02:01:55.10
1213	542/2794	60/378	3456	Justine Sebade	F	22	Emerson	NE	00:28:27.29	01:03:34.75	00:29:53.36	9:18	02:01:55.41
1214	543/2794	109/450	1282	Alana Fries	F	34	Lincoln	NE	00:27:56.61	01:02:16.60	00:31:43.31	9:18	02:01:56.52
1215	672/1393	58/122	4955	Andrew Reeson	M	20	Omaha	NE	00:27:51.31	01:02:36.41	00:31:29.03	9:18	02:01:56.76
1216	673/1393	89/184	5837	Greg Ryan	M	42	Omaha	NE	00:29:40.10	01:03:41.68	00:28:35.24	9:18	02:01:57.03
1217	674/1393	99/173	5886	Franklin Howard	M	28	Lincoln	NE	00:27:38.64	01:03:31.34	00:30:47.32	9:18	02:01:57.30
1218	544/2794	101/477	3145	Sara Salerno	F	25	Wichita	KS	00:27:40.33	01:03:44.83	00:30:32.19	9:18	02:01:57.36
1219	545/2794	102/477	387	Joanna Morrison	F	26	Lincoln	NE	00:27:01.39	01:03:43.89	00:31:13.71	9:18	02:01:59.00
1220	675/1393	61/134	5709	Jay Sealer	M	49	Valley	NE	00:27:25.83	01:02:54.95	00:31:39.87	9:18	02:02:00.65
1221	546/2794	61/378	2660	Sophie Sealer	F	20	Valley	NE	00:27:26.42	01:02:53.91	00:31:40.40	9:18	02:02:00.75
1222	547/2794	110/450	2324	Erin Dunagan	F	33	Grand Island	NE	00:24:32.19	01:01:08.63	00:36:20.46	9:18	02:02:01.29
1223	676/1393	32/81	1631	Danny Derr	M	56	Lincoln	NE	00:28:46.19	01:04:50.80	00:28:25.13	9:18	02:02:02.12
1224	677/1393	129/250	1977	Jeff Fry	M	38	Lincoln	NE	00:27:02.96	01:02:51.57	00:32:08.10	9:18	02:02:02.64
1225	548/2794	38/208	1181	Jennifer Landanger	F	47	Kearney	NE	00:26:49.91	01:02:40.42	00:32:32.39	9:18	02:02:02.73

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1226	549/2794	103/477	217	Sarah Johnson	F	27	Lincoln	NE	00:28:46.32	01:04:50.80	00:28:26.09	9:18	02:02:03.22
1227	678/1393	33/81	1761	Jeff Schmidt	M	55	Lincoln	NE	00:26:04.36	01:03:31.00	00:32:31.18	9:18	02:02:06.55
1228	679/1393	59/122	4802	Trevor Sorensen	M	21	Lincoln	NE	00:29:10.30	01:02:06.12	00:30:51.49	9:18	02:02:07.91
1229	550/2794	62/378	4680	Kathryn Kopetzky	F	23	Lincoln	NE	00:27:37.55	01:03:37.45	00:30:53.73	9:19	02:02:08.73
1230	551/2794	111/450	4572	Leann Thongvanh	F	34	Des Moines	IA	00:27:08.38	01:03:37.40	00:31:23.70	9:19	02:02:09.48
1231	552/2794	58/359	3396	Holly Persson	F	41	Lincoln	NE	00:27:27.23	01:03:46.18	00:30:56.86	9:19	02:02:10.27
1232	553/2794	25/167	2198	Kimberlee Ross	F	50	Gretna	NE	00:28:35.34	01:03:28.64	00:30:07.28	9:19	02:02:11.26
1233	554/2794	2/46	231	Bev Janak	F	62	Omaha	NE	00:28:02.60	01:04:10.23	00:29:58.53	9:19	02:02:11.38
1234	680/1393	34/81	1785	Rick Pratt	M	55	La Vista	NE	00:28:13.28	01:03:38.82	00:30:22.11	9:19	02:02:14.22
1235	555/2794	11/103	2662	Vicky Sindelar	F	55	Lincoln	NE	00:27:21.95	01:02:55.02	00:31:59.04	9:19	02:02:16.01
1236	681/1393	90/184	1471	Michael Sinclair	M	42	Lincoln	NE	00:26:46.00	01:03:12.11	00:32:17.91	9:19	02:02:16.03
1237	682/1393	56/106	5514	Bryan Areman	M	51	Lincoln	NE	00:25:35.61	01:00:53.27	00:35:51.90	9:19	02:02:20.79
1238	556/2794	26/167	2937	Pam Mccarville	F	54	Valley	NE	00:27:18.41	01:03:17.38	00:31:45.25	9:20	02:02:21.04
1239	683/1393	60/122	5881	James Sedivy	M	22	Lincoln	NE	00:23:34.38	01:03:17.75	00:35:29.25	9:20	02:02:21.38
1240	684/1393	100/173	1428	Trent Kubik	M	26	Parkston	SD	00:27:10.07	01:02:59.70	00:32:13.10	9:20	02:02:22.88
1241	557/2794	104/477	559	Shannon Kubik	F	26	Parkston	SD	00:27:10.70	01:02:59.02	00:32:13.54	9:20	02:02:23.26
1242	685/1393	130/250	5583	Adam Fischer	M	35	Lincoln	NE	00:26:08.19	01:03:55.80	00:32:20.76	9:20	02:02:24.75
1243	558/2794	12/103	2991	Kathy Jacobitz	F	57	Papillion	NE	00:28:37.03	01:04:01.66	00:29:47.29	9:20	02:02:25.99
1244	559/2794	13/103	2605	Lori Harding	F	58	Newcastle	NE	00:27:14.82	01:04:15.43	00:30:58.91	9:20	02:02:29.16
1245	560/2794	112/450	3890	Bridget Goldenstein	F	32	Omaha	NE	00:27:47.47	01:03:43.00	00:31:01.02	9:20	02:02:31.50
1246	561/2794	59/359	1164	Michelle Zuroske	F	42	Omaha	NE	00:28:02.40	01:04:09.66	00:30:19.64	9:20	02:02:31.70
1247	562/2794	60/359	824	Katie Goltl	F	42	Omaha	NE	00:28:01.13	01:04:09.87	00:30:20.76	9:20	02:02:31.77
1248	563/2794	105/477	3158	Mackenzie Johnston	F	27	Milburn	NE	00:26:50.32	01:03:10.51	00:32:31.00	9:20	02:02:31.84
1249	686/1393	35/81	5344	Bob Schoby	M	57	Blair	NE	00:27:05.10	01:02:08.55	00:33:19.38	9:20	02:02:33.03
1250	687/1393	91/184	1379	Rick Seamann	M	40	Lincoln	NE	00:27:45.14	01:03:01.49	00:31:47.06	9:20	02:02:33.69
1251	564/2794	61/359	1241	Monica Pomajzl	F	41	Lincoln	NE	00:28:01.98	01:04:02.68	00:30:31.35	9:21	02:02:36.02
1252	565/2794	62/359	4271	Tara Hill	F	41	Omaha	NE	00:28:03.62	01:04:00.49	00:30:31.99	9:21	02:02:36.10
1253	566/2794	122/489	2209	Laura Thomsen	F	36	Lincoln	NE	00:25:34.76	01:03:54.99	00:33:06.54	9:21	02:02:36.30
1254	688/1393	57/106	1942	Darin Rich	M	51	Lincoln	NE	00:28:55.65	01:04:28.21	00:29:12.74	9:21	02:02:36.61
1255	567/2794	123/489	2466	Marlo Tomich	F	39	Omaha	NE	00:26:22.33	01:03:51.31	00:32:23.11	9:21	02:02:36.76
1256	689/1393	23/33	1771	Evan Rich	M	16	Lincoln	NE	00:28:56.30	01:04:29.15	00:29:12.18	9:21	02:02:37.63
1257	690/1393	62/134	5857	Lee Handke	M	46	Omaha	NE	00:28:21.62	01:04:41.08	00:29:36.27	9:21	02:02:38.98
1258	568/2794	106/477	2168	Karman Psota	F	27	Lincoln	NE	00:26:34.31	01:04:06.11	00:32:05.09	9:21	02:02:45.52
1259	691/1393	131/250	1871	Michael Tracy	M	37	Lincoln	NE	00:29:03.02	01:03:14.92	00:30:29.08	9:21	02:02:47.03
1260	692/1393	132/250	5989	Jesse Florang	M	35	Kearney	NE	00:28:28.12	01:04:59.35	00:29:21.37	9:22	02:02:48.84

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1261	569/2794	63/359	2694	Stephanie Johnson	F	44	Lincoln	NE	00:28:09.49	01:04:11.01	00:30:28.75	9:22	02:02:49.25
1262	570/2794	64/359	3990	Kari Stempson	F	42	Lincoln	NE	00:26:01.32	01:02:42.86	00:34:05.89	9:22	02:02:50.07
1263	693/1393	58/106	5360	Brad Johnson	M	54	Lincoln	NE	00:28:09.94	01:04:11.30	00:30:28.88	9:22	02:02:50.13
1264	571/2794	124/489	2240	Cindy Perry	F	39	Winterset	IA	00:27:21.17	01:04:03.31	00:31:26.49	9:22	02:02:50.98
1265	572/2794	107/477	3439	Hannah Softley	F	26	Columbus	NE	00:27:38.43	01:04:04.28	00:31:09.27	9:22	02:02:51.99
1266	694/1393	61/122	4758	Steven Mah	M	20	Omaha	NE	00:29:11.20	01:02:56.27	00:30:45.27	9:22	02:02:52.75
1267	573/2794	125/489	325	Jill Classen	F	39	Omaha	NE	00:25:57.25	01:05:08.99	00:31:47.92	9:22	02:02:54.16
1268	574/2794	63/378	3820	Siera Rohde	F	22	Lincoln	NE	00:29:08.55	01:03:46.40	00:29:59.53	9:22	02:02:54.48
1269	575/2794	64/378	3226	Allyn Nissen	F	23	Marquette	NE	00:27:42.35	01:04:34.01	00:30:38.17	9:22	02:02:54.54
1270	576/2794	113/450	2290	Tara Calvert	F	31	Wichita	KS	00:27:40.78	01:03:44.39	00:31:29.75	9:22	02:02:54.92
1271	695/1393	63/134	1944	Rick Miller	M	48	Minatare	NE	00:27:00.29	01:03:38.64	00:32:16.40	9:22	02:02:55.33
1272	577/2794	126/489	2442	Rachel Baumert	F	37	Lincoln	NE	00:28:29.19	01:03:13.64	00:31:13.41	9:22	02:02:56.24
1273	578/2794	65/359	286	Jennifer Renton	F	42	Lincoln	NE	00:27:46.71	01:03:48.13	00:31:23.10	9:22	02:02:57.95
1274	579/2794	108/477	210	Kate Florian	F	26	Lincoln	NE	00:28:38.64	01:03:32.10	00:30:49.00	9:22	02:02:59.75
1275	580/2794	109/477	1649	Rachel Leise	F	25	Lincoln	NE	00:28:09.02	01:03:25.40	00:31:26.20	9:23	02:03:00.62
1276	581/2794	14/103	523	Connie Honke	F	58	Lincoln	NE	00:27:39.26	01:03:59.95	00:31:22.19	9:23	02:03:01.41
1277	696/1393	62/122	4818	Jay Michels	M	22	Lincoln	NE	00:27:13.69	01:00:10.89	00:35:38.27	9:23	02:03:02.86
1278	582/2794	65/378	2336	Alexis Lipson	F	24	Abilene	KS	00:23:49.81	01:02:46.51	00:36:35.83	9:23	02:03:12.16
1279	697/1393	103/213	5194	Aaron Lemke	M	34	Lincoln	NE	00:26:15.82	01:04:06.13	00:32:50.89	9:23	02:03:12.85
1280	698/1393	104/213	5444	Matt Hamik	M	33	Lincoln	NE	00:29:03.50	01:04:55.26	00:29:16.21	9:24	02:03:14.97
1281	699/1393	101/173	5061	Patrick Clayton	M	27	League City	TX	00:28:06.42	01:04:00.49	00:31:08.13	9:24	02:03:15.05
1282	583/2794	110/477	3548	Holly Clayton	F	25	League City	TX	00:28:06.39	01:04:00.28	00:31:08.54	9:24	02:03:15.22
1283	700/1393	133/250	5595	Dustin Guenther	M	36	Lincoln	NE	00:26:37.63	01:01:28.24	00:35:09.34	9:24	02:03:15.22
1284	701/1393	105/213	4847	Ryan Villwok	M	34	Omaha	NE	00:29:20.53	01:05:28.81	00:28:27.28	9:24	02:03:16.63
1285	584/2794	127/489	5534	Melissa Pandorf	F	36	Kearney	NE	00:27:31.39	01:04:21.02	00:31:25.16	9:24	02:03:17.57
1286	702/1393	106/213	5498	Kyle Broderick	M	30	Lincoln	NE	00:26:53.32	01:04:09.92	00:32:14.51	9:24	02:03:17.76
1287	585/2794	15/103	833	Sandy Koozer	F	57	Lincoln	NE	00:27:41.26	01:04:15.80	00:31:20.76	9:24	02:03:17.82
1288	586/2794	114/450	120	Savannah Baclich	F	31	Lincoln	NE	00:27:46.30	01:03:48.01	00:31:43.91	9:24	02:03:18.23
1289	587/2794	128/489	2133	Sara Denly	F	39	Omaha	NE	00:27:19.82	01:04:33.67	00:31:25.38	9:24	02:03:18.87
1290	588/2794	66/359	3181	Suzie Budzinski	F	40	Lincoln	NE	00:26:28.37	01:03:43.55	00:33:08.16	9:24	02:03:20.08
1291	589/2794	39/208	2791	Tammy Gettings	F	45	Lexington	MO	00:28:31.78	01:04:06.37	00:30:42.70	9:24	02:03:20.86
1292	590/2794	115/450	903	Amanda Reid	F	31	Omaha	NE	00:27:50.55	01:04:24.22	00:31:06.61	9:24	02:03:21.38
1293	591/2794	67/359	3836	Patty Berthelson	F	42	Lexington	MO	00:28:31.96	01:04:06.18	00:30:43.47	9:24	02:03:21.62
1294	592/2794	68/359	212	Dixie Smeltzer	F	42	Brady	NE	00:27:09.52	01:03:49.83	00:32:22.72	9:24	02:03:22.08
1295	593/2794	66/378	4965	Amber Burenheide	F	23	Howells	NE	00:27:42.23	01:04:34.17	00:31:07.72	9:24	02:03:24.12

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1296	594/2794	111/477	1491	Ann Brandow	F	26	Omaha	NE	00:30:58.31	01:03:48.58	00:28:38.04	9:24	02:03:24.93
1297	703/1393	17/53	5199	Lance Maley	M	62	Gretna	NE	00:27:42.71	01:02:20.66	00:33:22.83	9:24	02:03:26.22
1298	595/2794	69/359	2194	Alexandria Van De Veer	F	41	Bellevue	NE	00:26:35.73	01:03:38.53	00:33:12.58	9:25	02:03:26.84
1299	596/2794	112/477	3406	Audrey Wood	F	26	Bellwood	NE	00:27:40.94	01:04:02.80	00:31:43.75	9:25	02:03:27.49
1300	704/1393	102/173	4958	Philip Rohde	M	29	Lincoln	NE	00:23:34.99	00:58:07.73	00:41:45.28	9:25	02:03:28.00
1301	597/2794	67/378	3470	Lexie Oak	F	22	Lincoln	NE	00:29:05.25	01:03:46.60	00:30:36.21	9:25	02:03:28.06
1302	598/2794	68/378	2160	Hannah Hundley	F	21	Lincoln	NE	00:29:23.25	01:05:28.66	00:28:36.86	9:25	02:03:28.78
1303	599/2794	17/89	2953	Jena Fink	F	18	Humboldt	NE	00:28:02.93	01:04:05.50	00:31:21.22	9:25	02:03:29.67
1304	600/2794	70/359	3615	Colleen Habrock	F	44	Papillion	NE	00:26:47.07	01:00:45.58	00:35:58.34	9:25	02:03:30.99
1305	601/2794	129/489	2657	Amy Cope	F	39	Kearney	NE	00:27:13.45	01:03:00.53	00:33:18.81	9:25	02:03:32.80
1306	602/2794	113/477	2048	Molly Phillips	F	25	Omaha	NE	00:28:08.99	01:04:17.20	00:31:06.75	9:25	02:03:32.94
1307	705/1393	107/213	5331	Mitch Bargmann	M	34	Lincoln	NE	00:26:37.59	01:01:05.47	00:35:50.92	9:25	02:03:33.98
1308	603/2794	69/378	2945	Chelsie Speedlin	F	24	Lincoln	NE	00:28:17.30	01:04:18.45	00:31:00.49	9:25	02:03:36.25
1309	706/1393	92/184	1641	Brian Harter	M	42	Lincoln	NE	00:26:56.49	01:01:47.88	00:34:53.54	9:25	02:03:37.91
1310	604/2794	114/477	4904	Morgan Mueller	F	26	Omaha	NE	00:27:27.25	01:03:40.03	00:32:31.37	9:25	02:03:38.65
1311	605/2794	70/378	1326	Jaelynn Griess	F	22	Lincoln	NE	00:27:15.11	01:03:23.20	00:33:01.52	9:26	02:03:39.84
1312	707/1393	134/250	4953	Matt Johnson	M	38	Omaha	NE	00:29:03.34	01:04:27.16	00:30:09.38	9:26	02:03:39.88
1313	708/1393	93/184	1857	Jeff Bauman	M	44	Lincoln	NE	00:26:49.53	01:03:08.72	00:33:42.56	9:26	02:03:40.82
1314	606/2794	71/359	3298	Susan Albers	F	40	Grand Island	NE	00:26:55.96	01:03:25.99	00:33:19.02	9:26	02:03:40.97
1315	607/2794	130/489	3383	Mary Hoffman	F	35	Omaha	NE	00:28:47.17	01:05:31.39	00:29:22.49	9:26	02:03:41.06
1316	709/1393	59/106	5650	Greg Tatro	M	54	Grand Island	NE	00:26:37.98	01:03:16.74	00:33:46.90	9:26	02:03:41.62
1317	608/2794	40/208	938	Pam Bjerrum	F	49	Lincoln	NE	00:27:09.33	01:05:02.49	00:31:30.42	9:26	02:03:42.25
1318	710/1393	108/213	1688	Jeff Ahern	M	32	Lincoln	NE	00:27:35.25	01:03:33.71	00:32:35.87	9:26	02:03:44.84
1319	711/1393	18/53	5820	Tad Eickman	M	63	Wilber	NE	00:27:48.34	01:04:22.67	00:31:33.88	9:26	02:03:44.90
1320	609/2794	27/167	3585	Diane Brozek	F	53	Lincoln	NE	00:29:22.19	01:04:31.89	00:29:52.28	9:26	02:03:46.37
1321	610/2794	41/208	3587	Tiffany Beiermann	F	46	Lincoln	NE	00:29:22.80	01:04:31.45	00:29:52.13	9:26	02:03:46.38
1322	611/2794	116/450	4670	Amanda Hitt	F	32	Irving	TX	00:27:44.73	01:04:24.14	00:31:37.50	9:26	02:03:46.38
1323	712/1393	36/81	5966	Jerry Bell	M	56	Lincoln	NE	00:27:00.26	01:01:47.58	00:35:00.57	9:26	02:03:48.42
1324	612/2794	72/359	575	Jennifer Eloge	F	40	Lincoln	NE	00:29:25.67	01:04:30.87	00:29:52.36	9:26	02:03:48.92
1325	613/2794	16/103	3543	Toni Aksamit	F	56	Lincoln	NE	00:28:56.61	01:03:29.20	00:31:24.68	9:26	02:03:50.50
1326	614/2794	28/167	4250	Terri Gaffney	F	52	Lincoln	NE	00:28:56.92	01:03:29.14	00:31:24.63	9:26	02:03:50.70
1327	615/2794	29/167	4396	Anna Meeves	F	50	Omaha	NE	00:27:32.62	01:04:23.05	00:31:56.71	9:26	02:03:52.39
1328	616/2794	17/103	414	Karen Green	F	55	Lincoln	NE	00:28:57.86	01:05:28.49	00:29:28.98	9:27	02:03:55.33
1329	617/2794	115/477	6136	Sandy Galvan	F	29	Lincoln	NE	00:29:10.84	01:06:12.46	00:28:32.23	9:27	02:03:55.53
1330	618/2794	131/489	2880	Jill Geschke	F	35	Lincoln	NE	00:29:02.97	01:04:39.77	00:30:12.80	9:27	02:03:55.54

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1331	619/2794	132/489	6128	Jill Ramaekers	F	38	Columbus	NE	00:28:31.85	01:04:06.63	00:31:17.38	9:27	02:03:55.87
1332	713/1393	60/106	1555	Paul Ries	M	51	Lincoln	NE	00:27:31.13	01:04:25.92	00:31:59.03	9:27	02:03:56.09
1333	620/2794	73/359	653	Molly Koehler	F	44	Bellevue	NE	00:28:05.81	01:04:35.36	00:31:16.74	9:27	02:03:57.92
1334	621/2794	133/489	2299	Jennifer Poessnecker	F	35	Lincoln	NE	00:26:59.66	01:02:56.89	00:34:04.13	9:27	02:04:00.69
1335	714/1393	94/184	6053	Jeremy Kildare	M	42	Lincoln	NE	00:29:15.85	01:05:43.56	00:29:02.33	9:27	02:04:01.75
1336	622/2794	18/103	3405	Deidre Garrett	F	55	Lincoln	NE	00:28:52.75	01:05:00.43	00:30:09.05	9:27	02:04:02.24
1337	623/2794	42/208	4145	Vicki Fisher	F	49	Lincoln	NE	00:27:15.02	01:04:57.38	00:31:49.94	9:27	02:04:02.35
1338	624/2794	116/477	339	Katherine Hazen	F	27	Lincoln	NE	00:28:14.10	01:05:36.52	00:30:13.37	9:27	02:04:04.00
1339	625/2794	134/489	1343	Meghan Sittler	F	38	Lincoln	NE	00:27:10.85	01:04:00.64	00:32:52.51	9:27	02:04:04.00
1340	715/1393	24/33	1545	Kody Hackbart	M	17	Lincoln	NE	00:24:23.73	01:04:51.89	00:34:48.61	9:27	02:04:04.23
1341	716/1393	64/134	5505	Rusty Conrad	M	49	Kearney	NE	00:27:21.10	01:04:59.43	00:31:45.16	9:27	02:04:05.70
1342	626/2794	117/450	3581	Alesha Hintz	F	34	Omaha	NE	00:28:03.62	01:04:00.91	00:32:02.06	9:28	02:04:06.59
1343	627/2794	118/450	3307	Amy Mccurdy	F	33	Lincoln	NE	00:29:03.52	01:04:49.58	00:30:13.57	9:28	02:04:06.67
1344	717/1393	65/134	5265	Roger Main	M	45	West Des Moines	IA	00:28:05.70	01:03:21.77	00:32:39.71	9:28	02:04:07.18
1345	718/1393	135/250	4994	Tanee Nimsakont	M	38	Ashland	NE	00:28:42.44	01:03:19.15	00:32:05.62	9:28	02:04:07.22
1346	719/1393	103/173	5348	Miles Tommeraasen	M	27	Omaha	NE	00:30:55.70	01:04:16.83	00:28:56.14	9:28	02:04:08.68
1347	628/2794	117/477	5459	Hannah Hyslop	F	26	Oakland	NE	00:27:48.69	01:05:12.90	00:31:07.38	9:28	02:04:08.97
1348	720/1393	104/173	4799	Ross Sueper	M	25	Humphrey	NE	00:28:42.16	01:03:41.66	00:31:45.26	9:28	02:04:09.08
1349	629/2794	30/167	787	Brenda Heideman	F	52	Marysville	KS	00:27:16.67	01:04:51.14	00:32:02.28	9:28	02:04:10.10
1350	721/1393	105/173	5677	Stephen Leick	M	26	Omaha	NE	00:26:01.98	01:07:12.67	00:30:55.92	9:28	02:04:10.58
1351	630/2794	135/489	3244	Julie Weatherford	F	39	Gardner	KS	00:27:45.62	01:05:24.86	00:31:00.70	9:28	02:04:11.19
1352	631/2794	74/359	2147	Angeline Roberts	F	43	Lincoln	NE	00:28:38.78	01:04:22.14	00:31:11.55	9:28	02:04:12.48
1353	722/1393	106/173	5862	Joseph Knoer	M	29	Lincoln	NE	00:26:54.37	01:03:38.65	00:33:39.70	9:28	02:04:12.73
1354	723/1393	109/213	5760	Andrew Potter	M	34	Papillion	NE	00:30:00.07	01:05:53.40	00:28:19.79	9:28	02:04:13.26
1355	632/2794	136/489	578	Amanda Baker	F	35	Lincoln	NE	00:26:48.50	01:03:04.61	00:34:20.48	9:28	02:04:13.60
1356	724/1393	136/250	1769	Lucas Jung	M	37	Lincoln	NE	00:26:47.99	01:03:04.70	00:34:21.10	9:28	02:04:13.80
1357	633/2794	119/450	654	Jamie Crist	F	31	Lincoln	NE	00:27:50.69	01:04:55.70	00:31:28.23	9:28	02:04:14.62
1358	634/2794	75/359	1387	Diana Jacobsen	F	42	Lincoln	NE	00:27:30.22	01:03:09.61	00:33:35.06	9:28	02:04:14.90
1359	635/2794	120/450	2813	Jessica Kempcke	F	30	Blair	NE	00:26:23.63	01:04:15.67	00:33:36.05	9:28	02:04:15.35
1360	725/1393	19/53	5628	Michael Gearhart	M	64	Kearney	NE	00:26:59.50	01:03:48.92	00:33:28.72	9:28	02:04:17.15
1361	726/1393	137/250	1558	Joshua Vest	M	36	Lincoln	NE	00:29:42.27	01:04:57.70	00:29:37.21	9:28	02:04:17.18
1362	636/2794	43/208	1178	Soni Gelinne	F	48	Lincoln	IA	00:28:12.92	01:03:58.77	00:32:05.81	9:28	02:04:17.51
1363	637/2794	137/489	937	Erin Peterson	F	39	Stromsburg	NE	00:27:05.08	01:03:40.96	00:33:32.96	9:28	02:04:19.01
1364	638/2794	121/450	2956	Erin Scheffert	F	33	Lincoln	NE	00:26:24.49	01:03:06.19	00:34:48.98	9:29	02:04:19.68
1365	727/1393	138/250	6012	Kevin Kruse	M	39	Lincoln	NE	00:27:22.92	01:03:01.78	00:33:55.16	9:29	02:04:19.87

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1366	639/2794	138/489	3580	Aimee Hough	F	39	Omaha	NE	00:27:39.27	01:02:43.88	00:33:57.30	9:29	02:04:20.46
1367	728/1393	4/16	1726	Jerry Easley	M	65	Lincoln	NE	00:29:44.09	01:05:35.85	00:29:03.10	9:29	02:04:23.05
1368	640/2794	122/450	302	Mary-Helen Hoppes	F	33	Omaha	NE	00:29:30.52	01:06:43.72	00:28:09.70	9:29	02:04:23.95
1369	641/2794	71/378	2404	Dawnta Morrison	F	24	Olathe	KS	00:27:12.35	01:03:56.16	00:33:15.51	9:29	02:04:24.02
1370	642/2794	123/450	759	Heather Weaver	F	33	Papillion	NE	00:27:21.80	01:05:54.20	00:31:10.87	9:29	02:04:26.88
1371	729/1393	139/250	5593	Jason Buggi	M	36	Lincoln	NE	00:29:41.67	01:03:33.69	00:31:12.23	9:29	02:04:27.60
1372	730/1393	61/106	1925	Kent Endacott	M	51	Lincoln	NE	00:26:53.07	01:04:34.33	00:33:02.47	9:29	02:04:29.88
1373	731/1393	95/184	1613	Bret Bickel	M	44	Gretna	NE	00:28:10.56	01:03:45.23	00:32:34.66	9:29	02:04:30.46
1374	643/2794	19/103	3505	Pamela Rumery	F	55	Syracuse	NE	00:27:52.61	01:04:56.14	00:31:42.50	9:29	02:04:31.26
1375	732/1393	110/213	4784	Mark Simonson	M	34	Beatrice	NE	00:27:15.56	01:04:58.38	00:32:19.98	9:30	02:04:33.93
1376	644/2794	44/208	3912	Penny Haeker	F	47	Dakota Dunes	SD	00:29:21.52	01:05:27.52	00:29:46.25	9:30	02:04:35.29
1377	733/1393	20/53	4926	Gary Kanemura	M	60	Lodi	CA	00:27:58.38	01:05:21.58	00:31:16.64	9:30	02:04:36.61
1378	645/2794	139/489	251	Holly Worthington	F	36	Omaha	NE	00:26:26.05	01:01:45.86	00:36:25.60	9:30	02:04:37.52
1379	646/2794	20/103	4027	Jeanie Unger	F	59	Oberlin	KS	00:28:31.11	01:04:57.56	00:31:08.96	9:30	02:04:37.63
1380	734/1393	140/250	5810	Adam Andersen	M	35	Tama	IA	00:26:52.74	01:04:55.92	00:32:49.36	9:30	02:04:38.03
1381	735/1393	37/81	5710	Mark Greenberg	M	55	San Diego	CA	00:24:48.68	01:05:05.48	00:34:44.54	9:30	02:04:38.71
1382	647/2794	76/359	2921	Crystal Day	F	43	Lincoln	NE	00:27:21.11	01:03:46.02	00:33:33.10	9:30	02:04:40.24
1383	736/1393	141/250	1516	Ryan Buck	M	39	Lincoln	NE	00:25:31.59	01:02:41.33	00:36:27.41	9:30	02:04:40.34
1384	648/2794	72/378	2433	Krista Gunder	F	24	Lincoln	NE	00:27:17.59	01:04:33.05	00:32:49.88	9:30	02:04:40.54
1385	737/1393	62/106	5333	Marshall Johnson	M	50	Omaha	NE	00:27:00.15	01:03:37.13	00:34:03.33	9:30	02:04:40.62
1386	649/2794	77/359	3474	Trina Sevensing-High	F	43	Omaha	NE	00:27:09.16	01:05:19.87	00:32:11.63	9:30	02:04:40.67
1387	650/2794	78/359	2107	Karla Erickson	F	43	Glenwood	IA	00:26:02.92	01:04:46.89	00:33:53.07	9:30	02:04:42.88
1388	738/1393	142/250	6048	Luke Ediger	M	39	Omaha	NE	00:26:41.83	01:04:30.34	00:33:32.63	9:30	02:04:44.81
1389	739/1393	143/250	5539	Adam Brehm	M	36	Omaha	NE	00:27:39.58	01:04:03.67	00:33:04.05	9:31	02:04:47.30
1390	651/2794	124/450	878	Teresa Smith	F	32	Omaha	NE	00:29:04.01	01:05:20.60	00:30:23.60	9:31	02:04:48.22
1391	652/2794	18/89	4667	Kailee Boyle	F	18	Lincoln	NE	00:28:46.32	01:03:51.05	00:32:11.89	9:31	02:04:49.27
1392	740/1393	111/213	1551	Matt Kotera	M	31	Lincoln	NE	00:27:24.41	01:04:26.24	00:33:01.50	9:31	02:04:52.16
1393	653/2794	73/378	1028	Katelyn Schoneweis	F	22	Lincoln	NE	00:25:42.03	01:07:08.97	00:32:01.61	9:31	02:04:52.61
1394	741/1393	112/213	4801	Taylor Hilzer	M	30	Lincoln	NE	00:26:17.15	01:03:17.81	00:35:17.64	9:31	02:04:52.61
1395	654/2794	140/489	3889	Nicole Wentz	F	38	Andover	KS	00:27:39.13	01:04:31.89	00:32:42.13	9:31	02:04:53.16
1396	742/1393	38/81	4867	Jim Esola	M	57	Omaha	NE	00:29:34.74	01:05:39.74	00:29:39.22	9:31	02:04:53.70
1397	655/2794	21/103	705	Patti Fusselman	F	58	Lincoln	NE	00:29:38.86	01:03:29.80	00:31:45.05	9:31	02:04:53.71
1398	656/2794	22/103	3481	Mindy Moyer	F	55	Aurora	NE	00:28:20.32	01:04:42.82	00:31:51.82	9:31	02:04:54.96
1399	743/1393	96/184	1958	Andy Voss	M	40	Lincoln	NE	00:27:24.82	01:02:55.34	00:34:36.59	9:31	02:04:56.75
1400	744/1393	63/106	5747	Robert Fechtmeister	M	51	Gretna	NE	00:30:18.59	01:05:07.71	00:29:30.79	9:31	02:04:57.10



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1401	657/2794	118/477	2090	Erin Golden	F	28	Omaha	NE	00:26:27.27	01:04:53.00	00:33:38.35	9:32	02:04:58.62
1402	658/2794	79/359	1168	Emily Williams	F	41	Lincoln	NE	00:27:57.46	01:04:50.59	00:32:11.19	9:32	02:04:59.24
1403	659/2794	125/450	2060	Donna Eirich	F	31	Lincoln	NE	00:29:45.00	01:06:02.85	00:29:12.49	9:32	02:05:00.34
1404	660/2794	126/450	3403	Lynn Killion	F	31	Kearney	NE	00:26:36.54	01:02:19.41	00:36:04.66	9:32	02:05:00.63
1405	661/2794	141/489	4450	Mindi Jasper	F	39	Lincoln	NE	00:27:01.00	01:06:54.96	00:31:04.73	9:32	02:05:00.69
1406	745/1393	97/184	1699	Mike Whitmore	M	42	Lincoln	NE	00:27:36.94	01:04:17.78	00:33:09.73	9:32	02:05:04.45
1407	662/2794	74/378	3762	Meghan Lawver	F	23	Friend	NE	00:27:35.18	01:04:38.75	00:32:54.71	9:32	02:05:08.64
1408	746/1393	113/213	5615	Reese Florang	M	30	Kearney	NE	00:28:28.12	01:04:59.94	00:31:40.64	9:32	02:05:08.71
1409	747/1393	144/250	5305	Nathan Clark	M	35	Lincoln	NE	00:26:27.95	01:04:15.21	00:34:26.79	9:32	02:05:09.96
1410	748/1393	145/250	5375	Erik Ahlmann	M	35	Lincoln	NE	00:27:20.30	01:03:37.27	00:34:12.51	9:32	02:05:10.09
1411	663/2794	31/167	2574	Cathy Anderson	F	50	Lincoln	NE	00:27:51.54	01:04:56.59	00:32:25.03	9:33	02:05:13.16
1412	664/2794	75/378	2619	Elena Merrick	F	24	Lincoln	NE	00:30:35.79	01:04:32.70	00:30:06.75	9:33	02:05:15.25
1413	749/1393	107/173	5294	Sam Robb	M	26	Lincoln	NE	00:28:43.24	01:04:21.00	00:32:12.51	9:33	02:05:16.76
1414	665/2794	80/359	621	Heather Mccain	F	41	Omaha	NE	00:27:47.36	01:04:51.83	00:32:39.86	9:33	02:05:19.06
1415	666/2794	19/89	3710	Kaydi Daudt	F	15	Plainview	NE	00:25:02.83	01:06:07.81	00:34:13.87	9:33	02:05:24.52
1416	750/1393	66/134	5580	Rob Ostdiek	M	45	Beatrice	NE	00:27:37.13	01:04:09.15	00:33:39.10	9:34	02:05:25.39
1417	667/2794	81/359	282	Angie Deboer	F	42	Lincoln	NE	00:28:31.89	01:06:31.97	00:30:23.38	9:34	02:05:27.25
1418	668/2794	76/378	4683	Emily Grealish	F	23	Lincoln	NE	00:30:36.47	01:06:19.82	00:28:33.40	9:34	02:05:29.70
1419	669/2794	82/359	3408	Jackie Kohtz	F	41	Kearney	NE	00:27:31.57	01:04:45.24	00:33:13.44	9:34	02:05:30.25
1420	751/1393	98/184	5122	Ivan Zieg	M	44	Omaha	NE	00:29:14.61	01:05:34.48	00:30:41.35	9:34	02:05:30.45
1421	670/2794	83/359	2560	Susan Van Bibber	F	40	Lincoln	NE	00:27:51.10	01:04:09.55	00:33:31.50	9:34	02:05:32.15
1422	752/1393	146/250	5917	Michael Reiter	M	38	Hallam	NE	00:26:45.20	01:03:49.91	00:34:58.86	9:34	02:05:33.97
1423	671/2794	20/89	3188	Caitlyn Yager	F	16	Lincoln	NE	00:29:09.31	01:06:31.14	00:29:54.45	9:34	02:05:34.90
1424	672/2794	84/359	3189	Jennifer Yager	F	40	Lincoln	NE	00:29:09.45	01:06:31.21	00:29:54.37	9:34	02:05:35.05
1425	753/1393	39/81	1849	Bill Bowes	M	58	Bellevue	NE	00:29:43.82	01:05:34.17	00:30:19.35	9:34	02:05:37.34
1426	673/2794	142/489	3688	Catherine Mores	F	39	Manhattan	KS	00:26:25.63	01:04:12.85	00:35:01.87	9:35	02:05:40.36
1427	754/1393	147/250	5588	Evan Littrell	M	36	Lincoln	NE	00:28:44.63	01:03:46.19	00:33:10.23	9:35	02:05:41.06
1428	674/2794	119/477	4561	Becky Cook	F	25	Omaha	NE	00:27:46.76	01:04:37.33	00:33:17.09	9:35	02:05:41.19
1429	675/2794	32/167	163	Karen Derr	F	51	Lincoln	NE				9:35	02:05:42.64
1430	755/1393	63/122	5629	Jeff Story	M	23	Omaha	NE	00:29:37.38	01:08:15.18	00:27:51.24	9:35	02:05:43.81
1431	676/2794	23/103	913	Bonnie Engel	F	58	Lincoln	NE	00:29:05.42	01:05:36.64	00:31:04.03	9:35	02:05:46.10
1432	677/2794	143/489	789	Carolyn Buckley	F	35	Bennington	NE	00:27:19.85	01:05:03.64	00:33:23.13	9:35	02:05:46.63
1433	678/2794	33/167	3882	Sheila Loecker	F	52	Fordyce	NE	00:26:21.41	01:05:48.79	00:33:36.64	9:35	02:05:46.85
1434	756/1393	114/213	5057	Jacob Pfannenstiel	M	33	Omaha	NE	00:27:43.66	01:03:39.96	00:34:26.02	9:35	02:05:49.65
1435	679/2794	120/477	538	Kara Walker	F	29	Lincoln	NE	00:27:11.50	01:04:02.57	00:34:36.55	9:35	02:05:50.63

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1436	680/2794	77/378	2327	Erica Sebade	F	23	Omaha	NE	00:29:26.32	01:05:45.66	00:30:39.50	9:36	02:05:51.48
1437	757/1393	99/184	6035	Chane Mcdowell	M	42	Minden	NE	00:27:53.10	01:04:47.70	00:33:11.21	9:36	02:05:52.02
1438	681/2794	121/477	2161	Kelsey Morris	F	28	Kansas City	MO	00:26:07.28	01:04:53.70	00:34:51.39	9:36	02:05:52.37
1439	682/2794	122/477	386	Shawn Zajicek	F	25	Lincoln	NE	00:27:16.86	01:03:52.25	00:34:43.32	9:36	02:05:52.43
1440	683/2794	123/477	2121	Sara Zajicek	F	25	Lincoln	NE	00:27:15.58	01:03:52.72	00:34:44.58	9:36	02:05:52.88
1441	684/2794	45/208	2367	Judy Harvey	F	49	Lincoln	NE	00:27:36.35	01:04:34.21	00:33:42.47	9:36	02:05:53.04
1442	685/2794	21/89	3513	Maddie Akers	F	16	Omaha	NE	00:27:43.96	01:04:52.21	00:33:16.89	9:36	02:05:53.07
1443	758/1393	64/122	1756	Logan Radtke	M	21	Lincoln	NE	00:27:43.06	01:05:00.18	00:33:09.83	9:36	02:05:53.08
1444	686/2794	127/450	2302	Kelly Allsman	F	31	Lincoln	NE	00:27:08.70	01:06:01.91	00:32:42.60	9:36	02:05:53.22
1445	759/1393	64/106	5045	Sean Akers	M	51	Omaha	NE	00:27:43.65	01:04:52.73	00:33:16.89	9:36	02:05:53.27
1446	760/1393	100/184	1561	Kirk Hansen	M	42	Grand Island	NE	00:29:30.64	01:05:39.56	00:30:44.07	9:36	02:05:54.27
1447	687/2794	128/450	4399	Sandra Kirchner	F	34	Lincoln	NE	00:27:40.91	01:04:48.24	00:33:25.73	9:36	02:05:54.88
1448	688/2794	124/477	296	Whitney Villines	F	28	Lincoln	NE	00:27:14.30	01:05:01.08	00:33:41.12	9:36	02:05:56.51
1449	689/2794	78/378	2931	Claire Howes	F	21	Sioux Falls	SD	00:27:47.63	01:05:01.03	00:33:09.00	9:36	02:05:57.67
1450	690/2794	125/477	2432	Hailey Damrow	F	26	Holdrege	NE	00:27:48.91	01:05:12.70	00:32:56.64	9:36	02:05:58.26
1451	761/1393	115/213	1500	Michael Whitley	M	30	Boulder	CO	00:30:27.15	01:08:13.41	00:27:17.73	9:36	02:05:58.30
1452	691/2794	126/477	312	Ame Nelson	F	28	Lincoln	NE	00:29:53.90	01:04:45.30	00:31:19.35	9:36	02:05:58.56
1453	692/2794	127/477	313	Alyssa McBride	F	26	Boulder	CO	00:30:27.72	01:08:13.05	00:27:18.11	9:36	02:05:58.88
1454	762/1393	148/250	5984	Josh Hintz	M	35	Omaha	NE	00:28:03.07	01:06:09.43	00:31:48.20	9:36	02:06:00.70
1455	693/2794	79/378	3647	Emily Arterburn	F	23	Lincoln	NE	00:29:30.15	01:04:55.31	00:31:35.76	9:36	02:06:01.23
1456	763/1393	108/173	5647	Jack Arterburn	M	25	Lincoln	NE	00:29:30.43	01:04:55.04	00:31:35.97	9:36	02:06:01.44
1457	694/2794	128/477	3221	Abby Houghtelling	F	26	Eagle	NE	00:27:12.99	01:03:14.30	00:35:34.68	9:36	02:06:01.97
1458	764/1393	65/106	1599	Romano Adajar	M	50	Sioux City	IA	00:28:16.52	01:03:36.58	00:34:08.89	9:36	02:06:01.99
1459	695/2794	80/378	3858	Abbey Kroll	F	22	Omaha	NE	00:28:03.46	01:04:20.74	00:33:38.07	9:36	02:06:02.27
1460	765/1393	109/173	5803	Shayne Krull	M	29	Lincoln	NE	00:26:41.04	01:05:54.94	00:33:27.86	9:36	02:06:03.85
1461	766/1393	5/16	1357	Scott Stuckey	M	66	Lincoln	NE	00:28:25.51	01:02:03.90	00:35:34.50	9:37	02:06:03.92
1462	696/2794	129/477	3487	Casey Weiss	F	27	Lincoln	NE	00:28:35.32	01:05:29.93	00:31:58.99	9:37	02:06:04.25
1463	697/2794	129/450	3538	Abby Littrell	F	34	Lincoln	NE	00:29:05.75	01:05:23.64	00:31:35.21	9:37	02:06:04.61
1464	698/2794	34/167	3305	Linda Smith	F	52	Gretna	NE	00:31:02.30	01:05:13.20	00:29:50.37	9:37	02:06:05.88
1465	699/2794	81/378	2263	Ariel Bussey	F	24	Lincoln	NE	00:26:48.65	01:04:47.76	00:34:30.27	9:37	02:06:06.69
1466	700/2794	46/208	262	Laura Mcfadden	F	46	Omaha	NE	00:28:25.34	01:06:00.07	00:31:41.86	9:37	02:06:07.27
1467	701/2794	144/489	2396	Lisa Howell	F	36	Lincoln	NE	00:27:44.22	01:05:33.68	00:32:49.88	9:37	02:06:07.79
1468	702/2794	82/378	340	Taylor Arndt	F	23	Lincoln	NE	00:26:48.74	01:04:48.22	00:34:31.56	9:37	02:06:08.53
1469	767/1393	110/173	1517	Lupe Alvarado	M	29	Lincoln	NE	00:29:41.07	01:06:20.89	00:30:06.58	9:37	02:06:08.54
1470	768/1393	66/106	4961	Bradley Johnson	M	51	Lincoln	NE	00:32:22.77	01:04:36.23	00:29:10.93	9:37	02:06:09.94

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1471	769/1393	21/53	1730	David Crook	M	62	Humboldt	NE	00:28:00.00	01:06:43.44	00:31:26.91	9:37	02:06:10.36
1472	703/2794	130/477	914	Amanda Reppert	F	26	Lincoln	NE	00:27:59.61	01:05:43.89	00:32:27.10	9:37	02:06:10.61
1473	770/1393	149/250	5442	Nicholas Marquardt	M	36	Omaha	NE	00:26:45.59	01:04:50.40	00:34:39.99	9:37	02:06:15.98
1474	771/1393	150/250	5890	Nathan Lauenstein	M	37	Omaha	NE	00:26:45.35	01:04:51.39	00:34:39.35	9:37	02:06:16.10
1475	704/2794	145/489	2770	Kay Krivolavek	F	37	Lincoln	NE	00:28:18.90	01:06:19.40	00:31:37.94	9:37	02:06:16.25
1476	772/1393	101/184	5518	Ryan Baumert	M	41	Lincoln	NE	00:28:29.86	01:03:31.52	00:34:16.05	9:38	02:06:17.44
1477	773/1393	40/81	5546	Clarence Gealy	M	57	Scottsbluff	NE	00:29:00.07	01:04:48.68	00:32:29.45	9:38	02:06:18.20
1478	774/1393	111/173	5683	Sean Loveland	M	29	Bellevue	NE	00:27:10.85	01:01:45.17	00:37:26.33	9:38	02:06:22.36
1479	705/2794	146/489	4499	Vanessa Seifert	F	37	Lincoln	NE	00:28:56.96	01:06:38.07	00:30:47.75	9:38	02:06:22.79
1480	706/2794	131/477	2193	Tami Mcburney	F	25	Lincoln	NE	00:28:17.09	01:04:19.09	00:33:47.09	9:38	02:06:23.28
1481	775/1393	67/106	5170	Robert Kemp	M	50	Elkhorn	NE	00:29:31.70	01:04:04.38	00:32:47.34	9:38	02:06:23.43
1482	776/1393	112/173	4870	Michael Hart	M	25	Lincoln	NE	00:33:05.10	01:06:49.92	00:26:31.92	9:38	02:06:26.94
1483	707/2794	85/359	883	Pam Long	F	44	Bertrand	NE	00:28:41.98	01:06:02.16	00:31:46.31	9:39	02:06:30.46
1484	708/2794	83/378	2316	Sarah Snyder	F	20	Omaha	NE			00:32:05.59	9:39	02:06:30.59
1485	709/2794	132/477	232	Sara Lovitt	F	25	Westminster	CO	00:29:16.99	01:06:04.41	00:31:09.78	9:39	02:06:31.18
1486	777/1393	67/134	1537	Van Dewald	M	46	Elkhorn	NE	00:30:28.70	01:06:46.50	00:29:19.03	9:39	02:06:34.24
1487	710/2794	86/359	2499	Brenda Magana	F	41	San Antonio	TX	00:29:14.05	01:06:03.74	00:31:17.48	9:39	02:06:35.27
1488	778/1393	113/173	4736	Jeremy Britton	M	25	Lincoln	NE	00:28:52.07	01:08:07.94	00:29:35.36	9:39	02:06:35.37
1489	711/2794	84/378	2359	Jadee White	F	23	Lincoln	NE	00:29:00.53	01:06:38.90	00:30:58.09	9:39	02:06:37.52
1490	712/2794	85/378	2145	Emilea Harrahill	F	23	Lincoln	NE	00:29:42.96	01:06:26.91	00:30:28.63	9:39	02:06:38.51
1491	713/2794	87/359	3589	Tami Griffiths	F	44	Omaha	NE	00:28:36.51	01:07:25.74	00:30:36.34	9:39	02:06:38.60
1492	714/2794	130/450	722	Greta Rottler	F	33	Lincoln	NE	00:27:01.86	01:05:45.99	00:33:51.97	9:39	02:06:39.82
1493	715/2794	86/378	115	Mckenzie Stevenson	F	21	Tekamah	NE	00:26:57.60	01:07:25.39	00:32:20.82	9:40	02:06:43.81
1494	716/2794	131/450	2802	Abbie Kretz	F	34	Omaha	NE	00:28:28.68	01:05:56.75	00:32:20.51	9:40	02:06:45.95
1495	717/2794	87/378	2901	Paige Sisco	F	21	Burchard	NE	00:27:52.93	01:05:34.49	00:33:18.52	9:40	02:06:45.95
1496	779/1393	102/184	6040	Henry Beel	M	44	Johnstown	NE	00:28:06.07	01:03:08.78	00:35:32.10	9:40	02:06:46.96
1497	718/2794	133/477	2034	Emily Kirby	F	28	Brookings	SD	00:26:19.76	01:05:30.76	00:34:57.12	9:40	02:06:47.64
1498	780/1393	116/213	5155	Scott Rosenbaugh	M	33	Lincoln	NE	00:28:18.07	01:06:05.18	00:32:25.13	9:40	02:06:48.39
1499	719/2794	132/450	2237	Ariadna Gonzalez Solis	F	31	Lincoln	NE	00:28:14.33	01:05:33.93	00:33:00.77	9:40	02:06:49.04
1500	720/2794	133/450	2728	Joanne Rosenbaugh	F	31	Lincoln	NE	00:28:18.82	01:06:06.52	00:32:23.69	9:40	02:06:49.04
1501	721/2794	35/167	2205	Karen Border	F	54	Lincoln	NE	00:28:31.72	01:06:32.79	00:31:44.60	9:40	02:06:49.12
1502	722/2794	134/450	241	Heather Steffens	F	33	Lincoln	NE	00:30:17.80	01:05:58.69	00:30:35.04	9:40	02:06:51.54
1503	781/1393	103/184	1996	Ashley Augustin	M	43	Kenesaw	NE	00:29:57.88	01:06:02.36	00:30:52.44	9:40	02:06:52.69
1504	723/2794	88/378	2822	Jordan Strudl	F	24	Lincoln	NE	00:27:10.21	01:05:27.31	00:34:15.22	9:40	02:06:52.75
1505	724/2794	147/489	4659	Jennifer Madson	F	38	Lincoln	NE	00:27:49.23	01:06:27.31	00:32:38.42	9:40	02:06:54.97

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1506	782/1393	151/250	5883	Jeremy Bryant	M	38	Bennington	NE	00:24:24.39	01:06:03.50	00:36:28.99	9:41	02:06:56.89
1507	783/1393	117/213	5388	Tyler Mckitterick	M	30	Canfield	OH	00:27:01.35	01:07:10.67	00:32:45.13	9:41	02:06:57.17
1508	784/1393	65/122	1759	Spencer Myrlie	M	21	Lincoln	NE	00:30:51.36	01:06:33.24	00:29:32.66	9:41	02:06:57.27
1509	725/2794	89/378	2264	Caleigh Diekmann	F	22	Lincoln	NE				9:41	02:06:57.93
1510	785/1393	152/250	1528	Ryan Schutte	M	39	Falls City	NE	00:27:16.34	01:04:37.09	00:35:06.94	9:41	02:07:00.37
1511	726/2794	135/450	3611	Kelli Holland	F	33	Nevada	IA	00:26:58.82	01:05:11.15	00:34:51.53	9:41	02:07:01.50
1512	727/2794	136/450	3610	Tarah Anderson	F	33	Nevada	IA	00:26:58.85	01:05:11.38	00:34:51.51	9:41	02:07:01.75
1513	786/1393	153/250	5465	Kevin Palko	M	38	Lincoln	NE	00:30:35.31	01:06:13.10	00:30:17.32	9:41	02:07:05.74
1514	728/2794	3/46	501	Stephanie Scheffler	F	60	Longmont	CO	00:30:20.98	01:06:10.56	00:30:34.33	9:41	02:07:05.88
1515	787/1393	118/213	4917	Justin Nabity	M	34	Omaha	NE	00:29:35.39	01:06:10.06	00:31:21.26	9:41	02:07:06.72
1516	729/2794	137/450	3075	Crystal Nabity	F	34	Omaha	NE	00:29:36.37	01:06:10.29	00:31:21.39	9:41	02:07:08.05
1517	788/1393	114/173	5165	Brian Harmon	M	27	Omaha	NE	00:29:00.35	01:05:20.16	00:32:48.48	9:41	02:07:09.00
1518	730/2794	138/450	111	Kelly Rathe	F	33	Lincoln	NE	00:31:11.60	01:05:18.44	00:30:41.41	9:42	02:07:11.45
1519	789/1393	104/184	5765	Eric Hatfield	M	40	Spring Hill	KS	00:27:01.35	01:04:39.06	00:35:31.42	9:42	02:07:11.84
1520	731/2794	90/378	2449	Ashley Blunk	F	20	Papillion	NE	00:28:51.34	01:05:14.13	00:33:06.55	9:42	02:07:12.03
1521	732/2794	134/477	2450	Jessica Blunk	F	25	Lincoln	NE	00:28:51.93	01:05:14.18	00:33:06.08	9:42	02:07:12.20
1522	733/2794	22/89	275	Haley Faust	F	18	Columbus	NE	00:29:04.82	01:07:46.64	00:30:21.28	9:42	02:07:12.74
1523	734/2794	4/10	295	Taylyn Petsche	F	14	Roca	NE	00:29:05.49	01:07:46.16	00:30:21.40	9:42	02:07:13.05
1524	735/2794	23/89	276	Kelsey Faust	F	16	Columbus	NE	00:29:05.50	01:07:45.95	00:30:22.27	9:42	02:07:13.72
1525	736/2794	139/450	3427	Jennifer Paskach	F	32	Omaha	NE	00:29:31.56	01:06:50.89	00:30:52.92	9:42	02:07:15.38
1526	737/2794	88/359	607	Tricia Faust	F	44	Columbus	NE	00:29:04.46	01:07:46.67	00:30:24.87	9:42	02:07:16.01
1527	738/2794	140/450	4322	Hilary Beck	F	33	Kansas City	MO	00:28:36.08	01:05:58.87	00:32:41.27	9:42	02:07:16.23
1528	739/2794	141/450	3664	Sarah Louis	F	32	Overland Park	KS	00:28:36.06	01:06:00.04	00:32:40.40	9:42	02:07:16.51
1529	740/2794	135/477	249	Natasha Sutliff	F	26	Lincoln	NE	00:30:14.38	01:06:12.11	00:30:52.44	9:42	02:07:18.94
1530	741/2794	148/489	2919	Shannon Hagemann	F	36	Albion	NE	00:28:34.18	01:06:27.05	00:32:17.76	9:42	02:07:19.00
1531	790/1393	119/213	5142	Seth Rexilius	M	34	Palmyra	NE	00:27:45.36	01:07:40.88	00:31:54.00	9:42	02:07:20.24
1532	742/2794	91/378	3084	Cassie Hedlund	F	22	Lincoln	NE	00:29:28.08	01:07:29.43	00:30:22.77	9:42	02:07:20.29
1533	743/2794	149/489	307	Jennifer Coon	F	35	Lincoln	NE	00:30:02.06	01:04:45.26	00:32:34.54	9:42	02:07:21.87
1534	791/1393	41/81	1549	James Fischer	M	58	Lincoln	NE	00:28:11.08	01:06:21.61	00:32:49.30	9:42	02:07:22.00
1535	744/2794	36/167	988	Mary Beth Holmes	F	51	Omaha	NE	00:30:18.73	01:05:16.80	00:31:47.94	9:43	02:07:23.47
1536	745/2794	24/103	337	Patty Clausen	F	58	Beatrice	NE	00:28:37.82	01:06:51.33	00:31:54.77	9:43	02:07:23.93
1537	746/2794	136/477	2690	Alison Mooney	F	26	Lincoln	NE	00:28:35.47	01:06:15.89	00:32:33.10	9:43	02:07:24.47
1538	747/2794	150/489	2258	Brooke Murtaugh	F	36	Lincoln	NE	00:28:35.74	01:06:15.82	00:32:32.96	9:43	02:07:24.52
1539	748/2794	37/167	735	Nanette Gokie	F	53	Lincoln	NE	00:30:27.26	01:06:48.16	00:30:10.24	9:43	02:07:25.66
1540	749/2794	137/477	3703	Angela Rukavina	F	28	Lincoln	NE	00:27:33.11	01:06:46.57	00:33:07.27	9:43	02:07:26.95

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1541	750/2794	138/477	2612	Cortney Boeck	F	29	Friend	NE	00:27:08.00	01:04:50.07	00:35:30.44	9:43	02:07:28.52
1542	792/1393	68/134	1436	Dan Pokorney	M	47	Kearney	NE	00:27:38.28	01:05:08.00	00:34:42.72	9:43	02:07:29.01
1543	751/2794	151/489	3783	Sonja Frandrup	F	38	River Falls	WI	00:26:35.15	01:06:29.03	00:34:25.87	9:43	02:07:30.06
1544	752/2794	89/359	929	Jacque Lee	F	44	Lincoln	NE	00:28:31.51	01:06:32.58	00:32:26.84	9:43	02:07:30.95
1545	753/2794	47/208	3601	Jessica Moya	F	47	Red Oak	IA	00:29:15.41	01:05:39.92	00:32:38.24	9:43	02:07:33.58
1546	754/2794	152/489	738	Taryn Rouse	F	35	Lincoln	NE	00:29:55.69	01:05:49.36	00:31:48.69	9:43	02:07:33.74
1547	755/2794	92/378	4706	Rachel Beranek	F	24	Lincoln	NE	00:30:14.69	01:06:12.15	00:31:07.62	9:43	02:07:34.47
1548	756/2794	90/359	3666	Anne Hemenway	F	42	Lincoln	NE	00:29:40.11	01:07:07.63	00:30:48.68	9:44	02:07:36.43
1549	793/1393	105/184	4978	Todd Pickering	M	44	Kearney	NE	00:27:42.79	01:06:33.46	00:33:20.82	9:44	02:07:37.08
1550	794/1393	66/122	5609	Austin Pieper	M	23	Lincoln	NE	00:29:31.69	01:04:07.48	00:33:59.48	9:44	02:07:38.66
1551	795/1393	120/213	1524	Jeff Muskat	M	31	Lincoln	NE	00:27:40.35	01:06:30.34	00:33:28.83	9:44	02:07:39.52
1552	757/2794	38/167	351	Susan Mcclaughry	F	54	Omaha	NE	00:29:18.55	01:08:08.94	00:30:12.31	9:44	02:07:39.81
1553	758/2794	153/489	566	Cheryl Dietrich	F	37	Lincoln	NE	00:29:18.46	01:06:08.32	00:32:13.64	9:44	02:07:40.43
1554	759/2794	139/477	1324	Allison Maynard	F	25	Marlette	MI	00:28:26.38	01:06:15.05	00:32:59.35	9:44	02:07:40.78
1555	760/2794	154/489	2186	Corinne Pistulka	F	37	Atkinson	NE	00:28:33.81	01:06:14.98	00:32:52.24	9:44	02:07:41.04
1556	796/1393	68/106	4806	Todd Havlat	M	53	Lincoln	NE	00:29:05.99	01:07:03.68	00:31:32.13	9:44	02:07:41.81
1557	797/1393	121/213	1422	Ryan Sieler	M	33	Lincoln	NE	00:28:05.46	01:04:07.90	00:35:28.73	9:44	02:07:42.10
1558	798/1393	154/250	1596	Daniel Weyer	M	39	Lincoln	NE	00:27:17.05	01:06:01.16	00:34:24.85	9:44	02:07:43.06
1559	761/2794	93/378	2332	Sara Beth Speicher	F	21	Lincoln	NE	00:29:36.55	01:07:09.10	00:30:58.52	9:44	02:07:44.17
1560	799/1393	106/184	4936	Don Klepser	M	44	Omaha	NE	00:28:21.60	01:04:50.60	00:34:32.66	9:44	02:07:44.87
1561	800/1393	42/81	1728	Charlie Kidwell	M	55	Lees Summit	MO	00:29:33.75	01:05:57.48	00:32:13.75	9:44	02:07:44.99
1562	762/2794	155/489	583	Jen Buresh	F	37	Lincoln	NE	00:27:46.86	01:04:51.31	00:35:07.08	9:44	02:07:45.26
1563	763/2794	142/450	2865	Rachel Culwell	F	30	Lincoln	NE	00:30:02.48	01:07:31.60	00:30:12.07	9:44	02:07:46.16
1564	801/1393	107/184	5617	Tracy Johnson	M	42	Valley	NE	00:26:17.22	01:04:50.33	00:36:39.31	9:44	02:07:46.87
1565	802/1393	108/184	1987	Brad Buresh	M	41	Lincoln	NE	00:27:48.10	01:04:50.72	00:35:08.20	9:44	02:07:47.04
1566	764/2794	156/489	3662	Mellanee Welty	F	38	Gainesville	FL	00:28:27.70	01:10:10.74	00:29:11.10	9:45	02:07:49.55
1567	803/1393	155/250	1693	Marcelo Plioplis	M	36	Lincoln	NE	00:27:25.78	01:05:12.80	00:35:11.76	9:45	02:07:50.35
1568	765/2794	25/103	198	Sandra Ottaway	F	57	Derby	KS	00:28:30.15	01:06:02.81	00:33:17.84	9:45	02:07:50.81
1569	766/2794	157/489	2671	Jeannine Berge	F	35	Lincoln	NE	00:27:07.52	01:06:12.84	00:34:33.83	9:45	02:07:54.20
1570	767/2794	94/378	2577	Halsie Large	F	23	Lindsborg	KS	00:25:41.39	01:06:13.38	00:35:59.70	9:45	02:07:54.49
1571	804/1393	109/184	5001	Francisco Souto	M	43	Lincoln	NE	00:30:14.38	01:05:32.46	00:32:09.97	9:45	02:07:56.82
1572	768/2794	91/359	2026	Dayana Corredor	F	43	Lincoln	NE	00:30:15.14	01:05:32.70	00:32:09.38	9:45	02:07:57.23
1573	769/2794	158/489	734	Liza Baker	F	35	Waverly	NE	00:30:26.04	01:06:17.58	00:31:14.38	9:45	02:07:58.00
1574	770/2794	95/378	3593	Kelsey Martin	F	21	Elkhorn	NE	00:28:40.81	01:05:39.92	00:33:37.26	9:45	02:07:58.00
1575	771/2794	159/489	3747	Gina Meier	F	36	Kearney	NE	00:27:55.42	01:06:25.43	00:33:37.66	9:45	02:07:58.52

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1576	772/2794	160/489	2658	Jordan Cochran	F	36	Kearney	NE	00:27:54.87	01:06:25.85	00:33:37.87	9:45	02:07:58.60
1577	805/1393	69/134	6046	Steve Stumpff	M	47	Williamsburg	IA	00:28:02.23	01:05:50.99	00:34:06.94	9:45	02:08:00.17
1578	773/2794	161/489	1809	Kayla Kontras	F	37	Lincoln	NE	00:26:05.17	01:04:35.56	00:37:21.66	9:46	02:08:02.40
1579	806/1393	43/81	5821	Rex Kuhn	M	56	Firth	NE	00:28:07.63	01:05:39.89	00:34:15.22	9:46	02:08:02.75
1580	807/1393	110/184	1901	Jay Rosenboom	M	40	Lincoln	NE	00:31:20.62	01:05:31.81	00:31:11.06	9:46	02:08:03.50
1581	808/1393	69/106	5343	Vinnie Macklin	M	50	Lincoln	NE	00:27:43.55	01:07:30.34	00:32:49.84	9:46	02:08:03.74
1582	774/2794	26/103	2979	Mary Kay Duros	F	56	Omaha	NE	00:28:42.41	01:07:17.97	00:32:06.42	9:46	02:08:06.81
1583	775/2794	162/489	319	Kari Wade	F	37	Lincoln	NE	00:29:43.19	01:08:03.79	00:30:20.77	9:46	02:08:07.75
1584	776/2794	143/450	2809	Lauren Dyer	F	30	Martell	NE	00:28:26.84	01:07:05.95	00:32:34.98	9:46	02:08:07.78
1585	809/1393	67/122	5507	Jacob Sanchez	M	22	Lexington	KY	00:28:45.55	01:07:17.03	00:32:05.67	9:46	02:08:08.26
1586	777/2794	92/359	2096	Cynthia Kinning	F	40	Omaha	NE	00:29:54.41	01:06:44.17	00:31:30.78	9:46	02:08:09.37
1587	778/2794	96/378	3041	Amanda Whebbe	F	23	South Saint Paul	MN	00:27:12.10	01:05:32.07	00:35:25.41	9:46	02:08:09.59
1588	810/1393	70/134	6022	Scott Thompson	M	46	Omaha	NE	00:26:48.84	01:05:30.40	00:35:51.53	9:46	02:08:10.78
1589	779/2794	93/359	2718	Jill Gable	F	44	Lincoln	NE	00:28:32.84	01:07:00.70	00:32:38.99	9:46	02:08:12.54
1590	780/2794	48/208	574	Kelly Brakenhoff	F	48	Lincoln	NE	00:30:39.96	01:06:51.61	00:30:41.92	9:46	02:08:13.50
1591	781/2794	140/477	3078	Sarah Noordam	F	25	Omaha	NE	00:27:14.76	01:07:05.98	00:33:53.92	9:46	02:08:14.67
1592	811/1393	111/184	5775	Ryan Andrews	M	42	Omaha	NE	00:27:26.81	01:07:09.61	00:33:38.32	9:46	02:08:14.75
1593	782/2794	163/489	1344	Molly Murphy	F	38	Lincoln	NE	00:28:36.79	01:06:55.66	00:32:44.10	9:47	02:08:16.56
1594	783/2794	39/167	3132	Kandi Franklin	F	50	Brule	NE	00:29:41.81	01:06:06.46	00:32:28.32	9:47	02:08:16.60
1595	784/2794	144/450	2130	Katie Bjorkman	F	31	Omaha	NE	00:29:47.07	01:08:01.13	00:30:28.55	9:47	02:08:16.75
1596	785/2794	164/489	3591	Sally Bach	F	37	Lincoln	NE	00:29:20.64	01:06:05.07	00:32:51.22	9:47	02:08:16.94
1597	786/2794	145/450	2451	Courtney Bruntz	F	32	Lincoln	NE	00:31:00.06	01:08:36.66	00:28:41.56	9:47	02:08:18.29
1598	787/2794	94/359	4163	Amy Pittman	F	42	Arlington	NE	00:29:23.69	01:05:59.15	00:32:56.51	9:47	02:08:19.35
1599	812/1393	22/53	1870	Scott Sughroue	M	60	Lincoln	NE	00:29:58.22	01:05:26.05	00:32:55.61	9:47	02:08:19.89
1600	813/1393	112/184	5352	Matt Rogers	M	43	Omaha	NE	00:27:46.28	01:04:17.04	00:36:16.67	9:47	02:08:20.00
1601	788/2794	95/359	250	Amanda Matthews	F	40	Raymond	NE	00:29:06.96	01:05:50.40	00:33:25.49	9:47	02:08:22.86
1602	814/1393	44/81	1799	David Florell	M	57	Lincoln	NE	00:27:34.95	01:06:11.75	00:34:36.28	9:47	02:08:22.99
1603	815/1393	71/134	1848	Erik Egglund	M	48	Ankeny	IA	00:28:21.28	01:05:30.92	00:34:33.86	9:47	02:08:26.07
1604	789/2794	141/477	3451	Jessie Morrissey	F	29	Council Bluffs	IA	00:28:25.47	01:06:28.41	00:33:32.24	9:47	02:08:26.13
1605	816/1393	115/173	5161	Prasitxay Kounthapanya	M	28	Lincoln	NE	00:28:56.39	01:05:22.73	00:34:07.01	9:47	02:08:26.14
1606	790/2794	97/378	4264	Elise Wordekemper	F	20	Lincoln	NE	00:29:22.92	01:06:02.95	00:33:03.64	9:48	02:08:29.51
1607	791/2794	98/378	2616	Sarah Porath	F	20	Lincoln	NE	00:29:22.84	01:06:03.43	00:33:04.05	9:48	02:08:30.32
1608	792/2794	96/359	3851	Amelia Fiser	F	42	Papillion	NE	00:29:42.63	01:07:45.97	00:31:02.04	9:48	02:08:30.64
1609	793/2794	142/477	709	Shani Daws	F	27	Lincoln	NE	00:28:56.34	01:07:43.77	00:31:52.24	9:48	02:08:32.35
1610	817/1393	116/173	5317	Ryan Hammack	M	25	Lincoln	NE	00:28:39.73	01:06:15.57	00:33:37.38	9:48	02:08:32.68

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1611	818/1393	72/134	1835	Travis Russell	M	45	Lincoln	NE	00:28:56.45	01:05:50.92	00:33:46.00	9:48	02:08:33.38
1612	794/2794	49/208	413	Carrie Henrichs	F	46	Lincoln	NE	00:29:11.46	01:06:13.74	00:33:08.46	9:48	02:08:33.67
1613	795/2794	97/359	1012	Robyn Keys	F	43	Lincoln	NE	00:28:12.59	01:06:44.15	00:33:37.16	9:48	02:08:33.91
1614	796/2794	40/167	526	Tina Meeske	F	51	Denton	NE	00:29:11.79	01:06:13.69	00:33:08.47	9:48	02:08:33.96
1615	797/2794	50/208	939	Tova Rathbone	F	45	Waverly	NE	00:29:32.96	01:05:35.63	00:33:25.44	9:48	02:08:34.04
1616	798/2794	143/477	3239	Beth Hutchins	F	27	Omaha	NE	00:28:56.22	01:05:52.38	00:33:48.27	9:48	02:08:36.88
1617	819/1393	68/122	5486	Brodie Aden	M	24	Lincoln	NE	00:28:57.98	01:09:07.54	00:30:32.00	9:48	02:08:37.53
1618	799/2794	165/489	4673	Kelli Greathouse	F	36	Doniphan	NE	00:28:48.61	01:09:11.52	00:30:40.44	9:48	02:08:40.57
1619	820/1393	25/33	5511	Ben Keaschall	M	19	Lincoln	NE	00:28:48.88	01:09:11.44	00:30:40.42	9:48	02:08:40.74
1620	821/1393	23/53	1673	Jim Peter	M	64	Lincoln	NE	00:30:19.70	01:07:56.14	00:30:25.06	9:48	02:08:40.91
1621	800/2794	144/477	2710	Amanda Blakeman	F	27	North Platte	NE	00:28:21.14	01:06:36.38	00:33:44.67	9:49	02:08:42.19
1622	801/2794	41/167	3017	Anne Thompson	F	50	Blair	NE	00:29:41.32	01:06:27.88	00:32:33.71	9:49	02:08:42.93
1623	802/2794	98/359	4044	Kari Hatcliff	F	41	Lincoln	NE	00:28:35.53	01:06:30.96	00:33:37.86	9:49	02:08:44.35
1624	803/2794	51/208	496	Joanne Frandolig	F	49	Lincoln	NE	00:29:12.04	01:06:37.84	00:32:55.35	9:49	02:08:45.23
1625	822/1393	73/134	5557	Cris Slack	M	47	Seward	NE	00:27:44.98	01:06:33.37	00:34:26.97	9:49	02:08:45.33
1626	804/2794	145/477	3987	Sarah Burghaus	F	26	Lincoln	NE	00:27:39.36	01:06:53.39	00:34:12.90	9:49	02:08:45.66
1627	823/1393	113/184	6032	Matt Augustine	M	43	Centennial	CO	00:27:00.94	01:04:45.64	00:36:59.18	9:49	02:08:45.76
1628	805/2794	166/489	4150	Tina Lindberg	F	37	Omaha	NE	00:27:57.28	01:07:51.66	00:32:57.50	9:49	02:08:46.44
1629	806/2794	99/378	3334	Katelyn Rochat	F	21	Andover	KS	00:29:26.31	01:05:56.69	00:33:23.78	9:49	02:08:46.78
1630	807/2794	167/489	3684	Kathi Nichols	F	36	Prairie Villag	KS	00:29:04.06	01:06:36.24	00:33:07.67	9:49	02:08:47.97
1631	808/2794	146/450	2724	Suzy Nootz	F	33	Lincoln	NE	00:26:37.88	01:06:26.62	00:35:44.06	9:49	02:08:48.56
1632	809/2794	146/477	5071	Jenny Cole	F	29	Prairie Village	KS	00:29:58.31	01:07:13.19	00:31:38.95	9:49	02:08:50.45
1633	810/2794	147/477	3770	Jaclyn Sutton	F	25	Wahoo	NE	00:31:48.38	01:04:34.44	00:32:27.72	9:49	02:08:50.55
1634	811/2794	99/359	3527	Jennifer Larson	F	40	Omaha	NE	00:29:46.16	01:07:17.22	00:31:50.21	9:49	02:08:53.60
1635	824/1393	156/250	5502	Nick Larson	M	36	Omaha	NE	00:26:26.83	01:05:55.77	00:36:31.71	9:50	02:08:54.33
1636	812/2794	100/378	2056	Anmerie Schirmer	F	22	Lincoln	NE	00:30:35.99	01:08:30.72	00:29:48.54	9:50	02:08:55.26
1637	813/2794	101/378	3830	Katie Hughes	F	22	Seward	NE	00:30:47.05	01:08:24.59	00:29:43.68	9:50	02:08:55.33
1638	814/2794	102/378	2120	Faith Bohaty	F	21	Seward	NE	00:28:46.30	01:07:08.66	00:33:02.06	9:50	02:08:57.03
1639	815/2794	100/359	4217	Carrie O'donnell Brink	F	40	Omaha	NE	00:29:46.17	01:07:16.99	00:31:53.91	9:50	02:08:57.08
1640	816/2794	168/489	1105	Lisa Neddenriep	F	37	Waverly	NE	00:28:03.84	01:06:38.65	00:34:14.74	9:50	02:08:57.24
1641	817/2794	169/489	3809	Emily Nimsakont	F	37	Ashland	NE	00:28:41.86	01:06:55.35	00:33:21.08	9:50	02:08:58.30
1642	818/2794	147/450	3490	Jessica Rustad	F	32	Lincoln	NE	00:28:11.09	01:06:02.95	00:34:44.55	9:50	02:08:58.59
1643	819/2794	103/378	2624	Gabrielle Kuhl	F	23	Lincoln	NE	00:30:41.80	01:05:32.70	00:32:44.98	9:50	02:08:59.48
1644	820/2794	170/489	2083	Yingying Wang	F	36	Lincoln	NE	00:28:58.13	01:07:17.84	00:32:44.13	9:50	02:09:00.11
1645	821/2794	148/477	190	Emily Ferguson	F	27	Lincoln	NE	00:27:43.43	01:07:20.57	00:33:56.83	9:50	02:09:00.84

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1646	825/1393	157/250	5937	Scott Persson	M	39	Lincoln	NE	00:27:26.77	01:05:35.81	00:35:59.87	9:50	02:09:02.45
1647	822/2794	148/450	2163	Sarah Schulte	F	30	Wichita	KS	00:29:00.62	01:06:52.30	00:33:09.56	9:50	02:09:02.49
1648	826/1393	45/81	1646	Richard Wiedenbeck	M	55	Walton	NE	00:28:59.78	01:07:36.39	00:32:28.50	9:50	02:09:04.67
1649	827/1393	122/213	5525	Josh Kramer	M	34	Lincoln	NE	00:25:23.32	01:05:32.17	00:38:09.27	9:50	02:09:04.77
1650	823/2794	24/89	2954	Jackalyn Fink	F	18	Humboldt	NE	00:28:03.07	01:04:06.68	00:36:57.70	9:51	02:09:07.45
1651	828/1393	123/213	5462	Jeff Riesberg	M	34	Lincoln	NE	00:27:03.73	01:05:25.64	00:36:39.20	9:51	02:09:08.57
1652	824/2794	25/89	3702	Kami Kucera	F	19	Lincoln	NE	00:27:44.45	01:07:03.31	00:34:21.46	9:51	02:09:09.23
1653	829/1393	114/184	1511	Matthew Skretta	M	42	Lincoln	NE	00:29:21.17	01:08:12.22	00:31:37.05	9:51	02:09:10.45
1654	825/2794	171/489	1214	Crystal Bock Thiessen	F	35	Lincoln	NE	00:28:16.13	01:06:42.11	00:34:12.31	9:51	02:09:10.56
1655	826/2794	172/489	446	Elizabeth Ciavarella	F	36	Papillion	NE	00:31:11.42	01:07:50.77	00:30:08.92	9:51	02:09:11.12
1656	827/2794	149/477	2455	Katelyn Stevens	F	25	Lincoln	NE	00:29:50.87	01:08:06.41	00:31:14.16	9:51	02:09:11.45
1657	828/2794	149/450	2328	Kristin Reitz	F	33	Lincoln	NE	00:29:50.83	01:08:06.45	00:31:14.52	9:51	02:09:11.81
1658	829/2794	173/489	3852	Elizabeth Tripp	F	37	Lincoln	NE	00:29:15.84	01:07:42.17	00:32:14.76	9:51	02:09:12.78
1659	830/2794	150/450	2930	Lindsey Tonniges	F	33	Gresham	NE	00:28:46.18	01:07:04.74	00:33:22.97	9:51	02:09:13.90
1660	831/2794	174/489	980	Desiree Walsh Spencer	F	37	Papillion	NE	00:28:24.74	01:07:44.72	00:33:04.84	9:51	02:09:14.31
1661	832/2794	175/489	3784	Anne Fargen	F	36	Lincoln	NE	00:30:26.62	01:08:07.48	00:30:40.68	9:51	02:09:14.80
1662	833/2794	52/208	261	Robin Kelsay	F	49	Council Bluffs	IA	00:28:15.93	01:07:39.90	00:33:20.03	9:51	02:09:15.87
1663	834/2794	53/208	3472	Kim Thrasher	F	49	Malmo	NE	00:28:45.31	01:06:39.63	00:33:51.18	9:51	02:09:16.13
1664	835/2794	101/359	928	Chrissy Waido	F	40	Weston	NE	00:27:59.21	01:07:45.68	00:33:31.38	9:51	02:09:16.27
1665	836/2794	150/477	2584	Misti Davenport	F	26	Plattsmouth	NE	00:26:35.32	01:08:37.52	00:34:03.79	9:51	02:09:16.63
1666	837/2794	54/208	1303	Tammie Mead	F	45	Syracuse	NE	00:29:16.80	01:07:44.45	00:32:15.76	9:51	02:09:17.01
1667	830/1393	74/134	1702	David Churchill	M	45	Wilber	NE	00:30:39.09	01:07:22.46	00:31:17.88	9:51	02:09:19.44
1668	831/1393	124/213	1881	Travis Arnold	M	33	Gretna	NE	00:29:05.91	01:07:18.51	00:32:55.30	9:51	02:09:19.73
1669	832/1393	125/213	5228	Michael Baine	M	31	Omaha	NE	00:29:18.74	01:06:47.50	00:33:13.76	9:51	02:09:20.01
1670	838/2794	151/450	1337	Melissa Weber-Arnold	F	33	Gretna	NE	00:29:06.25			9:51	02:09:20.15
1671	833/1393	158/250	1709	Ryan Luedtke	M	37	Lincoln	NE	00:29:53.52	01:07:08.98	00:32:17.87	9:51	02:09:20.38
1672	839/2794	151/477	2134	Kylie Thoene	F	27	Creighton	NE	00:29:41.46	01:06:57.95	00:32:43.12	9:52	02:09:22.53
1673	834/1393	69/122	6109	Nolan Muench	M	24	Omaha	NE	00:28:46.11	01:07:34.90	00:33:01.60	9:52	02:09:22.62
1674	840/2794	152/477	5083	Amy Vos	F	25	Manhattan	KS	00:28:46.11	01:07:34.90	00:33:01.81	9:52	02:09:22.82
1675	841/2794	102/359	4269	Emily Griesch	F	41	Lincoln	NE	00:27:50.23	01:08:16.13	00:33:16.52	9:52	02:09:22.89
1676	842/2794	55/208	4060	Michelle Svehla	F	46	Lincoln	NE	00:29:44.04	01:06:51.31	00:32:48.46	9:52	02:09:23.81
1677	843/2794	1/9	2440	Bea Sides	F	65	Omaha	NE	00:28:45.82	01:07:51.87	00:32:46.36	9:52	02:09:24.06
1678	844/2794	176/489	4030	Spring Louderback	F	37	Oberlin	KS	00:27:57.99	01:06:42.46	00:34:44.68	9:52	02:09:25.14
1679	835/1393	75/134	5854	Paul Hoos	M	45	Grand Island	NE	00:28:14.38	01:06:15.75	00:34:56.99	9:52	02:09:27.12
1680	845/2794	152/450	4516	Jenni Hoarty	F	31	Fairmont	NE	00:30:25.00	01:07:05.04	00:31:57.48	9:52	02:09:27.53



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1681	836/1393	159/250	5475	Shawn Goodrich	M	39	Lincoln	NE	00:30:00.33	01:07:17.98	00:32:10.11	9:52	02:09:28.42
1682	846/2794	27/103	281	Jayne Nekuda	F	57	Omaha	NE	00:30:11.71	01:08:40.84	00:30:36.39	9:52	02:09:28.94
1683	837/1393	76/134	5193	Steve Urbauer	M	45	Lincoln	NE	00:30:05.29	01:06:04.85	00:33:18.86	9:52	02:09:29.00
1684	847/2794	153/450	2277	Beth Daake	F	30	Lincoln	NE	00:29:34.61	01:07:33.40	00:32:21.99	9:52	02:09:30.00
1685	848/2794	154/450	170	Jennifer Myers	F	33	Lincoln	NE	00:26:28.85	01:07:20.69	00:35:40.49	9:52	02:09:30.03
1686	849/2794	155/450	2111	Bridget Kreifels	F	34	Lincoln	NE	00:30:37.15	01:07:07.14	00:31:45.87	9:52	02:09:30.16
1687	850/2794	177/489	4317	Erin Hansel	F	38	Dakota City	NE	00:26:24.98	01:06:44.88	00:36:20.89	9:52	02:09:30.75
1688	851/2794	156/450	2165	Jamie Hansen	F	32	Houston	TX	00:28:49.61	01:06:39.45	00:34:01.70	9:52	02:09:30.76
1689	838/1393	126/213	5242	Derek Molacek	M	33	Lincoln	NE	00:28:33.05	01:08:46.03	00:32:11.72	9:52	02:09:30.81
1690	839/1393	117/173	5245	Marvin Binnick	M	27	Lincoln	NE	00:27:02.81	01:07:59.17	00:34:28.98	9:52	02:09:30.96
1691	852/2794	178/489	959	Abby Wells	F	35	Lincoln	NE	00:28:59.47	01:08:45.76	00:31:46.65	9:52	02:09:31.89
1692	853/2794	179/489	2507	Stacey Mundt	F	35	Windsor	CO	00:31:02.14	01:06:54.00	00:31:38.38	9:53	02:09:34.53
1693	854/2794	42/167	334	Kari Hooker-Leep	F	52	Grand Island	NE	00:28:14.99	01:06:16.23	00:35:03.54	9:53	02:09:34.76
1694	840/1393	70/106	1479	Kevin Linder	M	53	Lincoln	NE	00:27:48.02	01:07:07.70	00:34:45.15	9:53	02:09:40.88
1695	855/2794	153/477	3312	Claire Sorensen	F	25	Gretna	NE	00:28:18.40	01:09:10.67	00:32:12.92	9:53	02:09:42.00
1696	856/2794	157/450	586	Rose Ryba	F	34	Bellevue	NE	00:28:06.24	01:07:30.40	00:34:05.52	9:53	02:09:42.17
1697	857/2794	154/477	3449	Melissa Perkins	F	26	The Colony	TX	00:29:39.72	01:07:37.18	00:32:26.35	9:53	02:09:43.26
1698	858/2794	103/359	3612	Jodi Williams	F	43	Bellevue	NE	00:30:23.18	01:08:29.50	00:30:52.10	9:53	02:09:44.79
1699	859/2794	104/378	2339	Rachel Vanderkolk	F	24	Malcolm	NE	00:26:17.79	01:08:51.02	00:34:37.76	9:53	02:09:46.58
1700	841/1393	118/173	5600	Jonathan Blecha	M	29	Omaha	NE	00:26:28.38	01:07:33.15	00:35:45.24	9:54	02:09:46.78
1701	860/2794	28/103	1208	Phyllis Burnett	F	58	Oxford	FL	00:29:18.33	01:07:06.35	00:33:22.75	9:54	02:09:47.44
1702	861/2794	155/477	242	Rachel Benzoni	F	29	Omaha	NE	00:28:46.34	01:06:46.47	00:34:15.13	9:54	02:09:47.95
1703	862/2794	158/450	550	Rachael Grange	F	30	Papillion	NE	00:28:49.35	01:06:55.91	00:34:02.76	9:54	02:09:48.03
1704	863/2794	105/378	2358	Amanda Tarrell	F	23	Lincoln	NE	00:29:00.34	01:06:39.71	00:34:09.25	9:54	02:09:49.31
1705	864/2794	180/489	796	Courtney Landon	F	36	Waverly	NE	00:28:22.03	01:07:58.09	00:33:30.25	9:54	02:09:50.38
1706	865/2794	181/489	552	Emily Swanda	F	36	Lincoln	NE	00:28:21.57	01:07:58.56	00:33:30.38	9:54	02:09:50.51
1707	866/2794	182/489	885	Kimberly Groeper	F	35	Papillion	NE	00:29:49.96	01:09:00.30	00:31:02.80	9:54	02:09:53.07
1708	842/1393	71/106	5231	Greg Krieser	M	54	Omaha	NE	00:27:07.01	01:04:06.98	00:38:42.49	9:54	02:09:56.49
1709	867/2794	183/489	2178	Kristen Sharp	F	37	Lincoln	NE	00:29:48.31	01:09:12.31	00:30:58.28	9:54	02:09:58.91
1710	843/1393	160/250	5268	James Sharp	M	37	Lincoln	NE	00:29:48.38	01:09:12.64	00:30:58.09	9:54	02:09:59.12
1711	868/2794	29/103	871	Pat Thomas	F	56	Papillion	NE	00:29:03.53	01:06:56.73	00:33:59.35	9:54	02:09:59.62
1712	844/1393	70/122	1669	Shane Watteyne	M	21	Lincoln	NE	00:26:52.35	01:06:17.95	00:36:50.11	9:55	02:10:00.41
1713	845/1393	127/213	5208	Nate Hagge	M	32	Omaha	NE	00:30:21.91	01:06:47.25	00:32:53.05	9:55	02:10:02.21
1714	869/2794	184/489	2816	Anita Groom	F	39	Kansas City	MO	00:31:09.07	01:08:52.54	00:30:01.74	9:55	02:10:03.36
1715	870/2794	156/477	3733	Jane Smith	F	25	Omaha	NE	00:28:08.44	01:07:53.89	00:34:05.32	9:55	02:10:07.65

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1716	871/2794	43/167	380	Sharon Brening	F	52	Lincoln	NE	00:29:25.65	01:08:37.77	00:32:04.57	9:55	02:10:07.99
1717	872/2794	185/489	2835	Kaci Bates	F	38	Minden	NE	00:27:52.98	01:07:44.43	00:34:31.67	9:55	02:10:09.08
1718	846/1393	119/173	5604	Robbie Thielen	M	28	Omaha	NE	00:29:00.67	01:09:00.77	00:32:08.16	9:55	02:10:09.61
1719	873/2794	157/477	280	Samantha Menard	F	26	Kearney	NE	00:28:47.22	01:05:57.54	00:35:25.79	9:55	02:10:10.56
1720	874/2794	186/489	4201	Nicole Sauvage	F	35	Oberlin	KS	00:27:59.01	01:06:42.07	00:35:31.69	9:55	02:10:12.78
1721	847/1393	128/213	1671	Mark Ahmann	M	34	Lincoln	NE	00:26:01.16	01:08:53.26	00:35:18.46	9:55	02:10:12.89
1722	848/1393	71/122	5651	Brandon Mcclintock	M	24	Lincoln	NE	00:25:37.42	01:03:55.57	00:40:39.97	9:56	02:10:12.97
1723	875/2794	106/378	5653	Haley Schepers	F	21	Lincoln	NE	00:33:37.86			9:56	02:10:13.25
1724	876/2794	104/359	1372	Julie Yuhas	F	41	Lincoln	NE	00:31:36.55	01:08:27.32	00:30:10.88	9:56	02:10:14.76
1725	877/2794	107/378	2437	Erin Maguire	F	24	Omaha	NE	00:30:51.70	01:06:19.94	00:33:04.19	9:56	02:10:15.84
1726	878/2794	44/167	3913	Amy Lundgren	F	50	Dakota Dunes	SD	00:29:21.73	01:08:12.08	00:32:42.45	9:56	02:10:16.26
1727	849/1393	161/250	4701	Byron Lefler	M	35	Lincoln	NE	00:29:57.32	01:08:55.53	00:31:25.61	9:56	02:10:18.47
1728	850/1393	115/184	1755	Steven Smith	M	41	Lincoln	NE	00:28:09.10	01:06:56.33	00:35:15.70	9:56	02:10:21.14
1729	879/2794	56/208	3888	Lisa Throener	F	47	Wisner	NE	00:28:36.57	01:07:23.07	00:34:22.39	9:56	02:10:22.04
1730	880/2794	159/450	2808	Kathleen Riley	F	31	Hastings	NE	00:26:34.76	01:08:49.14	00:34:58.76	9:56	02:10:22.67
1731	851/1393	162/250	1875	Daniel Kennedy	M	37	Omaha	NE	00:29:36.22	01:07:36.03	00:33:14.04	9:57	02:10:26.30
1732	881/2794	187/489	2421	Katie Arbataitis	F	39	Bennington	NE	00:29:25.31	01:08:59.44	00:32:01.76	9:57	02:10:26.52
1733	852/1393	72/106	1676	Jeffrey Korbelik	M	52	Lincoln	NE	00:28:59.86	01:06:17.71	00:35:09.71	9:57	02:10:27.29
1734	853/1393	77/134	1893	Steve Carstensen	M	49	Lincoln	NE	00:28:21.84	01:07:50.72	00:34:15.28	9:57	02:10:27.84
1735	882/2794	158/477	4084	Maggie Holub	F	28	Scribner	NE	00:28:23.12	01:07:29.30	00:34:36.77	9:57	02:10:29.19
1736	883/2794	160/450	4083	Hannah Anderson	F	34	Mead	NE	00:28:23.33	01:07:29.14	00:34:37.24	9:57	02:10:29.72
1737	884/2794	57/208	4591	Peggy Myers	F	45	Minden	NE	00:30:23.66	01:07:06.80	00:33:00.89	9:57	02:10:31.35
1738	854/1393	120/173	5548	Saul Perez	M	26	Lincoln	NE	00:28:32.23	01:05:57.90	00:36:04.19	9:57	02:10:34.33
1739	885/2794	105/359	271	Amy Carlson	F	40	Lincoln	NE	00:29:45.72	01:08:34.24	00:32:17.40	9:57	02:10:37.36
1740	886/2794	108/378	2732	Chelsey Blair	F	24	Elkhorn	NE	00:27:03.11	01:04:22.90	00:39:11.82	9:57	02:10:37.84
1741	887/2794	30/103	701	Diana Alderson	F	55	Omaha	NE	00:35:35.45	01:04:05.04	00:30:59.17	9:58	02:10:39.67
1742	855/1393	129/213	5590	Ben Bannon	M	31	Lincoln	NE	00:24:39.57	01:02:03.02	00:43:58.91	9:58	02:10:41.51
1743	888/2794	109/378	2453	Christiana Spicer	F	21	Ft. Collins	CO	00:30:06.74	01:09:35.30	00:30:59.49	9:58	02:10:41.54
1744	889/2794	188/489	3425	Katie Sindelar	F	36	Lincoln	NE	00:29:05.73	01:08:19.85	00:33:16.62	9:58	02:10:42.20
1745	890/2794	161/450	3792	Erin Hussey	F	34	Lincoln	NE	00:31:10.86	01:08:02.44	00:31:29.55	9:58	02:10:42.86
1746	891/2794	31/103	3547	Susan Pedersen	F	55	Kearney	NE	00:28:37.98	01:04:16.89	00:37:51.35	9:58	02:10:46.22
1747	856/1393	116/184	1508	Brannon Lauritzen	M	40	Lincoln	NE	00:30:55.04	01:07:50.21	00:32:01.47	9:58	02:10:46.72
1748	892/2794	110/378	3027	Alexandria Pytlikzillig	F	20	Lincoln	NE	00:27:33.82	01:08:40.74	00:34:32.61	9:58	02:10:47.17
1749	893/2794	32/103	2929	Ruth Brandt	F	56	Grand Island	NE	00:29:23.38	01:07:47.04	00:33:39.08	9:58	02:10:49.51
1750	857/1393	130/213	4834	Kevin Nordby	M	34	Laurel	NE	00:29:12.07	01:07:53.42	00:33:45.01	9:58	02:10:50.51

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1751	858/1393	131/213	1877	Zach Ebeling	M	30	Norfolk	NE	00:28:44.89	01:07:22.41	00:34:43.75	9:58	02:10:51.06
1752	894/2794	106/359	911	Serena Chester	F	43	Plattsmouth	NE	00:29:49.57	01:09:00.78	00:32:00.81	9:58	02:10:51.18
1753	895/2794	162/450	4501	Christine Caldwell	F	33	Lincoln	NE	00:27:00.64	01:07:48.83	00:36:03.98	9:59	02:10:53.46
1754	896/2794	159/477	3243	Bethany Drohman	F	26	Hastings	NE	00:28:27.75	01:07:13.94	00:35:12.07	9:59	02:10:53.77
1755	897/2794	163/450	181	Julie Fras Alcares	F	34	Lincoln	NE	00:29:44.58	01:07:00.88	00:34:10.23	9:59	02:10:55.70
1756	859/1393	163/250	6070	James Wentz Jr	M	39	Andover	KS	00:27:56.59	01:07:59.27	00:35:05.03	9:59	02:11:00.90
1757	898/2794	45/167	3342	Susan Sisel	F	51	Dwight	NE	00:29:28.03	01:09:30.66	00:32:02.24	9:59	02:11:00.93
1758	860/1393	6/16	4854	Paul Eckerson	M	68	Lincoln	NE	00:28:28.17			9:59	02:11:03.22
1759	899/2794	160/477	2592	Megan Larmie	F	28	Council Bluffs	IA	00:26:48.32	01:08:06.18	00:36:08.81	9:59	02:11:03.32
1760	861/1393	78/134	5624	Jeff Waller	M	46	Lincoln	NE	00:27:27.03	01:06:19.48	00:37:16.90	9:59	02:11:03.41
1761	900/2794	189/489	2590	Sara Drueke	F	39	Lincoln	NE	00:28:28.84	01:08:05.39	00:34:29.78	9:59	02:11:04.02
1762	901/2794	161/477	473	Brittany Fett	F	26	Cortland	NE	00:29:46.64	01:07:56.81	00:33:22.92	10:00	02:11:06.38
1763	902/2794	46/167	3229	Angela Haskell	F	50	Lincoln	NE	00:29:46.99	01:07:58.17	00:33:21.22	10:00	02:11:06.39
1764	903/2794	58/208	4474	Mary Tompkin	F	47	Fort Collins	CO	00:27:32.95	01:07:21.74	00:36:12.10	10:00	02:11:06.79
1765	862/1393	26/33	5007	Zachary Hamilton	M	15	Lincoln	NE	00:25:44.81	01:10:04.11	00:35:18.71	10:00	02:11:07.65
1766	904/2794	164/450	4687	Cecilia Wilken	F	32	Gretna	NE	00:30:44.46	01:06:28.25	00:33:56.48	10:00	02:11:09.20
1767	905/2794	162/477	3106	Katherine Fister	F	28	Omaha	NE	00:26:56.11	01:10:58.48	00:33:15.05	10:00	02:11:09.64
1768	906/2794	107/359	3446	Stephanie Klement	F	43	Council Bluffs	IA	00:29:29.32	01:09:19.26	00:32:21.38	10:00	02:11:09.97
1769	863/1393	132/213	1621	Paul Breitreutz	M	31	Lincoln	NE	00:29:19.19	01:07:27.44	00:34:27.13	10:00	02:11:13.76
1770	907/2794	111/378	746	Brandy Pappas	F	23	Lincoln	NE	00:29:23.33	01:09:35.26	00:32:18.04	10:00	02:11:16.64
1771	864/1393	133/213	4792	Derek Vanosdall	M	34	Omaha	NE	00:29:45.11	01:06:55.62	00:34:38.25	10:01	02:11:18.98
1772	908/2794	108/359	2428	Holly Smith	F	42	Lincoln	NE	00:29:45.25	01:09:22.52	00:32:11.28	10:01	02:11:19.06
1773	909/2794	163/477	3052	Grace Edelman	F	26	Omaha	NE	00:30:40.02	01:08:35.75	00:32:03.57	10:01	02:11:19.34
1774	910/2794	165/450	2247	Alison Peterson	F	32	Brooklyn	NY	00:30:39.83	01:08:35.94	00:32:03.70	10:01	02:11:19.48
1775	911/2794	47/167	2915	Leigh Heithoff	F	51	Raymond	NE	00:30:38.50	01:09:02.49	00:31:40.36	10:01	02:11:21.36
1776	912/2794	166/450	3429	Priscilla Petsch	F	33	South Bend	NE	00:28:03.07	01:07:15.47	00:36:04.15	10:01	02:11:22.70
1777	913/2794	164/477	3059	Tatiana De Los Santos	F	26	Lincoln	NE	00:26:17.85	01:08:33.03	00:36:34.38	10:01	02:11:25.27
1778	914/2794	109/359	2598	Machelle Young	F	42	Indianapolis	IN	00:27:34.15	01:09:32.63	00:34:19.61	10:01	02:11:26.40
1779	865/1393	121/173	5736	Nick Young	M	27	Thornton	CO	00:27:51.83	01:06:44.41	00:36:50.91	10:01	02:11:27.16
1780	915/2794	59/208	2366	Laura Meyers	F	46	Kearney	NE	00:28:08.26	01:07:39.47	00:35:40.58	10:01	02:11:28.32
1781	866/1393	79/134	1904	William Stolzenburg	M	45	Lincoln	NE	00:25:57.86	01:08:09.39	00:37:22.00	10:01	02:11:29.25
1782	867/1393	134/213	5640	Jonathan Gredy	M	34	Omaha	NE	00:27:16.11	01:09:04.05	00:35:10.36	10:01	02:11:30.52
1783	916/2794	165/477	4582	Becky Peters	F	29	Lincoln	NE	00:29:42.85	01:07:40.16	00:34:07.99	10:01	02:11:31.00
1784	917/2794	190/489	3054	Patty Martinez	F	35	Lincoln	NE	00:28:53.76	01:07:58.69	00:34:40.63	10:02	02:11:33.09
1785	868/1393	117/184	1650	Eric Chambers	M	42	Omaha	NE	00:31:19.70	01:11:03.90	00:29:09.76	10:02	02:11:33.36

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1786	918/2794	191/489	3317	Jami Bergen	F	37	Sutton	NE	00:30:39.27	01:08:27.12	00:32:28.82	10:02	02:11:35.21
1787	869/1393	80/134	5940	Bobby Petitt	M	46	Lincoln	NE	00:27:36.98	01:09:03.69	00:34:55.54	10:02	02:11:36.22
1788	870/1393	72/122	5533	Zachary Petitt	M	20	Lincoln	NE	00:27:37.75	01:09:03.95	00:34:55.11	10:02	02:11:36.82
1789	919/2794	110/359	2564	Alissa Clough	F	40	Lincoln	NE	00:27:49.82	01:08:28.90	00:35:20.48	10:02	02:11:39.21
1790	920/2794	112/378	1148	Samantha Timmons	F	21	Lincoln	NE	00:28:54.38	01:09:43.51	00:33:04.10	10:02	02:11:41.99
1791	871/1393	164/250	5571	Trent Mcconnell	M	38	Wallace	NE	00:29:09.76	01:09:18.02	00:33:15.89	10:02	02:11:43.67
1792	921/2794	111/359	644	Steph Erickson	F	42	Papillion	NE	00:30:11.97	01:07:31.10	00:34:02.55	10:03	02:11:45.63
1793	922/2794	166/477	3498	Rachael Weber	F	26	Omaha	NE	00:29:50.99	01:10:27.83	00:31:27.57	10:03	02:11:46.39
1794	923/2794	167/477	4326	Shannon Winkler	F	26	Lincoln	NE	00:29:38.40	01:08:45.27	00:33:23.07	10:03	02:11:46.75
1795	924/2794	192/489	6127	Katie Robertson	F	36	Elsie	NE	00:29:10.00	01:09:18.53	00:33:20.22	10:03	02:11:48.75
1796	872/1393	165/250	5043	Darin Robertson	M	38	Elsie	NE	00:29:10.67	01:09:18.73	00:33:20.28	10:03	02:11:49.69
1797	925/2794	168/477	2839	Lauren Dirkschneider	F	28	Lincoln	NE	00:28:34.11	01:07:23.64	00:35:52.50	10:03	02:11:50.26
1798	873/1393	135/213	5152	Jared Dirkschneider	M	31	Lincoln	NE	00:28:33.89	01:07:23.65	00:35:52.90	10:03	02:11:50.44
1799	874/1393	73/122	4759	Tyler Krajenka	M	23	Lincoln	NE	00:25:33.74	01:05:20.70	00:40:58.37	10:03	02:11:52.82
1800	926/2794	193/489	3719	Deeann Jensen	F	36	North Platte	NE	00:29:48.31	01:08:57.24	00:33:08.07	10:03	02:11:53.63
1801	927/2794	60/208	817	Connie Radke	F	49	Omaha	NE	00:30:17.20	01:08:50.32	00:32:46.33	10:03	02:11:53.86
1802	928/2794	167/450	423	Becky Solo	F	30	Malden	MA	00:30:16.99	01:08:50.39	00:32:46.59	10:03	02:11:53.98
1803	875/1393	24/53	1588	Dale Rasmussen	M	61	Ceresco	NE	00:26:52.21	01:05:11.11	00:39:51.51	10:03	02:11:54.83
1804	876/1393	118/184	5417	Jon Ferguson	M	41	Lincoln	NE	00:30:27.86	01:07:15.29	00:34:11.85	10:03	02:11:55.01
1805	929/2794	48/167	4429	Christine Kubitschek	F	52	Lincoln	NE	00:30:05.83	01:08:22.33	00:33:28.01	10:03	02:11:56.17
1806	930/2794	168/450	3720	Robyn Welch	F	31	Omaha	NE	00:30:41.74	01:08:42.76	00:32:35.07	10:04	02:11:59.57
1807	931/2794	169/477	314	Kate Pope	F	28	Sidney	NE	00:30:24.99	01:09:48.93	00:31:47.58	10:04	02:12:01.50
1808	877/1393	73/106	5793	Scott Runyan	M	50	Omaha	NE	00:30:23.99	01:08:58.00	00:32:41.12	10:04	02:12:03.12
1809	878/1393	74/122	5091	Toby Fisher	M	24	Lincoln	NE	00:33:01.66	01:10:51.64	00:28:10.11	10:04	02:12:03.41
1810	932/2794	113/378	2210	Avery Sass	F	21	Firth	NE	00:30:56.30	01:07:58.72	00:33:10.27	10:04	02:12:05.29
1811	933/2794	114/378	3597	Brenna Mcfadden	F	20	Kearney	NE	00:29:54.38	01:08:50.72	00:33:20.56	10:04	02:12:05.67
1812	934/2794	194/489	1002	Saphron Watson	F	38	Chadron	NE	00:30:24.74	01:09:48.23	00:31:52.78	10:04	02:12:05.76
1813	935/2794	170/477	2188	Morgan Chiles	F	26	Lincoln	NE	00:31:20.49	01:08:44.52	00:32:00.95	10:04	02:12:05.97
1814	879/1393	166/250	5441	Lalit Agarwal	M	39	Lincoln	NE	00:30:52.44	01:07:44.17	00:33:29.51	10:04	02:12:06.13
1815	936/2794	115/378	3598	Delaney Mcfadden	F	20	Kearney	NE	00:29:52.05	01:08:52.41	00:33:21.80	10:04	02:12:06.26
1816	937/2794	195/489	311	Kristen Pfeil	F	38	Lincoln	NE	00:29:27.35	01:08:47.48	00:33:51.53	10:04	02:12:06.36
1817	880/1393	119/184	1740	Todd Pfeil	M	40	Lincoln	NE	00:29:27.34	01:08:47.47	00:33:51.54	10:04	02:12:06.36
1818	881/1393	120/184	1525	Arun Pondicherry	M	43	Lincoln	NE	00:30:52.53	01:07:44.08	00:33:29.89	10:04	02:12:06.51
1819	882/1393	121/184	5515	Rama Kilaru	M	41	Lincoln	NE	00:32:00.69	01:06:35.71	00:33:30.51	10:04	02:12:06.92
1820	938/2794	26/89	3270	Allie Filbert	F	19	Panama	NE	00:27:53.46	01:07:35.18	00:36:38.81	10:04	02:12:07.46

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1821	939/2794	196/489	2310	Michaela Wallace	F	35	Lincoln	NE	00:29:51.47	01:09:11.16	00:33:06.38	10:04	02:12:09.01
1822	940/2794	116/378	1329	Rachel Bormann	F	22	Omaha	NE	00:30:41.97	01:08:36.35	00:32:50.99	10:04	02:12:09.31
1823	941/2794	169/450	3555	Rena Unger	F	30	Colorado Springs	CO	00:28:31.73	01:07:20.63	00:36:17.38	10:04	02:12:09.74
1824	942/2794	197/489	3326	Rachel Samuels	F	37	Lincoln	NE	00:26:16.46	01:07:59.87	00:37:53.51	10:04	02:12:09.85
1825	883/1393	75/122	1767	Darren Johnson	M	22	Ames	IA	00:30:42.81	01:08:34.15	00:32:53.48	10:04	02:12:10.45
1826	943/2794	49/167	505	Julie Kruckeberg	F	52	South Bend	NE	00:30:29.84	01:08:29.43	00:33:11.55	10:04	02:12:10.83
1827	944/2794	171/477	770	Eve Carlton	F	28	Omaha	NE	00:27:27.81	01:10:06.93	00:34:38.45	10:05	02:12:13.20
1828	945/2794	198/489	3275	Jaci Foged	F	35	Waverly	NE	00:27:02.34	01:09:46.15	00:35:25.85	10:05	02:12:14.35
1829	946/2794	172/477	186	Alexandra Berkebile	F	26	Lincoln	NE	00:30:49.89	01:08:30.40	00:32:56.64	10:05	02:12:16.94
1830	884/1393	167/250	5376	Adam Sellhorn	M	37	Lincoln	NE	00:29:18.75	01:06:23.94	00:36:36.94	10:05	02:12:19.64
1831	885/1393	168/250	1960	Benjamin Christensen	M	35	Omaha	NE	00:29:38.04	01:06:11.10	00:36:31.22	10:05	02:12:20.37
1832	886/1393	169/250	1604	Andrew Whealy	M	36	Omaha	NE	00:26:23.30	01:10:11.42	00:35:45.99	10:05	02:12:20.71
1833	947/2794	117/378	3560	Madeline Amenta	F	23	Omaha	NE	00:31:45.32	01:08:39.04	00:31:57.33	10:05	02:12:21.69
1834	948/2794	50/167	565	Susan Townsend	F	50	Lincoln	NE	00:29:37.17	01:09:23.84	00:33:22.87	10:05	02:12:23.89
1835	949/2794	170/450	664	Heidi Jezbera	F	32	Hildreth	NE	00:28:52.56	01:08:15.19	00:35:17.21	10:06	02:12:24.97
1836	950/2794	118/378	723	Leslie Elbe	F	24	Lincoln	NE	00:29:41.41	01:08:53.51	00:33:54.44	10:06	02:12:29.37
1837	887/1393	122/184	1897	Scott Blahauvietz	M	40	Lincoln	NE	00:28:08.37	01:06:52.10	00:37:29.79	10:06	02:12:30.27
1838	951/2794	199/489	4211	Penny Lightwine	F	35	Geneva	NE	00:30:24.69	01:08:31.93	00:33:36.07	10:06	02:12:32.70
1839	952/2794	200/489	829	Joy Donaldson	F	36	Dakota Dunes	SD	00:27:26.34	01:10:12.27	00:34:54.20	10:06	02:12:32.81
1840	953/2794	171/450	3402	Anne Petzel	F	30	Omaha	NE	00:28:16.55	01:08:29.92	00:35:46.99	10:06	02:12:33.47
1841	888/1393	25/53	1773	Tom Dobbe	M	60	Lincoln	NE	00:28:17.26	01:09:18.23	00:34:59.02	10:06	02:12:34.51
1842	954/2794	201/489	112	Kate Damgaard	F	36	Bellevue	NE	00:31:53.18	01:08:30.86	00:32:10.62	10:06	02:12:34.67
1843	889/1393	136/213	5687	Brad Ramp	M	30	Bennington	NE	00:26:36.68	01:06:54.89	00:39:03.41	10:06	02:12:34.99
1844	955/2794	27/89	326	Hailey Lehms	F	19	Lincoln	NE	00:27:49.82	01:07:23.43	00:37:22.02	10:06	02:12:35.27
1845	890/1393	137/213	1890	Dan Syde	M	31	Lincoln	NE	00:28:43.74	01:10:00.48	00:33:54.03	10:07	02:12:38.26
1846	956/2794	202/489	3624	Barb Knott	F	38	Bennington	NE	00:29:26.42	01:09:08.27	00:34:03.64	10:07	02:12:38.33
1847	957/2794	173/477	4545	Amanda Maupin	F	29	Papillion	NE	00:29:19.72	01:08:53.01	00:34:27.51	10:07	02:12:40.25
1848	958/2794	203/489	1067	Abby Christensen	F	35	Lincoln	NE	00:28:48.59	01:09:13.57	00:34:39.46	10:07	02:12:41.63
1849	959/2794	204/489	2259	Lisa Wernhoff	F	38	Platte Center	NE	00:28:32.31	01:07:33.69	00:36:36.49	10:07	02:12:42.51
1850	960/2794	119/378	3518	Allie Buesing	F	22	Lincoln	NE	00:29:42.61	01:07:57.46	00:35:04.33	10:07	02:12:44.41
1851	961/2794	174/477	2484	Elizabeth Nicholas	F	26	Lincoln	NE	00:29:15.80	01:10:03.80	00:33:24.95	10:07	02:12:44.55
1852	962/2794	61/208	2230	Lisa Lopez	F	46	Chanticleer Cir.	NE	00:27:50.67	01:07:51.79	00:37:02.53	10:07	02:12:45.00
1853	891/1393	138/213	5523	Patrick Wright	M	31	Lincoln	NE	00:30:09.73	01:09:01.69	00:33:33.60	10:07	02:12:45.03
1854	963/2794	120/378	244	Jayde Carstens	F	21	Beatrice	NE	00:29:06.31	01:09:10.41	00:34:29.14	10:07	02:12:45.87
1855	964/2794	175/477	2091	Caitlin Golden	F	27	Lincoln	NE	00:26:27.33	01:09:01.70	00:37:17.51	10:07	02:12:46.55

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1856	892/1393	27/33	4964	Josh E Bear	M	17	Crete	NE	00:27:58.30	01:09:25.79	00:35:22.76	10:07	02:12:46.86
1857	893/1393	76/122	4948	Jared Marsh	M	21	Belvidere	NE	00:29:06.84	01:09:09.66	00:34:30.59	10:07	02:12:47.10
1858	894/1393	139/213	5658	Adam Collette	M	34	Omaha	NE	00:26:24.06	01:09:14.73	00:37:08.95	10:07	02:12:47.75
1859	895/1393	77/122	4744	Cordell Wachter	M	20	Weeping Water	NE	00:24:30.11	01:08:23.51	00:39:54.22	10:07	02:12:47.85
1860	965/2794	205/489	3217	Katie J	F	36	Crete	NE	00:27:57.90	01:09:25.62	00:35:25.38	10:07	02:12:48.91
1861	966/2794	112/359	429	Beth Gard	F	42	Omaha	NE	00:29:46.56	01:08:07.68	00:34:55.13	10:07	02:12:49.38
1862	967/2794	206/489	2775	Amanda Baker	F	37	Omaha	NE	00:30:56.63	01:12:31.36	00:29:30.15	10:08	02:12:58.14
1863	968/2794	172/450	2208	Rebecca Post	F	30	Lincoln	NE	00:35:00.85	01:08:29.23	00:29:28.41	10:08	02:12:58.50
1864	969/2794	51/167	354	Kimberly Pappas	F	53	Lincoln	NE	00:29:22.38	01:09:36.46	00:34:00.23	10:08	02:12:59.08
1865	970/2794	62/208	900	Connie Peterson	F	46	Lincoln	NE	00:28:53.57	01:09:01.98	00:35:04.45	10:08	02:13:00.01
1866	971/2794	173/450	4559	Jessica Wurtz	F	30	Valley	NE	00:30:03.74	01:08:53.53	00:34:03.55	10:08	02:13:00.82
1867	972/2794	174/450	479	Keri Callahan	F	31	North Platte	NE	00:28:53.36	01:08:25.82	00:35:41.71	10:08	02:13:00.89
1868	973/2794	113/359	3384	Heather White	F	42	Kearney	NE	00:28:50.08	01:10:24.94	00:33:46.74	10:08	02:13:01.76
1869	896/1393	122/173	1495	Seth Callahan	M	29	North Platte	NE	00:28:53.32	01:08:25.19	00:35:43.26	10:08	02:13:01.77
1870	897/1393	78/122	5494	Eric Nielsen	M	21	Kirkman	IA	00:29:25.25	01:07:24.49	00:36:12.12	10:08	02:13:01.87
1871	974/2794	63/208	3178	Ralisa Leaman	F	48	Doniphan	NE	00:30:04.56	01:09:19.00	00:33:38.96	10:08	02:13:02.53
1872	975/2794	28/89	3753	Morgan Mcchesney	F	19	St. Louis	MO	00:30:13.55	01:06:55.00	00:35:57.24	10:09	02:13:05.80
1873	898/1393	74/106	5545	Stu Kerns	M	54	Roca	NE	00:27:45.42	01:06:28.55	00:38:51.85	10:09	02:13:05.82
1874	899/1393	75/106	1672	John Neal	M	54	Lincoln	NE	00:31:45.01	01:09:40.51	00:31:41.75	10:09	02:13:07.28
1875	900/1393	79/122	4814	Cody Potter	M	23	Lincoln	NE	00:28:29.38	01:06:20.44	00:38:17.48	10:09	02:13:07.30
1876	976/2794	207/489	404	Jill Spies	F	38	Templeton	IA	00:28:24.27	01:10:55.66	00:33:49.83	10:09	02:13:09.76
1877	977/2794	208/489	852	Heather Brincks	F	39	Templeton	IA	00:28:24.25	01:10:55.67	00:33:49.83	10:09	02:13:09.76
1878	978/2794	176/477	3051	Cortney Steffensmeier	F	25	Norfolk	NE	00:29:37.02	01:08:56.97	00:34:35.91	10:09	02:13:09.90
1879	979/2794	121/378	2727	Marisa Moseman	F	20	Hickman	NE	00:27:58.30	01:09:26.96	00:35:47.80	10:09	02:13:13.07
1880	980/2794	114/359	3586	Lori Borer	F	40	Firth	NE			00:35:48.21	10:09	02:13:13.19
1881	981/2794	115/359	235	Melanie Reinke	F	42	Walton	NE	00:30:28.87	01:09:32.45	00:33:12.43	10:09	02:13:13.76
1882	982/2794	209/489	2274	Melissa Shapiro	F	35	Omaha	NE	00:29:45.79	01:06:29.17	00:36:59.33	10:09	02:13:14.30
1883	983/2794	177/477	3248	Morgan Mowery	F	26	Lincoln	NE	00:27:45.08	01:10:52.17	00:34:37.52	10:09	02:13:14.77
1884	984/2794	178/477	902	Alicia Buller	F	29	Lincoln	NE	00:29:56.40	01:08:34.66	00:34:44.77	10:09	02:13:15.84
1885	985/2794	210/489	4532	Angela Burchett	F	38	Lincoln	NE	00:29:45.83	01:08:34.59	00:34:56.03	10:09	02:13:16.46
1886	901/1393	123/184	6017	Jared Stockwell	M	40	Grand Island	NE	00:29:28.07	01:09:24.48	00:34:27.06	10:10	02:13:19.61
1887	902/1393	46/81	1711	Dennis Kottwiz	M	56	Lincoln	NE	00:29:14.64	01:06:10.52	00:37:54.75	10:10	02:13:19.92
1888	903/1393	140/213	5524	Travis Shepler	M	34	Lincoln	NE	00:31:25.92	01:10:24.34	00:31:30.71	10:10	02:13:20.98
1889	904/1393	80/122	5755	Alex Keele	M	23	Hastings	NE	00:25:27.11	01:07:55.16	00:39:59.33	10:10	02:13:21.61
1890	986/2794	122/378	2829	Halie Meints	F	22	Plymouth	NE	00:30:33.94	01:10:37.92	00:32:13.27	10:10	02:13:25.13

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1891	987/2794	123/378	2861	Maddie Egeberg	F	20	Waverly	NE	00:27:43.29	01:08:32.36	00:37:10.18	10:10	02:13:25.83
1892	988/2794	29/89	2495	Paige Supencheck	F	18	Lincoln	NE	00:29:41.69	01:09:50.17	00:33:59.10	10:11	02:13:30.97
1893	989/2794	175/450	3517	Jessa Bears	F	31	Farragut	IA	00:32:05.31	01:10:37.70	00:30:48.10	10:11	02:13:31.12
1894	990/2794	124/378	3960	Courtney Murphy	F	23	Lincoln	NE	00:28:58.02	01:09:41.15	00:34:53.49	10:11	02:13:32.66
1895	991/2794	211/489	3395	Catherine Nixon	F	38	Lincoln	NE	00:30:23.62	01:10:14.40	00:32:58.61	10:11	02:13:36.64
1896	992/2794	30/89	2883	Leah Egeberg	F	17	Waverly	NE	00:27:43.22	01:08:11.71	00:37:42.00	10:11	02:13:36.93
1897	993/2794	64/208	4142	Jodi Andresen	F	46	Bennington	NE	00:28:58.86	01:10:58.86	00:33:39.36	10:11	02:13:37.09
1898	994/2794	65/208	1061	Chris Bolte	F	48	Lincoln	NE	00:28:49.59	01:09:23.83	00:35:23.99	10:11	02:13:37.42
1899	995/2794	176/450	3887	Joely Goodman	F	30	Juniata	NE	00:29:46.95	01:08:13.31	00:35:40.25	10:11	02:13:40.51
1900	996/2794	125/378	2384	Lindsey Howell	F	23	Lincoln	NE	00:31:00.23	01:10:10.18	00:32:30.48	10:11	02:13:40.89
1901	997/2794	116/359	3765	Jessica Harper	F	41	Lincoln	NE	00:27:09.37	01:10:22.77	00:36:08.79	10:11	02:13:40.93
1902	998/2794	179/477	2548	Alyssa Amen	F	25	Lincoln	NE	00:31:39.77	01:10:34.92	00:31:27.98	10:11	02:13:42.67
1903	999/2794	180/477	2337	Andrea Hennings	F	28	Papillion	NE	00:27:46.00	01:09:33.70	00:36:24.10	10:12	02:13:43.81
1904	1000/2794	126/378	2551	Riley Sleister	F	20	Maryville	MO	00:28:49.01	01:08:38.00	00:36:18.26	10:12	02:13:45.28
1905	1001/2794	127/378	2383	Alexandra Stroman	F	24	Lincoln	NE	00:30:17.61	01:09:09.56	00:34:18.99	10:12	02:13:46.17
1906	905/1393	124/184	5768	Mark Law	M	44	Omaha	NE	00:33:26.26	01:11:36.42	00:28:47.36	10:12	02:13:50.05
1907	906/1393	170/250	1522	Wynn Lafferty	M	35	Lincoln	NE	00:27:56.23	01:11:38.84	00:34:15.82	10:12	02:13:50.90
1908	1002/2794	117/359	4410	Jamie Fields	F	41	Seward	NE	00:30:07.22	01:09:01.88	00:34:42.93	10:12	02:13:52.03
1909	1003/2794	33/103	1155	Tammie Holley	F	56	Valparaiso	NE	00:30:38.06	01:09:11.88	00:34:04.54	10:12	02:13:54.49
1910	1004/2794	52/167	805	Susan Stauffer	F	52	Lincoln	NE	00:28:51.02	01:09:12.75	00:35:50.87	10:12	02:13:54.65
1911	1005/2794	118/359	398	Kim Riggs	F	43	Lincoln	NE	00:29:35.03	01:06:31.69	00:37:48.38	10:12	02:13:55.11
1912	907/1393	171/250	6058	Keiron Taylor	M	37	Omaha	NE	00:31:20.87	01:06:47.26	00:35:49.00	10:13	02:13:57.14
1913	1006/2794	4/46	3114	Harriette Lococo	F	63	Lincoln	NE	00:30:46.41	01:09:31.50	00:33:40.09	10:13	02:13:58.00
1914	1007/2794	181/477	2941	Jenna Ballmer	F	26	Kearney	NE	00:26:49.71	01:07:32.63	00:39:36.26	10:13	02:13:58.61
1915	1008/2794	66/208	675	Missy Dorsch	F	46	Pawnee City	NE	00:27:38.42	01:12:07.22	00:34:18.10	10:13	02:14:03.74
1916	1009/2794	128/378	4113	Katerina Reimers	F	22	Seward	NE	00:30:40.61	01:10:37.19	00:32:47.08	10:13	02:14:04.88
1917	1010/2794	129/378	2748	Sarah Moody	F	21	Seward	NE	00:30:40.60	01:10:36.87	00:32:48.09	10:13	02:14:05.56
1918	1011/2794	212/489	322	Lyndsay Bahrke	F	36	Orange City	IA	00:30:28.26	01:08:53.36	00:34:44.32	10:13	02:14:05.95
1919	1012/2794	130/378	2586	Kayla Kallenbach	F	22	Lincoln	NE	00:28:30.26	01:07:24.01	00:38:12.89	10:13	02:14:07.17
1920	1013/2794	177/450	2758	Kari Brennan	F	34	Lincoln	NE	00:28:59.12	01:08:46.91	00:36:22.14	10:13	02:14:08.18
1921	908/1393	172/250	5538	Matt Nockels	M	39	Lincoln	NE	00:31:54.45	01:10:04.64	00:32:11.41	10:14	02:14:10.51
1922	1014/2794	182/477	4035	Jamie Loberg	F	29	Eagle	NE	00:28:32.25	01:08:39.51	00:36:59.00	10:14	02:14:10.76
1923	1015/2794	178/450	2399	Ashley Elrod	F	31	Lincoln	NE	00:29:26.60	01:09:16.94	00:35:27.74	10:14	02:14:11.29
1924	1016/2794	53/167	3906	Michelle Bandur	F	51	Omaha	NE	00:30:46.49	01:08:31.28	00:34:53.72	10:14	02:14:11.50
1925	1017/2794	131/378	2561	Elizabeth Opitz	F	24	Omaha	NE	00:29:11.18	01:09:05.64	00:35:55.09	10:14	02:14:11.92

# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1926	1018/2794	119/359	1055	Amy Decker	F	43	Lincoln	NE	00:27:08.28	01:11:00.18	00:36:04.28	10:14	02:14:12.75
1927	1019/2794	213/489	2084	Natsumi Ogura	F	35	Omaha	NE	00:29:24.37	01:06:01.13	00:38:47.25	10:14	02:14:12.76
1928	1020/2794	214/489	3333	Naviere Walkewicz	F	39	Bellevue	NE	00:29:52.80	01:09:27.47	00:34:54.22	10:14	02:14:14.50
1929	1021/2794	215/489	3152	Katie Kolb	F	38	Bellevue	NE	00:29:52.92	01:09:28.21	00:34:53.87	10:14	02:14:15.01
1930	909/1393	81/122	1532	Connor Logsdon	M	21	Lincoln	NE	00:31:09.01	01:11:34.87	00:31:31.55	10:14	02:14:15.44
1931	1022/2794	216/489	2293	Molly Carpenter	F	37	Omaha	NE	00:29:53.99	01:09:28.08	00:34:54.16	10:14	02:14:16.24
1932	1023/2794	132/378	2566	Kailen Bricker	F	22	Eagle	NE	00:31:08.71	01:11:34.97	00:31:32.76	10:14	02:14:16.45
1933	910/1393	123/173	5713	Chris Hoagland	M	29	Hastings	NE	00:26:56.23	01:09:53.27	00:37:27.01	10:14	02:14:16.51
1934	911/1393	124/173	5943	Josh Haby	M	29	Lincoln	NE	00:31:55.54	01:10:03.99	00:32:17.03	10:14	02:14:16.56
1935	1024/2794	183/477	589	Ashley Rinke	F	26	Lincoln	NE	00:28:31.02	01:08:50.15	00:36:57.08	10:14	02:14:18.27
1936	1025/2794	34/103	1328	Sharla Schultze	F	57	Lincoln	NE	00:29:27.10	01:08:10.65	00:36:40.59	10:14	02:14:18.35
1937	1026/2794	67/208	2976	Jerilyn Wilkinson	F	49	Syracuse	NE	00:29:16.98	01:07:48.77	00:37:13.36	10:14	02:14:19.12
1938	1027/2794	184/477	2568	Jenny Kocarnik	F	28	Omaha	NE	00:27:21.14	01:10:59.08	00:35:59.62	10:14	02:14:19.84
1939	1028/2794	54/167	4387	Lynnette Kiss	F	54	Alliance	NE	00:29:59.95	01:10:13.14	00:34:07.57	10:14	02:14:20.66
1940	912/1393	47/81	5081	Don Anderson	M	55	Lincoln	NE	00:32:18.61	01:11:27.92	00:30:34.36	10:14	02:14:20.90
1941	913/1393	7/19	4745	Kellan May	M	12	Lincoln	NE	00:30:14.96	01:11:08.60	00:32:57.47	10:14	02:14:21.03
1942	1029/2794	133/378	3080	Sarah Morton	F	21	Lincoln	NE	00:30:34.07	01:10:37.66	00:33:09.50	10:14	02:14:21.24
1943	914/1393	125/184	5661	Mike Loizzo	M	43	Lincoln	NE	00:29:38.82	01:10:57.16	00:33:46.27	10:15	02:14:22.26
1944	915/1393	173/250	1618	Austin Rowser	M	38	Omaha	NE	00:28:19.77	01:06:20.77	00:39:44.71	10:15	02:14:25.26
1945	1030/2794	217/489	932	Amy Sadler	F	35	Lincoln	NE	00:32:54.42	01:11:17.40	00:30:13.45	10:15	02:14:25.28
1946	1031/2794	218/489	2893	Jaclyn Smith	F	36	Ithaca	NE	00:29:12.56	01:09:40.70	00:35:32.22	10:15	02:14:25.48
1947	916/1393	126/184	1623	Matt Severin	M	40	Lincoln	NE	00:30:12.22	01:08:25.24	00:35:49.02	10:15	02:14:26.48
1948	1032/2794	55/167	655	Anne Emler	F	52	Lincoln	NE	00:31:34.78	01:11:43.31	00:31:09.15	10:15	02:14:27.24
1949	1033/2794	219/489	866	Tiffany Johnson	F	35	Cairo	NE	00:29:26.10	01:10:18.92	00:34:45.99	10:15	02:14:31.02
1950	1034/2794	134/378	666	Ashlee Miller	F	22	Papillion	NE	00:31:03.60	01:08:39.85	00:34:48.07	10:15	02:14:31.53
1951	1035/2794	56/167	5468	Julie A. Moore	F	53	Lincoln	NE	00:30:50.50	01:10:20.98	00:33:20.10	10:15	02:14:31.58
1952	1036/2794	120/359	2467	Wendy O'dell	F	40	Lincoln	NE	00:27:24.83	01:05:41.10	00:41:25.72	10:15	02:14:31.66
1953	1037/2794	135/378	3693	Megan Rieger	F	24	Wichita	KS	00:29:50.39	01:10:29.45	00:34:12.84	10:15	02:14:32.69
1954	917/1393	48/81	1397	Barry Hoover	M	57	Lincoln	NE	00:30:33.39	01:08:02.96	00:35:56.73	10:15	02:14:33.08
1955	1038/2794	136/378	3544	Caylee Lorenz	F	20	Gretna	NE	00:28:46.29	01:09:15.20	00:36:32.61	10:15	02:14:34.11
1956	1039/2794	220/489	2448	Michele May	F	39	Lincoln	NE	00:30:15.38	01:11:07.62	00:33:11.42	10:15	02:14:34.42
1957	918/1393	49/81	5910	Craig Brauer	M	59	Sidney	NE	00:30:40.25	01:10:11.74	00:33:44.24	10:16	02:14:36.23
1958	1040/2794	68/208	3682	Heidi Melcher	F	48	Waterloo	NE	00:31:30.91	01:10:07.81	00:32:57.74	10:16	02:14:36.46
1959	1041/2794	179/450	321	Lisa Baine	F	31	Omaha	NE	00:30:19.84	01:09:11.88	00:35:05.44	10:16	02:14:37.16
1960	1042/2794	180/450	865	Holly Hopkins	F	32	Lincoln	NE	00:29:45.61	01:09:11.04	00:35:42.71	10:16	02:14:39.36



# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1961	1043/2794	221/489	1112	Sara Baird	F	36	Papillion	NE	00:31:33.03	01:10:14.62	00:32:53.31	10:16	02:14:40.97
1962	919/1393	125/173	5040	Jake Farewell	M	27	Atkinson	NE	00:30:37.06	01:09:18.70	00:34:46.37	10:16	02:14:42.14
1963	1044/2794	35/103	4393	Marcia Grant	F	55	Columbus	NE	00:27:29.49	01:07:39.14	00:39:33.61	10:16	02:14:42.25
1964	1045/2794	185/477	2872	Jill Petersen	F	26	Fremont	NE	00:28:53.55	01:09:47.85	00:36:01.37	10:16	02:14:42.78
1965	920/1393	126/173	5778	Clayton Hensley	M	29	Fremont	NE	00:28:53.83	01:09:47.44	00:36:01.57	10:16	02:14:42.84
1966	1046/2794	31/89	2123	Victoria Miyashiro	F	17	Lincoln	NE	00:31:23.49	01:11:57.04	00:31:22.97	10:16	02:14:43.51
1967	1047/2794	181/450	3126	Jaclyn Seiders	F	32	Searcy	AR	00:31:27.91	01:10:05.16	00:33:12.15	10:16	02:14:45.23
1968	1048/2794	69/208	4094	Kim Mowinkel	F	49	Gretna	NE	00:29:30.10	01:10:02.64	00:35:15.02	10:16	02:14:47.76
1969	1049/2794	57/167	3988	Barb Leu	F	52	Columbus	NE	00:29:27.36	01:09:30.66	00:35:53.11	10:17	02:14:51.14
1970	1050/2794	182/450	1354	Lindsey Holmquest	F	33	Sioux Falls	SD	00:29:21.89	01:09:24.68	00:36:04.72	10:17	02:14:51.30
1971	1051/2794	222/489	614	Jamie Cruise	F	39	Lincoln	NE	00:27:42.07	01:10:16.45	00:36:52.95	10:17	02:14:51.48
1972	1052/2794	186/477	3655	Sarah Mccaslin	F	26	Lincoln	NE	00:32:33.20	01:12:53.94	00:29:29.26	10:17	02:14:56.41
1973	1053/2794	58/167	2703	Glenda Kerwin	F	52	Omaha	NE	00:31:36.26	01:10:42.22	00:32:39.04	10:17	02:14:57.53
1974	1054/2794	70/208	256	Deb Toth	F	45	Lincoln	NE	00:29:57.62	01:08:58.95	00:36:02.24	10:17	02:14:58.81
1975	1055/2794	121/359	297	Lori Hemmett	F	44	Lincoln	NE	00:30:31.12	01:08:51.07	00:35:37.26	10:17	02:14:59.46
1976	921/1393	127/173	5197	Jose Morales	M	26	Omaha	NE	00:32:34.00	01:12:53.54	00:29:32.04	10:17	02:14:59.59
1977	922/1393	82/122	5229	Trey Montanez	M	23	Lincoln	NE	00:33:16.50	01:05:26.69	00:36:16.47	10:17	02:14:59.66
1978	1056/2794	5/10	2474	Hannah Knigge	F	14	Fairbury	NE	00:30:29.00	01:08:11.38	00:36:20.67	10:17	02:15:01.06
1979	1057/2794	223/489	857	Regina Wagner	F	39	Fremont	NE	00:30:41.32	01:09:11.92	00:35:08.01	10:17	02:15:01.25
1980	1058/2794	183/450	4115	Danielle Fairbanks	F	30	Beatrice	NE	00:30:29.24	01:08:11.13	00:36:20.87	10:17	02:15:01.26
1981	1059/2794	122/359	907	Amy Ruisinger	F	44	Bennet	NE	00:31:00.52	01:09:43.77	00:34:17.27	10:18	02:15:01.56
1982	1060/2794	224/489	803	Jennifer Springer	F	37	Lincoln	NE	00:29:34.62	01:08:46.48	00:36:40.90	10:18	02:15:02.01
1983	1061/2794	123/359	2470	Janae Lamme	F	41	Fremont	NE	00:30:44.77	01:09:12.44	00:35:07.35	10:18	02:15:04.56
1984	923/1393	50/81	5718	Timothy Knudsen	M	56	Papillion	NE	00:30:19.10	01:11:03.17	00:33:42.98	10:18	02:15:05.25
1985	1062/2794	184/450	248	Jessica Spitsen	F	32	Lincoln	NE	00:29:42.06	01:10:06.04	00:35:19.63	10:18	02:15:07.73
1986	1063/2794	185/450	3151	Melissa Newby	F	34	Wichita	KS	00:32:00.85	01:10:23.45	00:32:43.47	10:18	02:15:07.78
1987	1064/2794	124/359	2472	Heidi Richmond	F	44	Fremont	NE	00:30:49.59	01:09:11.64	00:35:07.29	10:18	02:15:08.53
1988	1065/2794	125/359	2031	Jenna Gifford	F	40	Fremont	NE	00:30:49.40	01:09:11.10	00:35:08.24	10:18	02:15:08.74
1989	924/1393	174/250	1932	Kyle Kopetzky	M	36	Lincoln	NE	00:26:05.39	01:11:02.43	00:38:02.18	10:18	02:15:10.01
1990	925/1393	175/250	4960	Tyson Tilton	M	35	York	NE	00:27:31.86	01:09:46.93	00:37:51.97	10:18	02:15:10.76
1991	1066/2794	225/489	1292	Bethany Vance	F	35	Grand Island	NE	00:29:57.66	01:10:51.84	00:34:22.65	10:18	02:15:12.15
1992	1067/2794	187/477	133	Jennifer Borer	F	26	Neligh	NE	00:28:14.70	01:09:47.69	00:37:10.47	10:18	02:15:12.87
1993	1068/2794	126/359	703	Michele Jaixen	F	44	Omaha	NE	00:31:01.56	01:10:32.60	00:33:39.29	10:18	02:15:13.45
1994	1069/2794	186/450	2021	Tamara Vigil	F	33	Lincoln	NE	00:32:22.87	01:11:20.63	00:31:31.54	10:19	02:15:15.05
1995	926/1393	81/134	1729	Mark Adams	M	47	Omaha	CO	00:30:21.97	01:08:12.86	00:36:40.52	10:19	02:15:15.36

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1996	1070/2794	137/378	544	Kimberly Somarriba	F	20	Lincoln	NE	00:31:28.72	01:10:29.96	00:33:17.11	10:19	02:15:15.79
1997	927/1393	141/213	1727	John Buller	M	30	Lincoln	NE	00:29:56.49	01:09:24.52	00:35:56.90	10:19	02:15:17.91
1998	1071/2794	188/477	2621	Jeri Schelkopf	F	26	Hastings	NE	00:30:11.53	01:09:53.94	00:35:13.83	10:19	02:15:19.30
1999	1072/2794	226/489	3034	Kathleen Merkel	F	36	Omaha	NE	00:31:23.78	01:11:17.15	00:32:40.11	10:19	02:15:21.05
2000	1073/2794	227/489	3032	Sarah Anderson	F	37	Elkhorn	NE	00:31:23.58	01:11:16.94	00:32:40.53	10:19	02:15:21.06
2001	928/1393	82/134	5572	David Black	M	48	Raymond	NC	00:29:47.74	01:10:04.51	00:35:29.39	10:19	02:15:21.64
2002	1074/2794	189/477	3590	Sara Schutte	F	26	Lincoln	NE	00:30:45.55	01:09:48.61	00:34:49.00	10:19	02:15:23.16
2003	1075/2794	187/450	260	Erin Stokke	F	33	Lincoln	NE	00:27:10.76	01:12:29.89	00:35:43.06	10:19	02:15:23.72
2004	1076/2794	71/208	561	Brandi Haltom	F	45	Omaha	NE	00:30:23.63	01:10:23.46	00:34:37.48	10:19	02:15:24.58
2005	1077/2794	188/450	4026	Stacy Nelson	F	31	Arlington	NE	00:28:10.29	01:10:11.72	00:37:03.36	10:19	02:15:25.37
2006	1078/2794	190/477	3154	Rachael Bak	F	28	Sioux Falls	SD	00:28:10.93	01:10:12.11	00:37:02.46	10:19	02:15:25.51
2007	1079/2794	189/450	3959	Danae Garfield	F	31	Lincoln	NE	00:32:40.53	01:10:17.58	00:32:28.46	10:19	02:15:26.57
2008	1080/2794	127/359	511	Tami Soares	F	41	Waverly	NE	00:28:34.58	01:11:11.50	00:35:40.99	10:19	02:15:27.07
2009	1081/2794	128/359	948	Jenny Schlosser	F	41	Omaha	NE	00:30:26.74	01:10:23.01	00:34:38.74	10:20	02:15:28.50
2010	1082/2794	138/378	509	Mckenzie Nielsen	F	21	Lincoln	NE	00:29:58.78	01:11:14.14	00:34:16.03	10:20	02:15:28.96
2011	1083/2794	139/378	344	Gloria Consuelo	F	22	Lincoln	NE	00:29:58.89	01:11:13.94	00:34:16.81	10:20	02:15:29.64
2012	1084/2794	72/208	1218	Beth Voliin	F	46	Lincoln	NE	00:30:07.20	01:09:55.41	00:35:28.76	10:20	02:15:31.39
2013	1085/2794	73/208	4588	Alice Daood	F	45	Wichita	KS	00:29:00.82	01:09:36.31	00:36:58.87	10:20	02:15:36.00
2014	1086/2794	129/359	1150	Tanya Poehler	F	42	Cairo	NE	00:29:56.77	01:10:51.95	00:34:51.24	10:20	02:15:39.96
2015	1087/2794	74/208	1129	Jean Holt	F	47	Lincoln	NE	00:30:06.83	01:09:42.44	00:35:52.83	10:21	02:15:42.11
2016	929/1393	83/134	1744	Jason Shulenberger	M	47	Omaha	NE	00:31:59.03	01:11:41.71	00:32:01.47	10:21	02:15:42.22
2017	1088/2794	228/489	3435	Sarah Jansa	F	35	Wahoo	NE	00:30:46.02	01:09:48.31	00:35:09.28	10:21	02:15:43.63
2018	1089/2794	130/359	1350	Kelly Ems-Wood	F	41	Lincoln	NE	00:27:03.11	01:11:47.90	00:36:53.55	10:21	02:15:44.57
2019	1090/2794	131/359	2241	Mikiko Oka	F	42	Lincoln	NE	00:30:29.58	01:08:57.58	00:36:18.81	10:21	02:15:45.98
2020	1091/2794	229/489	3344	Leah Stade	F	36	Minden	NE	00:28:50.85			10:21	02:15:48.75
2021	1092/2794	230/489	3633	Janna Recker	F	35	Lincoln	NE	00:29:27.19	01:09:36.81	00:36:46.24	10:21	02:15:50.25
2022	1093/2794	132/359	3382	Tova Shaffer	F	41	Kearney	NE	00:28:49.95	01:10:25.69	00:36:34.66	10:21	02:15:50.31
2023	1094/2794	133/359	3793	Carmen Hinman	F	43	Fairbury	NE	00:33:32.86	01:11:39.23	00:30:39.27	10:21	02:15:51.36
2024	1095/2794	5/46	2331	Donna Shear	F	61	Lincoln	NE	00:29:43.32	01:08:18.34	00:37:50.37	10:21	02:15:52.04
2025	1096/2794	134/359	4119	Jodell Doane	F	42	Bellevue	NE	00:30:46.35	01:09:27.76	00:35:38.26	10:21	02:15:52.38
2026	1097/2794	6/46	3049	Theresa Johnson	F	62	Omaha	NE	00:27:59.56	01:09:45.15	00:38:08.24	10:21	02:15:52.96
2027	1098/2794	36/103	3603	Carilyn Booker	F	56	Ada	MI	00:29:57.15	01:19:18.47	00:26:38.01	10:21	02:15:53.64
2028	1099/2794	190/450	3478	Jennifer Romohr	F	32	Lincoln	NE	00:29:02.38	01:12:34.27	00:34:20.01	10:22	02:15:56.66
2029	1100/2794	75/208	767	Stacie Higgins	F	46	Nebraska City	NE	00:29:31.15	01:08:33.94	00:37:51.76	10:22	02:15:56.86
2030	1101/2794	135/359	4199	Michelle Claycomb	F	41	Lincoln	NE	00:29:02.82	01:12:33.44	00:34:20.70	10:22	02:15:56.97

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2031	1102/2794	191/477	761	Robin Butt	F	29	Lincoln	NE	00:30:16.17	01:12:33.01	00:33:07.94	10:22	02:15:57.13
2032	1103/2794	136/359	3372	Molly Mcneely	F	41	Nebraska City	NE	00:29:31.16	01:08:33.86	00:37:52.49	10:22	02:15:57.51
2033	1104/2794	76/208	318	Janet Shulenberger	F	48	Omaha	NE	00:32:02.54	01:11:46.71	00:32:09.78	10:22	02:15:59.04
2034	1105/2794	191/450	2463	Darcie Mackling	F	34	Gretna	NE	00:37:46.18	01:06:44.26	00:31:30.43	10:22	02:16:00.88
2035	930/1393	128/173	4871	Juan Guerrero	M	25	Lincoln	NE	00:33:04.86	01:10:48.46	00:32:07.93	10:22	02:16:01.26
2036	1106/2794	231/489	1280	Mychelle Thompson	F	35	Bennet	NE	00:31:33.91	01:11:09.95	00:33:19.94	10:22	02:16:03.80
2037	1107/2794	232/489	799	Stephanie Strong	F	39	Lincoln	NE	00:29:21.37	01:08:27.94	00:38:15.00	10:22	02:16:04.32
2038	1108/2794	77/208	3766	Marci Rost	F	46	Lincoln	NE	00:30:58.00	01:10:55.80	00:34:11.41	10:22	02:16:05.21
2039	931/1393	84/134	1876	Cory Faust	M	45	Columbus	NE	00:29:06.64	01:09:46.69	00:37:12.08	10:22	02:16:05.41
2040	1109/2794	233/489	2849	Adrienne Strohmeier	F	36	Wichita	KS	00:29:04.54	01:09:55.23	00:37:06.18	10:22	02:16:05.95
2041	1110/2794	192/477	4224	Kate Little	F	28	Ralston	NE	00:29:55.56	01:10:06.20	00:36:06.21	10:23	02:16:07.98
2042	1111/2794	234/489	1425	Carie Bruss	F	38	Lincoln	NE	00:29:59.57	01:11:08.83	00:35:00.10	10:23	02:16:08.51
2043	932/1393	51/81	5932	Richard Henriques	M	55	Lincoln	NE	00:30:50.82	01:10:55.65	00:34:22.37	10:23	02:16:08.84
2044	933/1393	28/33	5051	Pierce Yates	M	15	Lincoln	NE	00:33:30.90	01:12:09.60	00:30:28.56	10:23	02:16:09.06
2045	1112/2794	140/378	3768	Kimberly Kern	F	23	Fort Collins	CO	00:31:22.88	01:10:04.04	00:34:43.61	10:23	02:16:10.53
2046	1113/2794	141/378	5121	Abigail Flory	F	24	Lincoln	NE	00:32:22.72	01:11:13.27	00:32:36.43	10:23	02:16:12.43
2047	1114/2794	235/489	2761	Shelly Bresson	F	36	Friend	NE	00:26:59.31	01:08:26.56	00:40:48.42	10:23	02:16:14.29
2048	1115/2794	6/10	2674	Emma Labenz	F	14	Clarkson	NE	00:29:37.20	01:10:50.16	00:35:47.13	10:23	02:16:14.49
2049	1116/2794	137/359	3480	Amanda Grafel	F	40	Oberlin	KS	00:30:44.31	01:10:26.11	00:35:04.57	10:23	02:16:15.00
2050	1117/2794	236/489	2760	Brook Paulsen	F	37	Friend	NE	00:26:56.51	01:07:41.39	00:41:37.17	10:23	02:16:15.08
2051	1118/2794	192/450	2837	Talia Janzen	F	33	Omaha	NE	00:29:17.61	01:09:04.68	00:37:53.31	10:23	02:16:15.60
2052	934/1393	176/250	6042	Kyle Janzen	M	36	Omaha	NE	00:29:24.06	01:08:58.70	00:37:52.88	10:23	02:16:15.64
2053	1119/2794	193/477	375	Emily Kucera	F	25	Lincoln	NE	00:28:09.13	01:10:41.54	00:37:25.30	10:23	02:16:15.98
2054	935/1393	129/173	5392	Robert Taylor	M	29	Lincoln	NE	00:27:48.83	01:11:08.43	00:37:19.05	10:23	02:16:16.32
2055	1120/2794	138/359	3296	Michelle Hohenfeldt Spethma	F	42	Lincoln	NE	00:30:56.04	01:11:18.92	00:34:02.23	10:23	02:16:17.20
2056	1121/2794	142/378	3479	Brooke Ronhovde	F	20	Fremont	NE	00:27:48.02	01:11:56.52	00:36:33.46	10:23	02:16:18.01
2057	936/1393	83/122	5037	Nathan Kyes	M	20	Fremont	NE	00:27:52.80	01:11:52.62	00:36:32.99	10:23	02:16:18.41
2058	937/1393	84/122	5094	Josef Reinsvold	M	21	Lincoln	NE	00:27:49.54	01:13:51.51	00:34:37.88	10:23	02:16:18.93
2059	938/1393	177/250	5159	Ryan Pilkington	M	37	Lincoln	NE	00:28:07.52	01:10:07.33	00:38:04.32	10:23	02:16:19.18
2060	939/1393	85/122	1539	Luke Paswaters	M	21	Lincoln	NE	00:29:48.89	01:12:16.35	00:34:14.48	10:23	02:16:19.72
2061	940/1393	85/134	1575	Byron Riesen	M	49	Beatrice	NE	00:29:48.84	01:12:16.69	00:34:14.66	10:24	02:16:20.19
2062	1122/2794	143/378	228	Brianna Paswaters	F	21	Lincoln	NE	00:29:49.36	01:12:16.63	00:34:14.37	10:24	02:16:20.36
2063	1123/2794	144/378	443	Kara Marvin	F	24	Beatrice	NE	00:29:49.77	01:12:16.47	00:34:14.48	10:24	02:16:20.72
2064	1124/2794	237/489	2890	Amy Rikli	F	38	Greenwood	NE	00:29:52.51	01:11:14.31	00:35:14.05	10:24	02:16:20.88
2065	1125/2794	59/167	2673	Karla Labenz	F	53	Clarkson	NE	00:29:37.86	01:09:20.44	00:37:22.69	10:24	02:16:20.99

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2066	1126/2794	194/477	2845	Megan Michel	F	25	Omaha	NE	00:30:17.38	01:11:45.77	00:34:19.38	10:24	02:16:22.53
2067	1127/2794	238/489	3714	Heather Fuller	F	36	Lincoln	NE	00:30:11.41	01:09:33.00	00:36:38.42	10:24	02:16:22.84
2068	1128/2794	195/477	2844	Amanda Strudthoff	F	25	Omaha	NE	00:30:18.32	01:11:45.44	00:34:19.45	10:24	02:16:23.21
2069	1129/2794	239/489	453	Season Epp	F	38	Lincoln	NE	00:30:24.02	01:13:14.18	00:32:45.35	10:24	02:16:23.55
2070	1130/2794	145/378	1405	Carly Faller	F	22	Lincoln	NE	00:30:47.11	01:09:03.01	00:36:33.57	10:24	02:16:23.70
2071	941/1393	76/106	1790	Brian Kastl	M	50	Lincoln	NE	00:31:09.70	01:11:46.07	00:33:28.46	10:24	02:16:24.24
2072	942/1393	127/184	1420	Andy Schlosser	M	41	Omaha	NE	00:30:23.22	01:10:22.95	00:35:39.57	10:24	02:16:25.75
2073	943/1393	8/19	4757	Peter Wittmann	M	12	Lincoln	NE	00:33:56.93	01:09:06.42	00:33:22.73	10:24	02:16:26.09
2074	1131/2794	240/489	958	Jenn Peters	F	37	Lincoln	NE	00:29:32.35	01:11:19.32	00:35:34.82	10:24	02:16:26.50
2075	1132/2794	241/489	1277	Amy Pettis	F	39	Omaha	NE	00:31:34.06	01:11:50.45	00:33:04.18	10:24	02:16:28.70
2076	1133/2794	242/489	2897	Amy Stritt	F	35	Mccook	NE	00:27:58.55	01:10:28.68	00:38:01.90	10:24	02:16:29.13
2077	1134/2794	196/477	3401	Erin Johnson	F	28	Omaha	NE	00:29:51.57	01:11:13.96	00:35:25.79	10:24	02:16:31.32
2078	1135/2794	197/477	3649	Lauren Becwar	F	27	Lincoln	NE	00:27:40.31	01:12:53.21	00:35:58.89	10:24	02:16:32.42
2079	1136/2794	243/489	4901	Amanda Schroeder	F	35	Hastings	NE			00:33:46.12	10:25	02:16:34.75
2080	1137/2794	78/208	3153	Lara Gering	F	45	Bellevue	NE	00:29:49.84	01:11:24.30	00:35:21.86	10:25	02:16:36.01
2081	1138/2794	244/489	4067	Amanda Wellman	F	36	Omaha	NE	00:30:29.76	01:11:59.73	00:34:09.84	10:25	02:16:39.34
2082	1139/2794	139/359	3865	Dawn Sherlock	F	43	Alda	NE	00:28:11.89	01:13:48.18	00:34:40.07	10:25	02:16:40.15
2083	1140/2794	245/489	3260	Lindsey Larson	F	35	Lincoln	NE	00:31:41.98	01:12:29.49	00:32:28.97	10:25	02:16:40.45
2084	1141/2794	246/489	1267	Destidy Roth	F	37	Lincoln	NE	00:31:47.70	01:11:33.03	00:33:19.73	10:25	02:16:40.47
2085	1142/2794	146/378	3225	Taylor Zitek	F	21	Dwight	NE	00:27:35.54	01:12:37.66	00:36:27.54	10:25	02:16:40.74
2086	1143/2794	247/489	2079	Melinda Bentjen	F	37	Waverly	NE	00:28:52.92	01:11:53.34	00:35:54.59	10:25	02:16:40.86
2087	1144/2794	147/378	2747	Mckenzie Essley	F	21	Lincoln	NE	00:32:12.70	01:11:10.86	00:33:17.93	10:25	02:16:41.50
2088	944/1393	130/173	5378	Patrick O'brien	M	29	Lincoln	NE	00:32:28.90	01:10:08.96	00:34:04.31	10:25	02:16:42.18
2089	1145/2794	193/450	2176	Jaime Kobs	F	31	Omaha	NE	00:30:40.05	01:10:38.15	00:35:24.11	10:25	02:16:42.32
2090	945/1393	178/250	4800	Brad Bentjen	M	36	Waverly	NE	00:28:52.96	01:11:53.56	00:35:55.85	10:25	02:16:42.37
2091	946/1393	179/250	5273	Wade Lucas	M	39	Lincoln	NE	00:27:32.65	01:10:59.06	00:38:10.84	10:25	02:16:42.56
2092	1146/2794	140/359	923	Jaime Manz	F	40	Wayne	NE	00:30:04.93	01:11:18.44	00:35:19.61	10:25	02:16:42.99
2093	1147/2794	194/450	123	Lauren Martin	F	30	Omaha	NE			00:36:18.37	10:25	02:16:43.92
2094	1148/2794	148/378	2743	Megan Rudolph	F	22	Lincoln	NE	00:30:28.24	01:10:26.03	00:35:50.14	10:25	02:16:44.42
2095	1149/2794	248/489	3077	Nikki Kendall	F	37	Omaha	NE	00:30:15.86	01:09:55.91	00:36:32.74	10:25	02:16:44.51
2096	1150/2794	141/359	4571	Amber Watkins	F	42	Lincoln	NE	00:29:41.07	01:09:02.94	00:38:02.17	10:25	02:16:46.19
2097	947/1393	26/53	1692	Chris Calkins	M	61	Lincoln	NE	00:29:57.49	01:11:08.33	00:35:40.77	10:26	02:16:46.60
2098	948/1393	27/53	4887	Louis Hedlund	M	62	Lincoln	NE	00:29:36.06	01:11:03.76	00:36:08.36	10:26	02:16:48.19
2099	1151/2794	142/359	1215	Amy Johnson	F	41	Springview	NE	00:31:08.17	01:11:25.94	00:34:16.47	10:26	02:16:50.59
2100	1152/2794	198/477	2713	Emily Kreber	F	28	Lincoln	NE	00:30:15.17	01:12:22.86	00:34:14.96	10:26	02:16:53.00

# The Good Life Halfsy

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## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2101	949/1393	142/213	5213	Ty Tucker	M	32	Gretna	NE	00:28:43.49	01:10:44.03	00:37:26.87	10:26	02:16:54.39
2102	1153/2794	199/477	2985	Marissa Richman	F	25	Lincoln	NE	00:30:37.12	01:09:53.66	00:36:27.15	10:26	02:16:57.94
2103	1154/2794	200/477	147	Kaela Mccabe	F	26	Omaha	NE	00:31:36.31	01:12:37.90	00:32:45.63	10:27	02:16:59.85
2104	950/1393	180/250	1689	Chad Katzberg	M	35	Lincoln	NE	00:29:58.01	01:11:12.82	00:35:50.11	10:27	02:17:00.95
2105	1155/2794	149/378	1026	Jordan Alexander	F	24	Wayne	NE	00:29:26.42	01:09:46.42	00:37:48.49	10:27	02:17:01.34
2106	1156/2794	32/89	406	Sydney Sakalosky	F	18	Omaha	NE	00:28:38.18	01:12:54.64	00:35:29.61	10:27	02:17:02.43
2107	951/1393	52/81	1883	Kevin Watteyne	M	59	Lincoln	NE	00:30:13.45	01:11:22.10	00:35:33.79	10:27	02:17:09.35
2108	1157/2794	150/378	3515	Amy Schroeder	F	24	Omaha	NE	00:32:02.11	01:12:08.44	00:32:59.41	10:27	02:17:09.96
2109	1158/2794	201/477	3489	Clare Espinosa	F	25	Lincoln	NE	00:28:14.30	01:10:50.52	00:38:05.78	10:27	02:17:10.60
2110	952/1393	143/213	5457	Justin Wernhoff	M	30	Omaha	NE	00:32:03.08	01:12:07.71	00:32:59.90	10:27	02:17:10.70
2111	953/1393	53/81	1494	Mark Olson	M	56	Lincoln	NE	00:29:55.29	01:11:09.57	00:36:07.13	10:27	02:17:12.00
2112	1159/2794	37/103	936	Dawn Drey	F	56	Omaha	NE	00:28:55.74	01:11:48.16	00:36:28.78	10:28	02:17:12.69
2113	1160/2794	195/450	292	Sara Reed	F	34	Lincoln	NE	00:28:22.33	01:10:49.33	00:38:02.15	10:28	02:17:13.82
2114	954/1393	86/122	4890	Danny Marks	M	24	Lincoln	NE	00:30:53.75	01:11:16.30	00:35:05.98	10:28	02:17:16.04
2115	955/1393	54/81	5968	Bob Gevelinger	M	57	Lincoln	NE	00:31:09.41	01:11:01.10	00:35:05.74	10:28	02:17:16.26
2116	956/1393	128/184	4793	Hugo Gomez	M	42	Lincoln	NE	00:34:05.09	01:13:14.84	00:29:57.32	10:28	02:17:17.26
2117	1161/2794	202/477	3361	Britta Engen	F	27	Lamberton	MN	00:31:36.31	01:12:37.95	00:33:06.67	10:28	02:17:20.93
2118	1162/2794	33/89	3120	Meredith Enersen	F	18	Lincoln	NE	00:32:23.57	01:12:13.97	00:32:43.54	10:28	02:17:21.09
2119	1163/2794	34/89	2539	Livie Wennstedt	F	17	Lincoln	NE	00:32:23.80	01:12:13.90	00:32:43.76	10:28	02:17:21.46
2120	1164/2794	35/89	2279	Allie Rauner	F	17	Lincoln	NE	00:32:23.87	01:12:13.90	00:32:44.04	10:28	02:17:21.82
2121	1165/2794	151/378	2441	Abby Keele	F	23	Hastings	NE	00:27:03.36	01:13:14.17	00:37:05.03	10:28	02:17:22.56
2122	1166/2794	143/359	4251	Molly Pool	F	41	Omaha	NE	00:30:17.09	01:12:00.13	00:35:05.99	10:28	02:17:23.21
2123	1167/2794	203/477	2681	Miranda Fendrich	F	25	Lincoln	NE	00:31:48.07	01:10:08.68	00:35:27.48	10:28	02:17:24.24
2124	1168/2794	79/208	1006	Tamara Schmeling	F	47	Lincoln	NE	00:30:08.45	01:10:41.96	00:36:35.03	10:28	02:17:25.45
2125	1169/2794	196/450	4019	Heather Muller	F	33	Milford	NE	00:28:27.88	01:10:10.40	00:38:48.84	10:29	02:17:27.12
2126	957/1393	86/134	6096	Pete Luke	M	48	Lincoln	NE	00:30:33.33	01:12:50.22	00:34:05.98	10:29	02:17:29.54
2127	958/1393	87/134	6027	Chad Reynoldson	M	48	Lincoln	NE	00:32:01.86	01:14:11.83	00:31:23.80	10:29	02:17:37.49
2128	959/1393	88/134	5706	Doug Carr	M	49	Lincoln	NE	00:32:03.27	01:14:11.52	00:31:22.85	10:29	02:17:37.64
2129	1170/2794	144/359	4087	Laura Troudt	F	42	Omaha	NE	00:30:26.45	01:11:48.01	00:35:27.93	10:30	02:17:42.40
2130	960/1393	144/213	5460	Zach Beaubier	M	34	Lincoln	NE	00:27:39.77	01:11:26.62	00:38:36.00	10:30	02:17:42.40
2131	1171/2794	249/489	3644	Sarah Hickenbottom	F	38	Omaha	NE	00:31:34.68	01:11:05.74	00:35:02.85	10:30	02:17:43.28
2132	961/1393	181/250	5531	Ryan Moore	M	37	Omaha	NE	00:27:10.05	01:10:28.96	00:40:06.25	10:30	02:17:45.26
2133	1172/2794	36/89	551	Tia Buhr	F	18	Filley	NE	00:30:07.70	01:12:16.17	00:35:21.41	10:30	02:17:45.29
2134	1173/2794	152/378	884	Taylor Buhr	F	21	Filley	NE	00:30:07.58	01:12:15.93	00:35:21.77	10:30	02:17:45.29
2135	962/1393	77/106	5725	Alan Eighme	M	54	Lincoln	NE	00:28:53.68	01:12:07.05	00:36:45.20	10:30	02:17:45.93

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2136	963/1393	129/184	5841	Lane Hickenbottom	M	40	Omaha	NE	00:31:40.03	01:11:04.98	00:35:03.46	10:30	02:17:48.48
2137	1174/2794	153/378	2403	Lisa Burghardt	F	23	Holyoke	CO	00:30:09.55	01:12:24.21	00:35:15.56	10:30	02:17:49.32
2138	1175/2794	250/489	2483	Tiffany Pruitt	F	35	Tilden	NE	00:31:04.87	01:10:46.92	00:35:58.37	10:30	02:17:50.17
2139	1176/2794	197/450	2735	Lisa Schildt	F	31	Lincoln	NE	00:29:22.92	01:11:09.47	00:37:18.53	10:30	02:17:50.93
2140	1177/2794	37/89	3574	Carly Sheppard	F	19	Lincoln	NE	00:31:59.58	01:13:03.03	00:32:48.35	10:30	02:17:50.96
2141	1178/2794	251/489	4923	Beth Rawlings	F	39	Lincoln	NE	00:31:11.30	01:09:43.97	00:36:56.12	10:30	02:17:51.40
2142	1179/2794	198/450	2424	Haze Holtorf	F	30	Lincoln	NE	00:29:19.09	01:12:50.41	00:35:42.26	10:30	02:17:51.77
2143	964/1393	78/106	6020	Kevin Rippe	M	52	Lincoln	NE	00:28:08.47	01:13:08.65	00:36:35.30	10:31	02:17:52.42
2144	1180/2794	60/167	2896	Marija Alic	F	51	Lincoln	NE	00:30:19.28	01:11:03.17	00:36:30.14	10:31	02:17:52.60
2145	1181/2794	145/359	3983	Susan Hoff	F	42	Alliance	NE	00:31:59.17	01:13:03.96	00:32:49.96	10:31	02:17:53.09
2146	965/1393	28/53	1708	Kevin Van Nostrand	M	64	Lincoln	NE	00:31:14.90	01:09:30.95	00:37:09.09	10:31	02:17:54.95
2147	1182/2794	154/378	2356	Dana Norris	F	23	Lincoln	NE	00:31:59.45	01:13:02.81	00:32:53.95	10:31	02:17:56.22
2148	1183/2794	204/477	3499	Abbey Lowe	F	25	Norfolk	NE	00:28:54.30	01:12:05.72	00:36:58.27	10:31	02:17:58.30
2149	1184/2794	199/450	1445	Keri Bensheimer	F	33	Shubert	NE	00:29:51.28	01:10:59.21	00:37:08.33	10:31	02:17:58.82
2150	1185/2794	252/489	4131	Amy Schuchman	F	39	Elkhorn	NE	00:30:56.97	01:12:31.56	00:34:30.92	10:31	02:17:59.46
2151	966/1393	182/250	1909	Doug Savicky	M	38	Malcolm	NE	00:28:29.27	01:12:32.99	00:36:59.77	10:31	02:18:02.03
2152	1186/2794	146/359	2201	Marta Hofer	F	42	Omaha	NE	00:30:37.49	01:11:04.96	00:36:20.67	10:31	02:18:03.13
2153	1187/2794	155/378	4126	Hanna Rogoz	F	21	Lincoln	NE	00:29:29.53	01:10:49.21	00:37:48.56	10:32	02:18:07.31
2154	1188/2794	147/359	908	Billie Burns	F	41	Bellevue	NE	00:32:50.03	01:12:17.96	00:33:01.43	10:32	02:18:09.42
2155	967/1393	79/106	5965	Grant Trierweiler	M	50	Lincoln	NE	00:31:30.49	01:11:20.09	00:35:20.01	10:32	02:18:10.60
2156	968/1393	80/106	1548	Jim Baumann	M	50	Hickman	NE	00:29:11.30	01:11:49.97	00:37:10.99	10:32	02:18:12.26
2157	969/1393	130/184	5012	Keith May	M	41	Lincoln	NE	00:30:15.58	01:11:29.43	00:36:28.23	10:32	02:18:13.25
2158	1189/2794	205/477	4986	Lauren Yung	F	25	Omaha	NE	00:30:13.99	01:11:55.70	00:36:05.51	10:32	02:18:15.21
2159	1190/2794	206/477	2571	Whitney Slade	F	29	Meriden	CT	00:30:57.31	01:11:19.81	00:35:58.11	10:32	02:18:15.24
2160	970/1393	131/184	1994	Matthew Beller	M	40	Lincoln	NE	00:31:48.41	01:13:55.18	00:32:32.17	10:32	02:18:15.76
2161	971/1393	29/53	6004	Walter Louis	M	60	Overland Park	KS	00:31:34.77	01:12:22.06	00:34:20.10	10:32	02:18:16.94
2162	1191/2794	253/489	838	Charity Moody	F	37	Palmyra	NE	00:28:16.99	01:12:08.54	00:37:51.61	10:32	02:18:17.14
2163	1192/2794	200/450	3826	Anne Sobansky	F	33	Lincoln	NE	00:31:04.52	01:12:19.29	00:34:54.36	10:33	02:18:18.17
2164	1193/2794	148/359	3044	Valorie Royster	F	40	Cherokee	IA	00:31:52.25	01:13:32.00	00:32:54.75	10:33	02:18:19.00
2165	1194/2794	156/378	2408	Kaleigh Hansen	F	23	Lincoln	NE	00:28:58.84	01:12:51.17	00:36:30.40	10:33	02:18:20.41
2166	1195/2794	157/378	3582	Lee Kreimer	F	23	Lincoln	NE	00:29:20.44	01:10:48.72	00:38:11.37	10:33	02:18:20.54
2167	972/1393	55/81	5975	Ken Pedersen	M	58	Kearney	NE	00:31:08.89	01:13:03.16	00:34:08.66	10:33	02:18:20.72
2168	1196/2794	254/489	2373	Michelle Cagler	F	35	Elm Creek	NE	00:28:37.87	01:12:44.15	00:36:58.86	10:33	02:18:20.89
2169	973/1393	132/184	5754	Taylor Kelso	M	40	Omaha	NE	00:32:49.17	01:11:47.56	00:33:44.26	10:33	02:18:21.00
2170	974/1393	183/250	4975	Jeremy Larson	M	36	Lincoln	NE	00:31:42.20	01:11:44.92	00:34:53.92	10:33	02:18:21.04

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2171	975/1393	145/213	5660	Andrew Braith	M	30	Omaha	NE	00:32:33.32	01:11:53.71	00:33:54.52	10:33	02:18:21.55
2172	1197/2794	158/378	2312	Marit Koszewski	F	20	Lincoln	NE	00:29:03.00	01:12:58.02	00:36:20.70	10:33	02:18:21.73
2173	1198/2794	207/477	274	Sarah Frederickson	F	29	Omaha	NE	00:31:44.00	01:12:38.12	00:34:00.43	10:33	02:18:22.55
2174	1199/2794	159/378	2651	Shayna Dixon	F	20	Lincoln	NE	00:29:03.04	01:12:57.93	00:36:23.00	10:33	02:18:23.97
2175	976/1393	87/122	5069	Patrick Woldstad	M	24	Lincoln	NE	00:30:51.51	01:12:10.30	00:35:24.19	10:33	02:18:26.01
2176	1200/2794	208/477	4016	Chelsea Christensen	F	27	Kansas City	MO	00:30:42.29	01:13:24.21	00:34:19.86	10:33	02:18:26.36
2177	1201/2794	149/359	1027	Karina Bartlett	F	43	Beatrice	NE	00:29:53.67	01:11:03.67	00:37:31.61	10:33	02:18:28.96
2178	1202/2794	255/489	3619	Clara Lauder	F	35	Denver	CO	00:32:12.32	01:13:08.46	00:33:10.20	10:33	02:18:30.98
2179	1203/2794	160/378	329	Kalyn Wiarda	F	23	Lincoln	NE	00:29:15.81	01:11:40.35	00:37:35.29	10:34	02:18:31.46
2180	977/1393	89/134	5097	David Sater	M	48	Omaha	NE	00:30:54.98	01:11:52.30	00:35:45.04	10:34	02:18:32.32
2181	1204/2794	256/489	1174	Brandy Reisdorff	F	37	Lincoln	NE	00:29:33.98	01:10:40.48	00:38:18.99	10:34	02:18:33.46
2182	1205/2794	161/378	349	Abigail Mohr	F	21	Crete	NE	00:32:02.33	01:14:09.23	00:32:24.12	10:34	02:18:35.69
2183	1206/2794	150/359	5066	Jill Deets	F	44	Lincoln	NE	00:29:47.60	01:12:54.90	00:35:53.68	10:34	02:18:36.19
2184	1207/2794	151/359	283	Kristi Morrow	F	40	Lincoln	NE	00:30:43.56	01:11:44.65	00:36:08.62	10:34	02:18:36.83
2185	1208/2794	152/359	927	Steph Faust	F	42	Lincoln	NE	00:30:43.64	01:11:44.88	00:36:08.38	10:34	02:18:36.91
2186	1209/2794	80/208	3174	Amy Oberdin	F	49	Omaha	NE	00:32:28.78	01:13:36.47	00:32:32.97	10:34	02:18:38.22
2187	1210/2794	201/450	4338	Amy Nelson	F	30	Juniata	NE	00:29:39.71	01:10:52.26	00:38:07.42	10:34	02:18:39.40
2188	978/1393	90/134	4786	Steve Oberdin	M	45	Omaha	NE	00:32:28.73	01:13:36.40	00:32:34.68	10:34	02:18:39.82
2189	1211/2794	257/489	1175	Lynn Kleinmeyer	F	37	Plattsmouth	NE	00:27:21.62	01:11:53.19	00:39:26.02	10:34	02:18:40.83
2190	1212/2794	258/489	673	Angie Thompson	F	39	Lincoln	NE	00:30:06.52	01:11:35.26	00:37:03.73	10:35	02:18:45.51
2191	1213/2794	153/359	807	Kirstin Malsam	F	41	Lincoln	NE	00:30:06.28	01:11:40.24	00:37:00.45	10:35	02:18:46.97
2192	1214/2794	259/489	3216	Justina Milhon	F	38	Lincoln	NE	00:30:05.47	01:12:08.05	00:36:34.08	10:35	02:18:47.61
2193	1215/2794	162/378	2675	Audrey Barrett	F	22	Lincoln	NE	00:33:19.30	01:12:14.20	00:33:17.39	10:35	02:18:50.89
2194	1216/2794	61/167	2326	Kim Cheney	F	52	Bennet	NE	00:30:02.57	01:09:17.42	00:39:31.21	10:35	02:18:51.21
2195	1217/2794	202/450	3029	Joslyn Nelsen	F	32	Curtis	NE	00:30:02.21	01:10:33.55	00:38:15.56	10:35	02:18:51.33
2196	979/1393	88/122	5134	Beau Poehlman	M	24	Lincoln	NE	00:33:20.21	01:12:13.79	00:33:17.80	10:35	02:18:51.80
2197	980/1393	184/250	5759	Nick Pischel	M	36	Lincoln	NE	00:28:06.99	01:11:22.38	00:39:22.78	10:35	02:18:52.15
2198	1218/2794	154/359	776	Jill Allen	F	42	Beatrice	NE	00:26:35.32	01:11:27.87	00:40:50.94	10:35	02:18:54.14
2199	1219/2794	203/450	455	Anna Degraff	F	33	Marshall	MN	00:31:08.58	01:12:00.13	00:35:47.47	10:35	02:18:56.18
2200	1220/2794	81/208	26	Jana Barber	F	47	Lincoln	NE	00:30:06.65	01:10:57.40	00:37:52.76	10:35	02:18:56.81
2201	981/1393	131/173	1523	Justin Boutwell	M	26	Holdrege	NE	00:29:12.02	01:11:25.78	00:38:20.18	10:36	02:18:57.98
2202	1221/2794	38/89	2289	Olivia Burgher	F	16	Lincoln	NE	00:30:10.32	01:13:57.40	00:34:50.42	10:36	02:18:58.15
2203	1222/2794	260/489	3144	Molly Burgher	F	39	Lincoln	NE	00:30:10.15	01:13:57.07	00:34:51.06	10:36	02:18:58.30
2204	982/1393	133/184	5673	Andrew Regier	M	44	Henderson	NE	00:30:36.01	01:11:37.55	00:36:44.82	10:36	02:18:58.39
2205	1223/2794	209/477	1137	Diana Boutwell	F	25	Holdrege	NE	00:29:12.68	01:11:25.17	00:38:20.59	10:36	02:18:58.45

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2206	1224/2794	261/489	2142	Jennifer Hutchinson	F	38	Lincoln	NE	00:30:48.32	01:12:58.03	00:35:12.78	10:36	02:18:59.14
2207	1225/2794	262/489	3698	Valerie Regier	F	38	Henderson	NE	00:30:36.91	01:11:37.42	00:36:45.12	10:36	02:18:59.45
2208	983/1393	146/213	5978	Derek Harris	M	34	Lincoln	NE	00:30:52.22	01:12:05.25	00:36:09.32	10:36	02:19:06.79
2209	1226/2794	155/359	3495	Julie Wasser	F	42	Omaha	NE	00:30:16.82	01:12:01.07	00:36:50.09	10:36	02:19:07.98
2210	1227/2794	204/450	2114	Lindie Schreiner	F	30	Omaha	NE	00:31:58.81	01:12:37.57	00:34:31.81	10:36	02:19:08.20
2211	1228/2794	263/489	955	Kara Merchant	F	38	Lincoln	NE	00:32:20.54	01:12:46.23	00:34:01.48	10:36	02:19:08.26
2212	1229/2794	264/489	2509	Mandy Rohrig	F	35	Syracuse	NE	00:31:59.01	01:12:36.96	00:34:32.42	10:36	02:19:08.40
2213	1230/2794	62/167	4020	Angela Barber	F	50	Searcy	AR	00:31:28.36	01:10:04.92	00:37:35.49	10:36	02:19:08.77
2214	1231/2794	210/477	2541	Megan Nielsen	F	25	Lincoln	NE	00:26:36.30	01:12:10.46	00:40:23.59	10:36	02:19:10.35
2215	1232/2794	211/477	3321	Kylie Wiens	F	25	Beatrice	NE	00:31:03.53	01:12:26.99	00:35:39.98	10:37	02:19:10.50
2216	1233/2794	39/89	2029	Elizabeth Gao	F	17	Lincoln	NE	00:27:14.80	01:11:53.12	00:40:02.82	10:37	02:19:10.74
2217	1234/2794	212/477	194	Megan Pytleski	F	28	Omaha	NE	00:30:21.61	01:08:27.55	00:40:23.00	10:37	02:19:12.17
2218	1235/2794	205/450	436	Jennifer Dilisio	F	34	Elkhorn	NE	00:30:21.95	01:08:26.19	00:40:24.26	10:37	02:19:12.42
2219	1236/2794	265/489	3813	Julie Bartels	F	35	Friend	NE	00:31:12.95	01:12:45.21	00:35:16.22	10:37	02:19:14.39
2220	984/1393	147/213	5746	Adam Ogura	M	33	Omaha	NE	00:30:15.06	01:12:48.98	00:36:11.64	10:37	02:19:15.68
2221	985/1393	132/173	1853	Elijah Aden	M	27	Lincoln	NE	00:29:52.92	01:11:40.73	00:37:42.84	10:37	02:19:16.49
2222	1237/2794	63/167	1141	Judith Johnson	F	53	Elkhorn	NE	00:32:31.75	01:11:52.67	00:34:52.17	10:37	02:19:16.59
2223	1238/2794	213/477	456	Noelle Aden	F	27	Lincoln	NE	00:29:53.15	01:11:41.95	00:37:41.80	10:37	02:19:16.90
2224	1239/2794	214/477	3267	Ashley Schutte	F	28	Lincoln	NE	00:28:25.25	01:15:23.73	00:35:29.77	10:37	02:19:18.76
2225	1240/2794	163/378	118	Jennifer Smith	F	24	Grafton	NE	00:29:19.02	01:12:22.75	00:37:37.75	10:37	02:19:19.53
2226	986/1393	81/106	5433	Ward Williams	M	50	Lincoln	NE	00:30:33.16	01:11:03.57	00:37:43.22	10:37	02:19:19.96
2227	987/1393	91/134	5764	Tim Hahn	M	45	Lincoln	NE	00:28:56.94	01:10:49.36	00:39:33.88	10:37	02:19:20.19
2228	1241/2794	206/450	3761	Caroline Burberry	F	33	Odell	NE	00:31:37.04	01:11:43.18	00:36:00.67	10:37	02:19:20.90
2229	988/1393	9/19	126	Coulter Fritz	M	11	Fremont	NE	00:30:26.68	01:10:50.99	00:38:03.55	10:37	02:19:21.23
2230	1242/2794	82/208	3440	Tricia Beaham	F	49	Fairway	KS	00:27:45.42	01:10:21.03	00:41:16.01	10:37	02:19:22.47
2231	1243/2794	164/378	4174	Lauren Brown-Hulme	F	21	Prairie Village	KS	00:27:45.67	01:10:21.34	00:41:15.70	10:37	02:19:22.71
2232	1244/2794	40/89	2528	Savannah Elliott	F	19	Lincoln	NE	00:28:18.07	01:12:37.76	00:38:26.93	10:37	02:19:22.76
2233	1245/2794	64/167	2243	Ruilin Wang	F	53	Lincoln	NE	00:31:01.48	01:13:36.82	00:34:45.85	10:38	02:19:24.16
2234	1246/2794	215/477	2374	Mackenzie Laird	F	25	Lincoln	NE	00:29:05.86	01:12:55.41	00:37:24.24	10:38	02:19:25.52
2235	1247/2794	216/477	3284	Anna True	F	25	Lincoln	NE	00:29:05.39	01:12:55.39	00:37:24.76	10:38	02:19:25.54
2236	1248/2794	83/208	2288	Heather Bellis	F	45	Onawa	IA	00:30:14.48	01:13:57.39	00:35:14.05	10:38	02:19:25.93
2237	1249/2794	7/46	211	Barbara Whitehead	F	63	Lincoln	NE	00:29:49.49	01:14:18.01	00:35:18.69	10:38	02:19:26.19
2238	989/1393	185/250	6086	Andrew Duey	M	38	Lincoln	NE	00:31:35.38	01:12:31.80	00:35:20.51	10:38	02:19:27.70
2239	1250/2794	156/359	3604	Emily Ethington	F	42	Omaha	NE	00:32:14.11	01:11:24.28	00:35:50.60	10:38	02:19:29.00
2240	990/1393	134/184	5177	Jeff Eells	M	40	Lincoln	NE	00:30:34.03	01:14:57.17	00:33:58.79	10:38	02:19:30.00



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2241	991/1393	92/134	1582	Michael Keating	M	46	Lincoln	NE	00:30:22.53	01:11:46.65	00:37:22.30	10:38	02:19:31.49
2242	1251/2794	8/46	3074	Betty Smith	F	63	Gering	NE	00:29:29.99	01:12:25.93	00:37:35.69	10:38	02:19:31.62
2243	1252/2794	266/489	1130	Amy Clark	F	36	Lincoln	NE	00:29:59.61	01:13:41.11	00:35:51.02	10:38	02:19:31.75
2244	1253/2794	157/359	1199	Angela Harnly	F	41	Gretna	NE	00:27:21.25	01:14:48.74	00:37:22.75	10:38	02:19:32.75
2245	1254/2794	217/477	2986	Kristen Harms	F	28	Lincoln	NE	00:31:38.06	01:13:12.84	00:34:42.11	10:38	02:19:33.02
2246	1255/2794	218/477	820	Kelsey Weber	F	28	Lincoln	NE	00:32:42.69	01:14:19.43	00:32:31.72	10:38	02:19:33.84
2247	992/1393	1/4	5835	Richard Halvorsen	M	70	Lincoln	NE	00:30:56.15	01:11:13.62	00:37:28.68	10:39	02:19:38.46
2248	993/1393	148/213	4997	David Bayne	M	32	Atlanta	GA	00:27:40.21	01:13:17.69	00:38:40.99	10:39	02:19:38.90
2249	994/1393	149/213	1390	Aaron Phillips	M	30	Stromsburg	NE	00:30:22.11	01:12:49.95	00:36:29.31	10:39	02:19:41.38
2250	1256/2794	219/477	3448	Hope West	F	26	Mccook	NE	00:27:06.86	01:07:39.71	00:44:54.85	10:39	02:19:41.42
2251	1257/2794	65/167	2792	Laura Runge	F	51	Lincoln	NE	00:32:39.48	01:14:20.95	00:32:42.26	10:39	02:19:42.69
2252	1258/2794	207/450	2174	Stephanie Fickenscher	F	32	Lincoln	NE	00:31:02.33	01:11:21.63	00:37:19.02	10:39	02:19:42.99
2253	1259/2794	208/450	4566	Andrea Woita	F	31	Ceresco	NE	00:30:13.33	01:12:31.69	00:37:00.56	10:39	02:19:45.58
2254	1260/2794	209/450	960	Margaret Ellingson	F	30	Lincoln	NE	00:32:55.79	01:12:35.51	00:34:20.91	10:40	02:19:52.22
2255	995/1393	30/53	5992	Greg Wieland	M	63	Ada	MI	00:29:56.28			10:40	02:19:52.43
2256	1261/2794	41/89	2540	Mary Briganti	F	19	Omaha	NE	00:30:50.55	01:12:47.92	00:36:15.10	10:40	02:19:53.58
2257	996/1393	133/173	1758	T J Mills	M	29	Lincoln	NE	00:29:33.97	01:13:01.10	00:37:19.55	10:40	02:19:54.63
2258	997/1393	89/122	4966	Joseph Arneson	M	24	Lincoln	NE	00:26:57.60	01:15:34.73	00:37:22.76	10:40	02:19:55.10
2259	1262/2794	210/450	4076	Amanda Rohde	F	31	Lincoln	NE	00:28:23.76	01:11:23.49	00:40:09.25	10:40	02:19:56.51
2260	998/1393	93/134	5285	Chase Brown	M	49	Dakota Dunes	SD	00:29:20.50	01:11:09.78	00:39:27.82	10:40	02:19:58.11
2261	1263/2794	267/489	2635	Heather Hobbs	F	38	Hanahan	SC	00:32:37.97	01:13:13.06	00:34:07.53	10:40	02:19:58.57
2262	999/1393	94/134	1384	Jerry Rector	M	45	Roca	NE	00:31:13.13	01:12:55.94	00:35:49.78	10:40	02:19:58.86
2263	1264/2794	220/477	192	Emily Estes	F	28	Roca	NE	00:31:13.35	01:12:55.95	00:35:51.26	10:40	02:20:00.57
2264	1265/2794	211/450	942	Nikki Schafer	F	31	Omaha	NE	00:29:40.93	01:12:08.30	00:38:12.59	10:40	02:20:01.82
2265	1266/2794	212/450	2920	Jen Wickard	F	33	Lincoln	NE	00:29:40.95	01:12:08.08	00:38:13.28	10:40	02:20:02.32
2266	1267/2794	84/208	4234	Michelle Bremer	F	47	Gretna	NE	00:31:16.31	01:12:48.32	00:35:59.75	10:41	02:20:04.39
2267	1268/2794	85/208	3213	Ann Welsh	F	46	Louisville	NE	00:28:40.73	01:11:22.63	00:40:03.62	10:41	02:20:06.99
2268	1269/2794	165/378	2620	Brittany Ringler	F	20	Seward	NE	00:32:21.87	01:13:43.22	00:34:03.54	10:41	02:20:08.64
2269	1000/1393	150/213	5187	Caleb Cunningham	M	30	Omaha	NE	00:26:49.03	01:12:56.25	00:40:25.33	10:41	02:20:10.62
2270	1001/1393	151/213	5700	Russell Saner	M	32	Lincoln	NE	00:31:19.65	01:12:13.42	00:36:38.57	10:41	02:20:11.65
2271	1270/2794	221/477	2936	Andrea Rezac	F	27	Weston	NE	00:28:17.86	01:13:32.66	00:38:21.24	10:41	02:20:11.77
2272	1002/1393	7/16	5396	Stanley Selfridge	M	66	Lincoln	NE	00:31:54.32	01:11:36.67	00:36:42.99	10:41	02:20:13.99
2273	1271/2794	166/378	3168	Maddie Lammel	F	20	Omaha	NE	00:27:58.21	01:14:14.98	00:38:01.58	10:41	02:20:14.77
2274	1272/2794	222/477	4291	Morgan Metzger	F	27	Dunlap	IL	00:27:39.81	01:15:49.93	00:36:45.27	10:41	02:20:15.01
2275	1273/2794	167/378	3798	Kalan Dahir	F	23	Omaha	NE	00:27:57.53	01:12:38.58	00:39:41.01	10:42	02:20:17.13

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2276	1274/2794	168/378	2989	Katey Pflanz	F	24	Lincoln	NE	00:28:58.45	01:13:31.98	00:37:46.89	10:42	02:20:17.33
2277	1275/2794	223/477	2817	Chantel Stavick	F	26	Lincoln	NE	00:33:02.82	01:14:08.72	00:33:05.86	10:42	02:20:17.42
2278	1276/2794	213/450	3976	Sarah Kesterson	F	32	Omaha	NE	00:31:24.77	01:12:30.22	00:36:22.51	10:42	02:20:17.51
2279	1277/2794	86/208	2282	Mako Jacobs	F	49	Omaha	NE	00:29:49.99	01:14:17.31	00:36:13.03	10:42	02:20:20.34
2280	1278/2794	158/359	4375	Lea Laferla	F	41	Council Bluffs	IA	00:34:42.33	01:14:24.20	00:31:15.83	10:42	02:20:22.37
2281	1279/2794	169/378	712	Rebecca Garabis	F	24	Lincoln	NE	00:29:21.10	01:14:14.43	00:36:47.29	10:42	02:20:22.83
2282	1280/2794	214/450	706	Stefanie Siegel	F	34	Columbus	NE	00:30:03.15	01:13:26.66	00:36:53.07	10:42	02:20:22.88
2283	1281/2794	268/489	577	Rachel Green	F	35	Bennet	NE	00:27:07.77	01:13:32.49	00:39:43.67	10:42	02:20:23.94
2284	1282/2794	159/359	328	Deanna Toupin	F	41	Lincoln	NE	00:30:40.32	01:12:37.91	00:37:06.75	10:42	02:20:24.99
2285	1283/2794	269/489	727	Jaci Wagoner	F	38	Kenesaw	NE	00:29:36.66	01:13:01.89	00:37:47.41	10:42	02:20:25.96
2286	1284/2794	215/450	1165	Tonya Larson	F	32	Omaha	NE	00:32:58.95	01:13:31.40	00:33:56.14	10:42	02:20:26.50
2287	1285/2794	87/208	1269	Lori Rockwell	F	47	Green Bay	WI	00:30:04.83	01:13:38.90	00:36:43.75	10:42	02:20:27.48
2288	1286/2794	42/89	2669	Terri Deitloff	F	16	Sergeant Bluff	IA	00:31:16.17	01:14:35.15	00:34:36.52	10:42	02:20:27.84
2289	1287/2794	38/103	952	Cristie Lingwall	F	56	Goehner	NE	00:32:31.63	01:12:47.42	00:35:10.35	10:43	02:20:29.41
2290	1288/2794	224/477	3089	Jenna Shepherd	F	29	Nebraska City	NE	00:27:56.51	01:14:42.24	00:37:51.29	10:43	02:20:30.05
2291	1289/2794	88/208	2335	Valerie Tiemann	F	45	Omaha	NE	00:32:42.75	01:13:56.20	00:33:52.32	10:43	02:20:31.28
2292	1290/2794	225/477	941	Alex Schutte	F	28	Omaha	NE	00:31:13.07	01:15:32.72	00:33:46.99	10:43	02:20:32.78
2293	1291/2794	39/103	4946	Sarah Holmes	F	57	Lincoln	NE	00:31:36.25	01:12:38.13	00:36:18.90	10:43	02:20:33.28
2294	1292/2794	216/450	1039	Heather Strobe	F	30	Lincoln	NE	00:30:12.52	01:14:24.70	00:35:56.79	10:43	02:20:34.03
2295	1293/2794	217/450	3618	Jess Cooley	F	30	Lincoln	NE	00:29:10.81	01:12:08.18	00:39:15.55	10:43	02:20:34.55
2296	1294/2794	270/489	4467	Lora Carpenter-Janike	F	38	Lincoln	NE	00:29:15.03	01:11:54.74	00:39:28.74	10:43	02:20:38.51
2297	1003/1393	186/250	5865	Nicholas Cordray	M	39	Syracuse	NE	00:31:02.12	01:13:42.89	00:35:54.43	10:43	02:20:39.45
2298	1295/2794	89/208	4068	Linda Kreifels	F	46	Lincoln	NE	00:32:28.85	01:11:09.92	00:37:00.87	10:43	02:20:39.65
2299	1004/1393	135/184	5450	Matt Meens	M	41	Lincoln	NE	00:29:59.32	01:10:34.45	00:40:06.41	10:43	02:20:40.19
2300	1296/2794	66/167	752	Helene Paulin	F	52	Omaha	NE	00:31:19.37	01:15:02.42	00:34:20.50	10:44	02:20:42.30
2301	1005/1393	95/134	5889	Scott Urbach	M	46	Omaha	NE	00:30:51.96	01:12:51.91	00:36:58.74	10:44	02:20:42.61
2302	1297/2794	40/103	4354	Brenda Harding	F	55	Leavenworth	KS	00:31:14.89	01:13:23.79	00:36:06.21	10:44	02:20:44.90
2303	1006/1393	152/213	1836	Brock Minert	M	33	Lincoln	NE	00:29:16.07	01:12:11.75	00:39:17.11	10:44	02:20:44.93
2304	1007/1393	31/53	1926	Richard A Rogers	M	62	Lincoln	NE	00:31:31.61	01:12:47.95	00:36:26.27	10:44	02:20:45.83
2305	1298/2794	226/477	2300	Breanne Muehlich	F	25	Schuyler	NE	00:29:37.01	01:10:34.31	00:40:36.14	10:44	02:20:47.47
2306	1299/2794	170/378	2301	Megan Wurzelbacher	F	23	Lincoln	NE	00:29:37.60	01:10:33.43	00:40:37.45	10:44	02:20:48.50
2307	1300/2794	218/450	1465	Jess Sullivan	F	31	Lincoln	NE	00:31:43.60	01:14:03.43	00:35:02.12	10:44	02:20:49.16
2308	1301/2794	171/378	4668	Taylor Knickerbocker	F	21	Folsom	CA	00:32:53.96	01:15:38.60	00:32:17.74	10:44	02:20:50.31
2309	1008/1393	56/81	5620	Bart Byrns	M	58	Moore	OK	00:31:18.23	01:13:16.95	00:36:15.31	10:44	02:20:50.50
2310	1302/2794	172/378	3578	Carley Foltz	F	20	Columbus	NE	00:29:22.42	01:12:49.46	00:38:38.72	10:44	02:20:50.61

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2311	1303/2794	227/477	419	Kati Newcomer	F	27	Omaha	NE	00:31:44.07	01:13:23.49	00:35:43.76	10:44	02:20:51.32
2312	1304/2794	160/359	720	Amy Bock	F	40	Lincoln	NE	00:32:02.34	01:13:41.68	00:35:09.67	10:44	02:20:53.69
2313	1009/1393	187/250	5686	Andrew Fuller	M	37	Lincoln	NE	00:32:06.26	01:10:51.55	00:37:57.52	10:45	02:20:55.34
2314	1305/2794	228/477	3329	Amanda Husher	F	25	Sioux Falls	SD	00:32:20.30	01:13:21.97	00:35:13.84	10:45	02:20:56.12
2315	1306/2794	219/450	3868	Stephanie Guy	F	34	Omaha	NE	00:29:05.21	01:11:53.03	00:40:00.40	10:45	02:20:58.64
2316	1307/2794	229/477	3773	Amy Eikmeier	F	28	Waterloo	NE	00:34:30.60	01:14:36.94	00:31:54.52	10:45	02:21:02.06
2317	1308/2794	161/359	4700	Coni Meyer	F	40	Page	NE	00:29:23.83	01:14:38.35	00:37:01.32	10:45	02:21:03.50
2318	1309/2794	173/378	4047	Alex Schneider	F	20	Aurora	NE	00:31:27.04	01:12:18.59	00:37:18.20	10:45	02:21:03.84
2319	1310/2794	9/46	330	Anne Aiello	F	61	Omaha	NE	00:29:28.33	01:12:33.00	00:39:06.22	10:45	02:21:07.56
2320	1311/2794	271/489	482	Angela Olmstead	F	39	Derby	KS	00:28:59.52	01:14:43.70	00:37:26.56	10:46	02:21:09.79
2321	1010/1393	32/53	5476	Bryce Anderson	M	63	Omaha	NE	00:30:59.97	01:11:52.05	00:38:18.36	10:46	02:21:10.39
2322	1011/1393	188/250	1927	Chad Goodwin	M	36	Omaha	NE	00:31:16.45	01:12:45.67	00:37:08.30	10:46	02:21:10.43
2323	1012/1393	82/106	6030	Erick Erickson	M	50	Holdrege	NE	00:30:47.11	01:12:56.11	00:37:27.99	10:46	02:21:11.22
2324	1312/2794	174/378	2480	Chelsea Gross	F	24	Sutton	NE	00:30:38.73	01:12:47.70	00:37:46.23	10:46	02:21:12.67
2325	1313/2794	67/167	1423	Lori Pracheil	F	52	Dorchester	NE	00:31:13.66	01:13:04.23	00:36:54.96	10:46	02:21:12.85
2326	1314/2794	230/477	3711	Lakey Gloystein	F	29	Lincoln	NE	00:30:50.11	01:12:27.11	00:37:55.93	10:46	02:21:13.16
2327	1315/2794	220/450	2260	Ryan Swaroff	F	34	Lincoln	NE	00:30:23.09	01:14:51.14	00:35:59.04	10:46	02:21:13.28
2328	1316/2794	162/359	1229	Heather Dumas	F	40	Omaha	NE	00:31:27.61	01:14:23.63	00:35:29.20	10:46	02:21:20.45
2329	1317/2794	272/489	697	Elizabeth Lucas	F	38	Lincoln	NE	00:29:27.60	01:14:28.31	00:37:25.29	10:46	02:21:21.20
2330	1318/2794	273/489	4141	Jessica Ulrich	F	36	Omaha	NE	00:30:29.87	01:12:08.83	00:38:42.99	10:47	02:21:21.69
2331	1013/1393	153/213	1797	Matthew Clements	M	33	Lincoln	NE	00:31:00.84	01:13:39.73	00:36:41.72	10:47	02:21:22.30
2332	1319/2794	231/477	2003	Rosa Espinoza	F	28	Lincoln	NE	00:28:52.21	01:15:40.80	00:36:49.73	10:47	02:21:22.75
2333	1014/1393	154/213	5990	Robert Tellgren	M	30	Council Bluffs	IA	00:27:57.62	01:11:33.22	00:41:53.30	10:47	02:21:24.14
2334	1320/2794	232/477	2851	Jennifer Sutton	F	26	Sidney	NE	00:31:14.39	01:14:38.51	00:35:31.48	10:47	02:21:24.38
2335	1321/2794	90/208	2587	Heidi Steskal	F	45	Elkhorn	NE	00:31:29.43	01:14:07.44	00:35:49.47	10:47	02:21:26.35
2336	1015/1393	96/134	6076	Gary Connot	M	49	O'neill	NE	00:31:16.25	01:13:36.01	00:36:37.23	10:47	02:21:29.50
2337	1322/2794	163/359	2252	Myra Katherine Hale	F	44	Fremont	NE	00:31:01.25	01:13:34.16	00:36:54.49	10:47	02:21:29.91
2338	1016/1393	136/184	5840	Dave Mcneal	M	40	Hickman	NE	00:32:14.74	01:16:12.05	00:33:04.38	10:47	02:21:31.18
2339	1323/2794	221/450	4564	Ellen Shortlidge	F	34	Overland Park	KS	00:32:29.41	01:12:50.46	00:36:12.02	10:47	02:21:31.89
2340	1324/2794	274/489	3729	Shelby Olson	F	39	Fremont	NE	00:31:31.10	01:12:18.62	00:37:43.09	10:47	02:21:32.82
2341	1325/2794	91/208	3203	Kelly Lawrence	F	46	Eagle	NE	00:30:43.36	01:11:22.22	00:39:27.49	10:47	02:21:33.08
2342	1326/2794	275/489	748	Dana Steiner	F	35	Elm Creek	NE	00:27:19.73	01:12:26.09	00:41:47.76	10:47	02:21:33.60
2343	1327/2794	233/477	2652	Krista Hinman	F	29	Council Bluffs	IA	00:31:49.78	01:12:48.50	00:36:56.27	10:47	02:21:34.55
2344	1328/2794	10/46	418	Debra K Shissler	F	62	Dell Rapids	SD	00:30:28.90	01:11:32.66	00:39:33.99	10:48	02:21:35.56
2345	1329/2794	175/378	2771	Jamie Alder	F	24	Lincoln	NE	00:30:21.81	01:12:29.09	00:38:44.87	10:48	02:21:35.77

# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2346	1330/2794	68/167	4859	Roberta Jacobson	F	53	Gordon	NE	00:27:38.36	01:11:05.43	00:42:52.44	10:48	02:21:36.23
2347	1331/2794	222/450	4379	Stephanie Nelson	F	34	Norfolk	NE	00:31:16.40	01:14:36.46	00:35:44.26	10:48	02:21:37.12
2348	1332/2794	43/89	2864	Denie Jacobson	F	19	Gordon	NE	00:27:38.54	01:11:05.91	00:42:53.03	10:48	02:21:37.49
2349	1333/2794	223/450	4520	Amanda Bordovsky	F	33	West Point	NE	00:32:35.30	01:12:37.22	00:36:26.66	10:48	02:21:39.18
2350	1334/2794	164/359	3364	Susan Stadig	F	44	Elkhorn	NE	00:28:54.51	01:10:03.61	00:42:42.18	10:48	02:21:40.31
2351	1335/2794	234/477	3268	Tinum Vuppuluri	F	29	Lincoln	NE	00:36:41.54	01:12:49.71	00:32:09.48	10:48	02:21:40.73
2352	1336/2794	165/359	2422	Leslie Priebe	F	42	Omaha	NE	00:28:54.95	01:10:04.17	00:42:41.70	10:48	02:21:40.83
2353	1337/2794	69/167	1213	Heather Schuette	F	53	Lincoln	NE	00:31:04.64	01:13:04.41	00:37:32.44	10:48	02:21:41.50
2354	1338/2794	166/359	2750	Julie Palm	F	40	Wahoo	NE	00:27:43.44	01:12:47.41	00:41:10.85	10:48	02:21:41.71
2355	1017/1393	155/213	5119	John Stavick	M	34	Lincoln	NE	00:30:16.87	01:08:50.78	00:42:34.38	10:48	02:21:42.03
2356	1339/2794	92/208	3992	Brenda Weyers	F	47	Lincoln	NE	00:32:20.45	01:13:27.16	00:35:56.56	10:48	02:21:44.18
2357	1340/2794	167/359	623	Lauri Chandler	F	41	Pleasanton	NE	00:29:05.70	01:16:28.25	00:36:11.81	10:48	02:21:45.78
2358	1341/2794	224/450	2343	Katie Mckinney	F	30	Lincoln	NE	00:27:32.66	01:15:50.25	00:38:22.92	10:48	02:21:45.84
2359	1342/2794	176/378	2820	Kerry Schwarzlander	F	24	Kennard	NE	00:29:46.92	01:12:18.60	00:39:40.34	10:48	02:21:45.86
2360	1343/2794	177/378	1048	Katlyn Bailey	F	24	Lincoln	NE	00:31:48.10	01:13:04.44	00:36:53.39	10:48	02:21:45.93
2361	1344/2794	178/378	3149	Myca Aakre	F	24	Omaha	NE	00:32:02.47	01:15:29.77	00:34:13.85	10:48	02:21:46.10
2362	1345/2794	179/378	2741	Jordyn Beck	F	22	Lincoln	NE	00:32:02.04	01:15:30.53	00:34:16.57	10:49	02:21:49.15
2363	1346/2794	44/89	2409	Carmen Mead	F	19	Lincoln	NE	00:29:55.57	01:17:23.64	00:34:30.73	10:49	02:21:49.95
2364	1347/2794	276/489	3491	Samantha Cressler	F	36	Lincoln	NE	00:31:51.43	01:14:06.09	00:35:53.91	10:49	02:21:51.44
2365	1348/2794	180/378	3140	Allison Pearson	F	23	Daykin	NE	00:32:05.58	01:14:33.19	00:35:13.10	10:49	02:21:51.88
2366	1349/2794	235/477	3444	Megan Rossman	F	26	Lincoln	NE	00:30:36.58	01:11:36.17	00:39:42.94	10:49	02:21:55.69
2367	1350/2794	181/378	4677	Nicole Bakenhus	F	20	Lincoln	NE	00:33:14.74	01:14:44.73	00:33:56.30	10:49	02:21:55.77
2368	1351/2794	93/208	3697	Tricia Freeman	F	46	Papillion	NE	00:30:49.16	01:15:05.19	00:36:01.73	10:49	02:21:56.08
2369	1352/2794	225/450	1029	Erin Rourke	F	34	Lincoln	NE	00:29:31.92	01:13:14.88	00:39:13.07	10:49	02:21:59.88
2370	1353/2794	94/208	1441	Ariana Kennedy	F	46	Lincoln	NE	00:31:40.94	01:13:12.96	00:37:06.17	10:49	02:22:00.08
2371	1018/1393	8/16	5521	Bob Kelly	M	65	Lincoln	NE	00:31:40.18	01:13:46.19	00:36:37.67	10:50	02:22:04.05
2372	1019/1393	156/213	1600	Philip Boucher	M	31	Lincoln	NE	00:32:21.25	01:12:59.96	00:36:43.40	10:50	02:22:04.62
2373	1354/2794	95/208	688	Trina Brown	F	45	Lincoln	NE	00:31:09.75	01:15:24.49	00:35:31.65	10:50	02:22:05.90
2374	1020/1393	83/106	5302	Brad Sass	M	53	Firth	NE	00:32:16.59	01:12:54.10	00:36:57.47	10:50	02:22:08.17
2375	1021/1393	189/250	1691	Eric Wilford	M	35	Lincoln	NE	00:26:00.13	01:17:03.49	00:39:04.77	10:50	02:22:08.40
2376	1355/2794	96/208	3409	Chris Kunz	F	48	Elmwood	NE	00:31:53.56	01:13:14.97	00:37:01.87	10:50	02:22:10.41
2377	1356/2794	41/103	2401	Joyce Deaver	F	56	Cambridge	NE	00:31:40.09	01:13:39.13	00:36:52.31	10:50	02:22:11.53
2378	1357/2794	168/359	4062	Shelisa Stam	F	44	Ord	NE	00:29:28.89	01:15:01.40	00:37:42.25	10:50	02:22:12.55
2379	1358/2794	277/489	3832	Natasha Hatfield	F	38	Spring Hill	KS	00:31:44.60	01:12:55.16	00:37:32.95	10:50	02:22:12.71
2380	1022/1393	90/122	5098	Jordan Andreanopoulos	M	22	Bloomington	IN	00:27:34.58	01:15:04.74	00:39:33.44	10:50	02:22:12.78

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2381	1023/1393	190/250	5838	Matt Zmolek	M	39	Tama	IA	00:28:20.33	01:13:39.64	00:40:15.70	10:51	02:22:15.69
2382	1024/1393	137/184	5169	Jeff Martinson	M	44	Omaha	NE	00:31:41.38	01:14:27.59	00:36:07.16	10:51	02:22:16.14
2383	1359/2794	226/450	2836	Nichole Schultes	F	31	Omaha	NE	00:32:18.81	01:15:11.22	00:34:46.43	10:51	02:22:16.46
2384	1025/1393	33/53	4963	Joseph Weber	M	61	Lincoln	NE	00:32:22.58	01:12:59.73	00:36:54.35	10:51	02:22:16.67
2385	1360/2794	227/450	2214	Traci Beckman	F	32	Elgin	NE	00:31:52.42	01:12:58.26	00:37:28.42	10:51	02:22:19.10
2386	1361/2794	228/450	2789	Raissa Smith	F	31	Tilden	NE	00:31:52.52	01:12:58.96	00:37:28.46	10:51	02:22:19.95
2387	1026/1393	34/53	1402	James Conley	M	61	Lincoln	NE	00:32:33.38	01:16:34.58	00:33:12.42	10:51	02:22:20.38
2388	1362/2794	278/489	2431	Karen Conrad	F	35	Omaha	NE	00:34:10.24	01:14:56.82	00:33:14.14	10:51	02:22:21.21
2389	1363/2794	236/477	2736	Emily Eucker	F	27	Malcolm	NE	00:27:53.03	01:10:45.29	00:43:44.18	10:51	02:22:22.51
2390	1364/2794	182/378	2602	Lynsey Coufal	F	20	Seward	NE	00:32:21.53	01:15:16.58	00:34:44.44	10:51	02:22:22.55
2391	1365/2794	70/167	3539	Koni Daws	F	53	Columbia	MO	00:31:35.91	01:15:24.56	00:35:22.21	10:51	02:22:22.68
2392	1366/2794	183/378	238	Ashley Carter	F	22	Burlington	CO	00:30:31.30	01:14:29.72	00:37:22.73	10:51	02:22:23.76
2393	1367/2794	279/489	2944	Jennifer List	F	37	Omaha	NE	00:30:34.16	01:13:47.37	00:38:02.98	10:51	02:22:24.51
2394	1368/2794	229/450	3643	Melanie Kuenning	F	34	Olathe	KS	00:29:27.46	01:15:27.38	00:37:30.17	10:51	02:22:25.02
2395	1369/2794	184/378	3420	Katie Bright	F	24	Hickman	NE	00:31:07.76	01:12:53.21	00:38:25.73	10:51	02:22:26.71
2396	1370/2794	230/450	1023	Ashley Schroeder	F	31	Lincoln	NE	00:31:38.48	01:13:12.35	00:37:38.08	10:52	02:22:28.93
2397	1027/1393	91/122	5652	Grant Badertscher	M	21	Tecumseh	NE	00:27:50.76	01:12:00.24	00:42:39.58	10:52	02:22:30.58
2398	1371/2794	231/450	904	Amanda Corcoran	F	30	Lincoln	NE	00:31:19.92	01:13:21.56	00:37:49.27	10:52	02:22:30.75
2399	1372/2794	280/489	3524	Jodie Buggi	F	36	Lincoln	NE	00:30:19.89	01:13:24.29	00:38:46.63	10:52	02:22:30.83
2400	1373/2794	281/489	3462	April Fleischman	F	37	West Des Moines	IA	00:30:13.83	01:14:07.95	00:38:09.46	10:52	02:22:31.24
2401	1028/1393	138/184	5766	Brian Goeser	M	42	Omaha	NE	00:27:31.91	01:17:51.01	00:37:09.56	10:52	02:22:32.48
2402	1029/1393	139/184	1869	Jason Koch	M	41	Lincoln	NE	00:30:50.95	01:12:31.65	00:39:11.01	10:52	02:22:33.63
2403	1030/1393	97/134	1902	Richard Anderson	M	49	Omaha	NE	00:32:22.47	01:14:40.80	00:35:31.78	10:52	02:22:35.06
2404	1031/1393	84/106	1980	David Ernesti	M	53	Lincoln	NE	00:31:31.95	01:14:24.08	00:36:40.39	10:52	02:22:36.43
2405	1374/2794	232/450	4275	Nicole Clausen	F	34	Crescent	IA	00:30:39.02	01:12:28.18	00:39:32.02	10:52	02:22:39.23
2406	1032/1393	191/250	1784	Ryan Stubbendieck	M	37	Omaha	NE	00:31:51.88	01:14:25.85	00:36:24.30	10:53	02:22:42.04
2407	1033/1393	85/106	1593	James Johnson	M	50	Sabetha	KS	00:32:17.41	01:12:57.26	00:37:28.39	10:53	02:22:43.07
2408	1034/1393	192/250	5355	William Larson	M	36	Omaha	NE	00:32:58.62	01:13:31.22	00:36:14.59	10:53	02:22:44.44
2409	1375/2794	282/489	3351	Carrie Ourada	F	38	Burrell	NE	00:30:16.21	01:13:09.14	00:39:21.60	10:53	02:22:46.97
2410	1376/2794	97/208	474	June Kleinschmidt	F	47	Grafton	NE	00:30:34.41	01:14:44.18	00:37:28.72	10:53	02:22:47.31
2411	1377/2794	237/477	810	Jessica Peeks	F	29	Utica	NE	00:31:17.53	01:13:44.51	00:37:46.22	10:53	02:22:48.27
2412	1378/2794	98/208	572	Georgina Hueske	F	45	Hastings	NE	00:33:37.72	01:15:34.22	00:33:36.72	10:53	02:22:48.66
2413	1379/2794	233/450	2405	Jennifer Smith	F	34	Lincoln	NE	00:32:43.86	01:15:41.97	00:34:23.07	10:53	02:22:48.91
2414	1035/1393	140/184	5935	Kevin Webel	M	44	Lincoln	NE	00:30:37.28	01:15:22.40	00:36:50.86	10:53	02:22:50.54
2415	1380/2794	71/167	2514	Dana Jensen	F	53	Westminster	CO	00:33:28.11	01:15:33.55	00:33:49.07	10:53	02:22:50.73

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2416	1381/2794	283/489	2501	Erica Fortin	F	38	Oberlin	KS	00:30:42.91	01:14:20.17	00:37:51.30	10:54	02:22:54.38
2417	1382/2794	238/477	3381	Claudia Garcia	F	29	Lincoln	NE	00:30:50.84	01:16:33.49	00:35:30.91	10:54	02:22:55.25
2418	1383/2794	169/359	345	Karly Dodds	F	42	Sioux City	IA	00:33:29.23	01:13:35.63	00:35:51.91	10:54	02:22:56.77
2419	1036/1393	57/81	5060	Tom Marshall	M	57	Houston	TX	00:31:57.27	01:13:41.51	00:37:21.48	10:54	02:23:00.26
2420	1384/2794	239/477	2544	Amy Marshall	F	27	Dallas	TX	00:31:56.80	01:13:41.94	00:37:21.90	10:54	02:23:00.64
2421	1385/2794	170/359	2608	Rebecca Worden	F	42	Kansas City	MO	00:30:12.97	01:15:04.37	00:37:43.40	10:54	02:23:00.74
2422	1386/2794	284/489	2067	Assel Saparova	F	38	Lincoln	NE	00:34:04.92	01:16:03.13	00:32:53.33	10:54	02:23:01.39
2423	1387/2794	171/359	2150	Charity Salazar	F	44	Gretna	NE	00:34:26.77	01:16:01.44	00:32:37.15	10:54	02:23:05.37
2424	1388/2794	185/378	444	Olivia Monaghan	F	21	Lincoln	NE	00:30:33.33	01:14:52.07	00:37:40.32	10:54	02:23:05.73
2425	1389/2794	72/167	667	Debra Eschliman	F	54	Lincoln	NE	00:33:16.65	01:14:52.09	00:34:57.96	10:55	02:23:06.71
2426	1037/1393	58/81	4671	James Hunter	M	58	Council Bluffs	IA	00:30:34.35	01:10:30.31	00:42:02.25	10:55	02:23:06.92
2427	1390/2794	240/477	3623	Grace Short	F	29	Omaha	NE	00:29:19.23	01:14:54.24	00:38:53.63	10:55	02:23:07.10
2428	1391/2794	2/9	869	Joy Mann	F	67	Omaha	NE	00:28:43.51	01:14:37.51	00:39:48.65	10:55	02:23:09.68
2429	1392/2794	45/89	1049	Maddy Royse	F	19	Lincoln	NE	00:29:20.10	01:15:24.05	00:38:26.35	10:55	02:23:10.51
2430	1393/2794	186/378	3810	Allison Hansen	F	20	Lincoln	NE	00:33:51.54	01:16:30.22	00:32:49.11	10:55	02:23:10.88
2431	1038/1393	193/250	5986	Brian Honnold	M	35	Ames	IA	00:30:32.30	01:12:45.04	00:39:53.87	10:55	02:23:11.22
2432	1394/2794	241/477	758	Kaitlin Quintana	F	28	Omaha	NE	00:34:53.68	01:15:39.83	00:32:38.19	10:55	02:23:11.70
2433	1395/2794	242/477	618	Ember Paulson	F	25	Lincoln	NE	00:33:54.59	01:15:06.67	00:34:11.56	10:55	02:23:12.82
2434	1396/2794	172/359	3206	Jennifer Neilan	F	42	Lincoln	NE	00:37:43.31	01:11:50.56	00:33:40.15	10:55	02:23:14.02
2435	1397/2794	285/489	3163	Shakira Cabrera	F	37	San Antonio	TX	00:28:57.96	01:10:43.92	00:43:32.36	10:55	02:23:14.25
2436	1398/2794	286/489	2700	Sarah Schaffer	F	38	North Platte	NE	00:31:50.72	01:15:14.56	00:36:09.46	10:55	02:23:14.75
2437	1399/2794	243/477	3318	Kate Badberg	F	26	Alvo	NE	00:33:13.81	01:14:26.21	00:35:34.76	10:55	02:23:14.79
2438	1039/1393	59/81	1668	Joseph Driscoll	M	59	Prospect	CT	00:32:33.22	01:12:55.17	00:37:47.00	10:55	02:23:15.40
2439	1400/2794	99/208	582	Candie Mcnealy	F	45	Humboldt	NE	00:31:56.24	01:14:46.29	00:36:33.08	10:55	02:23:15.62
2440	1401/2794	244/477	432	Ashton Bohling	F	27	Johnson	NE	00:32:11.65	01:14:11.57	00:36:52.66	10:55	02:23:15.89
2441	1402/2794	287/489	3232	Katie Lewis	F	37	Lincoln	NE	00:32:48.88	01:14:28.05	00:36:00.96	10:55	02:23:17.91
2442	1040/1393	9/16	1633	Rick Olson	M	66	Omaha	NE	00:29:15.47	01:15:22.78	00:38:40.28	10:55	02:23:18.54
2443	1041/1393	92/122	1512	Treyson Mcgill	M	21	Lincoln	NE	00:32:02.14	01:14:09.23	00:37:07.36	10:55	02:23:18.74
2444	1403/2794	288/489	1134	Melissa Soester	F	36	Seward	NE	00:32:57.82	01:16:13.15	00:34:07.78	10:55	02:23:18.75
2445	1404/2794	100/208	514	Jodi Mcgill	F	49	Lincoln	NE	00:32:01.34	01:14:11.15	00:37:06.34	10:55	02:23:18.84
2446	1042/1393	134/173	1385	Roger Cattle	M	27	Lincoln	NE	00:27:01.46	01:13:04.08	00:43:18.36	10:56	02:23:23.90
2447	1043/1393	60/81	5422	Michael Herring	M	58	Ashland	NE	00:32:55.96	01:13:47.72	00:36:40.44	10:56	02:23:24.12
2448	1405/2794	173/359	4006	Richelle Koop	F	42	Wallace	NE	00:31:49.58	01:14:13.35	00:37:22.32	10:56	02:23:25.25
2449	1044/1393	35/53	1552	David McBride	M	64	Lincoln	NE	00:30:26.77	01:13:19.66	00:39:40.07	10:56	02:23:26.51
2450	1045/1393	135/173	5893	Anthony Keever	M	29	Lincoln	NE	00:31:16.23	01:14:30.21	00:37:40.58	10:56	02:23:27.02

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2451	1406/2794	234/450	2702	Heather Larsen	F	31	Lincoln	NE	00:31:26.36	01:14:24.71	00:37:36.05	10:56	02:23:27.12
2452	1046/1393	98/134	1949	Michael Fields	M	47	Council Bluffs	IA	00:29:31.22	01:15:10.92	00:38:47.34	10:56	02:23:29.48
2453	1407/2794	245/477	3012	Megan Rice	F	26	Lincoln	NE	00:33:55.23	01:17:39.25	00:31:55.23	10:56	02:23:29.71
2454	1408/2794	246/477	2843	Sarah Schilling	F	26	Mccook	NE	00:28:20.66	01:15:01.57	00:40:08.02	10:56	02:23:30.26
2455	1409/2794	247/477	4011	Kay Wieser	F	28	Columbus	NE	00:30:25.67	01:14:30.85	00:38:34.14	10:56	02:23:30.67
2456	1047/1393	93/122	5582	Clinton Lackas	M	24	Carroll	NE	00:29:06.73	01:12:26.46	00:41:58.46	10:56	02:23:31.66
2457	1410/2794	187/378	2526	Jamie Holland	F	23	Omaha	NE	00:29:08.31	01:12:25.93	00:41:58.82	10:57	02:23:33.06
2458	1048/1393	86/106	1763	Paul Nance	M	50	Lincoln	NE	00:30:22.68	01:13:48.85	00:39:21.91	10:57	02:23:33.44
2459	1411/2794	101/208	2990	Angie Shadle	F	47	Omaha	NE	00:31:06.61	01:11:20.80	00:41:08.01	10:57	02:23:35.43
2460	1049/1393	87/106	1714	Randall Davis	M	51	Elkhorn	NE	00:32:21.79	01:17:16.79	00:33:56.87	10:57	02:23:35.46
2461	1412/2794	174/359	4265	Tammy Davis	F	43	Elkhorn	NE	00:32:22.53	01:17:17.26	00:33:56.15	10:57	02:23:35.95
2462	1413/2794	73/167	229	Sandi Allbery	F	50	Omaha	NE	00:30:08.47	01:11:13.47	00:42:15.14	10:57	02:23:37.08
2463	1050/1393	194/250	5126	Jarod Wilkinson	M	39	Lincoln	NE	00:28:38.36	01:16:34.04	00:38:25.49	10:57	02:23:37.89
2464	1414/2794	74/167	3958	Lisa Strandberg	F	50	Cherokee	IA	00:31:52.27	01:13:32.40	00:38:18.24	10:57	02:23:42.92
2465	1415/2794	289/489	3873	Julie Singh	F	38	Lincoln	NE	00:33:02.07	01:14:37.17	00:36:04.52	10:57	02:23:43.76
2466	1051/1393	195/250	1964	Pedro Loza	M	36	Bellevue	NE	00:30:39.68	01:14:27.81	00:38:38.24	10:58	02:23:45.73
2467	1416/2794	290/489	395	Stephanie Brown	F	39	Bellevue	NE	00:30:39.81	01:14:27.51	00:38:38.43	10:58	02:23:45.76
2468	1417/2794	42/103	1036	Julie Meyer	F	56	Lincoln	NE	00:31:09.98	01:15:24.55	00:37:11.94	10:58	02:23:46.47
2469	1418/2794	175/359	987	Lora Sypal	F	42	Lincoln	NE	00:30:27.59	01:15:56.28	00:37:23.22	10:58	02:23:47.10
2470	1419/2794	248/477	5338	Rachel Twist	F	28	Omaha	NE	00:30:14.79	01:12:40.55	00:40:56.19	10:58	02:23:51.54
2471	1420/2794	249/477	2487	Katherine Anderson	F	26	Lincoln	NE	00:28:16.57	01:14:08.27	00:41:27.17	10:58	02:23:52.02
2472	1052/1393	99/134	6025	Mike Adams	M	47	Arvada	CO	00:32:01.44	01:14:27.29	00:37:25.83	10:58	02:23:54.57
2473	1053/1393	141/184	5260	Michael Hagen	M	40	Lincoln	NE	00:32:17.32			10:58	02:23:54.77
2474	1421/2794	291/489	2167	Amy Harshman	F	38	Lincoln	NE	00:32:19.19	01:14:03.05	00:37:33.22	10:58	02:23:55.47
2475	1422/2794	235/450	3668	Julianne Moran	F	32	Omaha	NE	00:28:05.95	01:15:53.20	00:39:59.13	10:58	02:23:58.29
2476	1054/1393	61/81	6016	Jerry Brandt	M	56	Grand Island	NE	00:29:51.04	01:15:12.41	00:38:56.15	10:59	02:23:59.60
2477	1423/2794	250/477	3734	Karly Schneider	F	26	Omaha	NE	00:29:11.36	01:17:35.27	00:37:15.53	10:59	02:24:02.16
2478	1424/2794	188/378	2785	Taylor Bennett	F	20	Kearney	NE	00:30:39.52	01:15:01.46	00:38:23.68	10:59	02:24:04.66
2479	1055/1393	136/173	1818	Benjamin Terry	M	27	Lincoln	NE	00:24:33.10	01:15:25.41	00:44:06.31	10:59	02:24:04.83
2480	1425/2794	43/103	3091	Bev Exposito	F	59	Hutchinson	KS	00:32:52.75	01:15:23.46	00:35:54.63	10:59	02:24:10.85
2481	1426/2794	189/378	2613	Patricia Moore	F	23	Lincoln	NE	00:31:48.29	01:14:17.18	00:38:06.01	10:59	02:24:11.48
2482	1427/2794	44/103	4012	Martha Stoddard	F	59	Lincoln	NE	00:32:09.53	01:16:56.36	00:35:07.80	11:00	02:24:13.69
2483	1428/2794	11/46	177	Lisa Huff	F	62	Lincoln	NE	00:31:54.33	01:14:46.84	00:37:34.59	11:00	02:24:15.77
2484	1429/2794	292/489	4740	Erin Sanfilippo	F	39	La Vista	NE	00:31:42.99	01:14:27.71	00:38:07.36	11:00	02:24:18.07
2485	1056/1393	196/250	5186	Clay Cressler	M	35	Lincoln	NE	00:31:54.32	01:14:06.70	00:38:17.84	11:00	02:24:18.87

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2486	1057/1393	142/184	5530	Darin Person	M	40	Lincoln	NE	00:35:02.41	01:15:20.47	00:33:56.29	11:00	02:24:19.18
2487	1430/2794	46/89	180	Shayla Cox	F	18	Louisville	NE	00:32:24.66	01:16:16.62	00:35:38.23	11:00	02:24:19.52
2488	1431/2794	293/489	1794	Isau Metes	F	37	Lincoln	NE	00:32:16.05	01:16:02.05	00:36:03.66	11:00	02:24:21.77
2489	1058/1393	88/106	1898	Gary Zoucha	M	50	Omaha	NE	00:32:22.76	01:14:44.87	00:37:16.57	11:00	02:24:24.20
2490	1432/2794	190/378	3484	Sydney Schumacher	F	22	Petersburg	NE	00:32:55.69	01:16:52.22	00:34:39.80	11:01	02:24:27.72
2491	1433/2794	294/489	3302	Denee Kunzman	F	35	Albion	NE	00:32:55.92	01:16:52.11	00:34:40.00	11:01	02:24:28.03
2492	1434/2794	295/489	2420	Katy Seamann	F	35	Spalding	NE	00:32:55.57	01:16:52.34	00:34:41.66	11:01	02:24:29.58
2493	1435/2794	176/359	3934	Shandra Uden	F	43	Kenesaw	NE	00:29:52.58	01:17:08.14	00:37:30.42	11:01	02:24:31.15
2494	1059/1393	29/33	5603	Caylen Henning	M	17	Beatrice	NE	00:27:29.57	01:17:19.36	00:39:43.57	11:01	02:24:32.51
2495	1436/2794	177/359	4225	Lynn Foerster	F	44	Lincoln	NE	00:32:37.80	01:14:40.31	00:37:16.07	11:01	02:24:34.18
2496	1437/2794	296/489	4009	Ginger Schaaf	F	39	Fort Leavenworth	KS	00:31:17.37	01:14:46.71	00:38:30.17	11:01	02:24:34.26
2497	1438/2794	102/208	4302	Tammy Anderson	F	46	Delta	CO	00:28:40.27	01:14:43.71	00:41:10.85	11:01	02:24:34.84
2498	1060/1393	89/106	6111	Jeff Anderson	M	50	Delta	CO	00:32:14.31	01:14:29.61	00:37:51.68	11:01	02:24:35.61
2499	1439/2794	251/477	3863	Lindsey Powell	F	28	Plattsmouth	NE	00:30:40.19	01:15:30.14	00:38:26.37	11:01	02:24:36.70
2500	1440/2794	252/477	4166	Laura Robbins	F	28	Eddyville	NE	00:32:39.69	01:20:28.22	00:31:31.96	11:02	02:24:39.88
2501	1441/2794	178/359	4506	Greta Wiebe	F	41	Lincoln	NE	00:31:06.39	01:14:50.81	00:38:43.33	11:02	02:24:40.54
2502	1442/2794	297/489	2191	Amanda Brewer	F	37	Omaha	NE	00:32:21.44	01:17:24.51	00:34:55.03	11:02	02:24:40.99
2503	1443/2794	236/450	2217	Megan Montrie	F	33	Omaha	NE	00:32:24.10	01:17:23.48	00:34:55.22	11:02	02:24:42.80
2504	1444/2794	298/489	2218	Amanda Brewer	F	37	Omaha	NE	00:32:23.90	01:17:23.89	00:34:55.22	11:02	02:24:43.01
2505	1445/2794	47/89	3680	Erin Mapson	F	17	Lincoln	NE	00:34:14.44	01:15:25.89	00:35:06.31	11:02	02:24:46.65
2506	1061/1393	94/122	5591	Quentin Peacock	M	21	Lincoln	NE	00:28:43.82	01:16:26.69	00:39:36.52	11:02	02:24:47.04
2507	1062/1393	197/250	5649	Jim Poleshuk	M	38	Omaha	NE	00:30:08.59	01:16:06.94	00:38:31.57	11:02	02:24:47.10
2508	1446/2794	75/167	3979	Carmen Michl-Kime	F	50	Lincoln	NE	00:31:03.36	01:13:51.17	00:39:54.18	11:02	02:24:48.71
2509	1063/1393	157/213	4824	Dusty Perry	M	30	Lincoln	NE	00:32:11.35	01:13:37.17	00:39:01.42	11:02	02:24:49.95
2510	1447/2794	103/208	1010	Renae Henrichs	F	47	Hastings	NE	00:33:38.56	01:15:34.48	00:35:39.75	11:03	02:24:52.79
2511	1448/2794	104/208	4194	Laura Beach	F	47	Elkhorn	NE	00:30:55.19	01:15:51.12	00:38:06.48	11:03	02:24:52.79
2512	1064/1393	158/213	5390	Tanner Miller	M	32	Lincoln	NE	00:27:28.39	01:21:16.97	00:36:07.65	11:03	02:24:53.02
2513	1449/2794	237/450	1335	Savanna Groteluschen	F	33	Ashland	NE	00:31:18.22	01:15:56.05	00:37:40.98	11:03	02:24:55.26
2514	1450/2794	238/450	2709	Karri Martin	F	34	Omaha	NE	00:30:53.24	01:15:56.72	00:38:06.65	11:03	02:24:56.62
2515	1451/2794	239/450	4189	Madison Nott	F	30	Holdrege	NE	00:30:09.17	01:14:33.01	00:40:14.70	11:03	02:24:56.89
2516	1065/1393	62/81	1930	Jon Link	M	56	Alexandria	VA	00:29:20.11	01:15:23.41	00:40:14.92	11:03	02:24:58.44
2517	1452/2794	299/489	4556	Erin Leahy	F	36	Omaha	NE	00:30:46.02	01:15:40.17	00:38:37.52	11:03	02:25:03.72
2518	1453/2794	300/489	2565	Kristin Knott	F	36	Omaha	NE	00:30:14.22	01:15:15.30	00:39:34.73	11:03	02:25:04.26
2519	1454/2794	191/378	3699	Brittany Spieker	F	24	Norfolk	NE	00:32:50.80	01:17:05.91	00:35:08.77	11:04	02:25:05.48
2520	1455/2794	192/378	4151	Shannon Moore	F	21	Lincoln	NE	00:30:50.75	01:15:02.06	00:39:12.87	11:04	02:25:05.69



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2521	1456/2794	240/450	875	Lisa Lally	F	34	Roanoke	VA	00:31:01.89	01:14:53.53	00:39:13.78	11:04	02:25:09.21
2522	1457/2794	193/378	790	Taylor Hart	F	23	Lincoln	NE	00:29:32.94	01:14:59.21	00:40:39.53	11:04	02:25:11.69
2523	1066/1393	100/134	5141	Matt Mundorf	M	46	Lincoln	NE	00:32:34.07	01:15:47.29	00:36:50.86	11:04	02:25:12.22
2524	1458/2794	301/489	333	Jennifer Wingert	F	37	Osmond	NE	00:29:34.09			11:04	02:25:13.26
2525	1459/2794	302/489	1336	Nicole Barker	F	37	Lincoln	NE	00:32:06.03	01:14:25.86	00:38:41.60	11:04	02:25:13.50
2526	1067/1393	30/33	5064	Alex Barbosa	M	16	Lincoln	NE	00:33:00.83	01:13:15.82	00:38:57.97	11:04	02:25:14.63
2527	1068/1393	198/250	6063	Jason Bates	M	39	Minden	NE	00:30:29.09	01:16:06.94	00:38:42.23	11:05	02:25:18.26
2528	1460/2794	253/477	289	Samantha Pavelka	F	27	North Platte	NE	00:33:44.22	01:16:36.33	00:34:57.84	11:05	02:25:18.39
2529	1069/1393	63/81	1735	Doug Almgren	M	56	Papillion	NE	00:32:45.45	01:16:18.68	00:36:16.09	11:05	02:25:20.23
2530	1461/2794	194/378	3635	Meagan Reiners	F	21	Lincoln	NE	00:32:35.09	01:14:55.74	00:37:49.47	11:05	02:25:20.30
2531	1462/2794	254/477	669	Karisa Malchow	F	26	Omaha	NE	00:32:45.45	01:16:18.88	00:36:16.07	11:05	02:25:20.41
2532	1463/2794	45/103	4219	Tamera Schlueter	F	55	Hastings	NE	00:30:29.75	01:14:10.96	00:40:40.14	11:05	02:25:20.86
2533	1464/2794	195/378	2738	Allison Burkert	F	22	Lincoln	NE	00:32:59.15	01:15:16.43	00:37:05.47	11:05	02:25:21.06
2534	1465/2794	105/208	3519	Staci Thompson	F	46	Manhattan	KS	00:32:24.99	01:15:14.84	00:37:41.76	11:05	02:25:21.60
2535	1070/1393	64/81	1460	Ron Banegas	M	58	Albuquerque	NM	00:30:05.29	01:16:01.68	00:39:15.23	11:05	02:25:22.20
2536	1466/2794	241/450	2397	Christina Burghardt	F	33	Omaha	NE	00:30:09.65	01:15:40.62	00:39:33.37	11:05	02:25:23.65
2537	1467/2794	242/450	4144	Kayla Howard	F	32	Omaha	NE	00:30:09.75	01:15:41.03	00:39:34.17	11:05	02:25:24.96
2538	1468/2794	106/208	3568	Melinda Grafel	F	46	Oberlin	KS	00:30:44.18	01:15:29.47	00:39:12.44	11:05	02:25:26.10
2539	1071/1393	137/173	5991	Joey Kocarnik	M	29	Omaha	NE	00:32:27.58	01:13:20.60	00:39:40.22	11:05	02:25:28.40
2540	1469/2794	107/208	1169	Kelle Thompson	F	45	Winfield	KS	00:32:27.81	01:14:51.50	00:38:09.26	11:05	02:25:28.58
2541	1470/2794	108/208	753	Babs Moore	F	47	Omaha	NE	00:31:19.00	01:16:22.35	00:37:49.67	11:06	02:25:31.04
2542	1471/2794	48/89	2811	Mariah Hegemann	F	17	Topeka	KS	00:29:05.79	01:16:07.61	00:40:19.91	11:06	02:25:33.31
2543	1472/2794	196/378	2765	Destiny Worthey	F	20	Humboldt	NE	00:31:33.06	01:15:43.32	00:38:18.34	11:06	02:25:34.73
2544	1473/2794	179/359	3653	Kate Hough	F	42	Omaha	NE	00:30:07.36	01:18:11.30	00:37:16.48	11:06	02:25:35.14
2545	1072/1393	143/184	4794	Nate Hinman	M	41	Fairbury	NE	00:33:31.86	01:13:46.31	00:38:17.65	11:06	02:25:35.82
2546	1474/2794	180/359	4104	Rhonda Ahrens	F	42	Gretna	NE	00:29:55.22	01:19:37.55	00:36:06.17	11:06	02:25:38.95
2547	1073/1393	144/184	5908	Seth Schuchman	M	41	Elkhorn	NE	00:26:44.95	01:17:24.49	00:41:29.82	11:06	02:25:39.27
2548	1074/1393	101/134	5927	Jonathan Brown	M	45	Omaha	NE	00:28:53.30	01:15:22.92	00:41:26.73	11:06	02:25:42.95
2549	1475/2794	197/378	2369	Emily Bauer	F	20	Kearney	NE	00:31:04.81	01:17:00.20	00:37:40.09	11:07	02:25:45.10
2550	1476/2794	243/450	1024	Jessica Piotrowski	F	32	Omaha	NE	00:32:30.09	01:17:43.25	00:35:31.84	11:07	02:25:45.19
2551	1075/1393	199/250	4897	Jonathan Fritz	M	37	Omaha	NE	00:32:29.61	01:17:43.44	00:35:32.82	11:07	02:25:45.88
2552	1076/1393	138/173	5488	Josh Brauer	M	27	Lincoln	NE	00:30:41.06	01:13:36.19	00:41:29.17	11:07	02:25:46.43
2553	1477/2794	181/359	1126	Jodi Holt	F	42	Lincoln	NE	00:30:10.07	01:16:37.64	00:39:00.05	11:07	02:25:47.76
2554	1478/2794	244/450	1128	Jenni Brost	F	34	Lincoln	NE	00:30:09.66	01:16:37.60	00:39:00.92	11:07	02:25:48.19
2555	1077/1393	145/184	5212	Chris Hegemann	M	40	Topeka	KS	00:29:05.79	01:16:07.00	00:40:36.55	11:07	02:25:49.35

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2556	1078/1393	159/213	5286	Barney Zimmerman	M	34	Lincoln	NE	00:28:20.79	01:11:50.74	00:45:40.11	11:07	02:25:51.65
2557	1479/2794	303/489	2934	Lindsey Nemetz	F	37	Atkinson	NE	00:28:33.16	01:19:30.27	00:37:48.31	11:07	02:25:51.74
2558	1480/2794	245/450	3309	Samantha Grummert	F	31	Cedar Bluffs	NE	00:28:32.57	01:15:27.81	00:41:53.54	11:07	02:25:53.93
2559	1481/2794	198/378	356	Mackenzie Burk	F	20	Omaha	NE	00:29:56.22	01:17:30.82	00:38:27.26	11:07	02:25:54.31
2560	1079/1393	160/213	1325	Jason Weiers	M	31	Omaha	NE	00:29:20.57	01:16:00.12	00:40:34.01	11:07	02:25:54.71
2561	1482/2794	199/378	4325	Claire Bergen	F	23	Milford	NE	00:30:39.59	01:16:59.33	00:38:16.32	11:07	02:25:55.25
2562	1483/2794	304/489	227	Christina Lovercheck	F	37	Hickman	NE	00:31:32.35	01:16:58.10	00:37:25.03	11:07	02:25:55.48
2563	1484/2794	305/489	3564	Stephanie Cowman	F	38	Benton	KS	00:31:32.31	01:16:58.22	00:37:25.06	11:07	02:25:55.60
2564	1080/1393	200/250	4857	Daniel Hutchinson	M	35	Lincoln	NE	00:30:46.13	01:13:38.50	00:41:30.96	11:07	02:25:55.60
2565	1081/1393	95/122	5479	Nik Leger	M	21	Lincoln	NE	00:29:54.26	01:16:14.25	00:39:47.98	11:07	02:25:56.50
2566	1485/2794	12/46	3131	Marlene Swanson	F	62	Lincoln	NE	00:33:08.64	01:17:11.51	00:35:36.70	11:08	02:25:56.86
2567	1486/2794	200/378	4093	Lizz Bauer	F	23	Lincoln	NE	00:33:45.55	01:15:04.44	00:37:07.41	11:08	02:25:57.41
2568	1487/2794	306/489	3867	Kimberly Mussman	F	35	Ohioa	NE	00:31:41.07	01:14:33.83	00:39:43.85	11:08	02:25:58.75
2569	1488/2794	201/378	2878	Madison Schwartz	F	24	Lincoln	NE	00:30:38.16	01:15:22.19	00:40:00.47	11:08	02:26:00.83
2570	1489/2794	202/378	617	Haley Wilke	F	20	Lincoln	NE	00:32:23.45	01:15:53.68	00:37:45.60	11:08	02:26:02.74
2571	1490/2794	307/489	489	Tami Frank	F	37	Lincoln	NE	00:33:52.20	01:15:25.94	00:36:44.97	11:08	02:26:03.11
2572	1491/2794	46/103	3514	Cyndi Schaer	F	56	Omaha	NE	00:30:57.75	01:14:16.51	00:40:49.51	11:08	02:26:03.78
2573	1492/2794	246/450	3626	Valerie Ramirez	F	30	Denver	CO	00:27:23.61	01:16:46.46	00:41:57.43	11:08	02:26:07.51
2574	1493/2794	13/46	3736	Gail Stelmacher	F	62	West Des Moines	IA	00:32:11.74	01:16:23.90	00:37:32.62	11:08	02:26:08.27
2575	1494/2794	109/208	3630	Billie Schwarz	F	45	Lexington	NE	00:27:23.58	01:16:46.19	00:42:01.75	11:09	02:26:11.53
2576	1082/1393	161/213	4836	Tray Henriksen	M	30	Lincoln	NE	00:32:46.44	01:16:49.19	00:36:39.67	11:09	02:26:15.31
2577	1495/2794	182/359	1064	Shawnda Eggleston	F	42	Broken Bow	NE	00:29:10.53	01:18:20.22	00:38:44.82	11:09	02:26:15.58
2578	1496/2794	247/450	5103	Angela Garbacz	F	30	Lincoln	NE	00:33:02.29	01:16:39.72	00:36:34.97	11:09	02:26:16.99
2579	1083/1393	162/213	2611	Russell Parde	M	31	Lincoln	NE	00:33:02.66	01:16:39.52	00:36:35.17	11:09	02:26:17.35
2580	1084/1393	90/106	5492	John Grybko	M	50	Fairbury	NE	00:31:23.22	01:14:39.69	00:40:16.94	11:09	02:26:19.85
2581	1497/2794	47/103	492	Deb Ebeling	F	58	Norfolk	NE	00:32:32.92	01:16:07.57	00:37:40.99	11:09	02:26:21.49
2582	1498/2794	203/378	3207	Ellie Clinch	F	23	Omaha	NE	00:32:23.39	01:14:53.27	00:39:09.79	11:10	02:26:26.46
2583	1499/2794	248/450	2866	Tiffany Mousel	F	34	Lincoln	NE	00:34:02.39	01:16:52.28	00:35:31.88	11:10	02:26:26.55
2584	1500/2794	204/378	3156	Kourtney Burianek	F	23	Pleasant Dale	NE	00:30:16.23	01:17:26.21	00:38:46.22	11:10	02:26:28.67
2585	1085/1393	163/213	1874	Zach Ziemba	M	33	Omaha	NE	00:30:50.05	01:17:10.81	00:38:29.22	11:10	02:26:30.08
2586	1086/1393	36/53	5370	Larry Lococo	M	64	Lincoln	NE	00:31:35.76	01:14:15.95	00:40:42.78	11:10	02:26:34.50
2587	1087/1393	201/250	5157	Pablo Barbosa	M	38	Lincoln	NE	00:32:54.92	01:16:10.23	00:37:31.10	11:11	02:26:36.25
2588	1501/2794	255/477	5425	Heather Lammers-Nelson	F	29	Omaha	NE	00:30:06.03	01:16:58.21	00:39:34.34	11:11	02:26:38.59
2589	1502/2794	205/378	2357	Sofia Ciotti	F	21	Lincoln	NE	00:31:59.33	01:13:52.44	00:40:47.05	11:11	02:26:38.83
2590	1503/2794	256/477	991	Mollie Topil	F	26	Lincoln	NE	00:32:48.71	01:16:49.37	00:37:00.93	11:11	02:26:39.01

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2591	1504/2794	183/359	567	Colleen Hosick	F	41	Bellevue	NE	00:30:34.25	01:14:22.26	00:41:45.68	11:11	02:26:42.19
2592	1088/1393	202/250	5435	Shawn Humphrey	M	38	Lincoln	NE	00:31:10.73	01:14:24.55	00:41:07.20	11:11	02:26:42.49
2593	1505/2794	48/103	1084	Karen Knap	F	59	Lincoln	NE	00:32:06.81	01:16:19.36	00:38:18.31	11:11	02:26:44.48
2594	1506/2794	257/477	689	Kiley Connealy	F	27	Kearney	NE	00:33:05.96	01:16:22.35	00:37:20.13	11:11	02:26:48.44
2595	1089/1393	139/173	1724	Evan Hanlin	M	26	Lincoln	NE	00:35:29.50	01:13:57.16	00:37:22.00	11:11	02:26:48.67
2596	1090/1393	203/250	5374	Chad Erickson	M	35	Malcolm	NE	00:36:04.52	01:15:30.77	00:35:15.63	11:12	02:26:50.92
2597	1091/1393	204/250	6120	James Soukup	M	36	Lincoln	NE	00:31:15.73	01:20:07.41	00:35:28.27	11:12	02:26:51.41
2598	1507/2794	49/89	3122	Peyton Erickson	F	15	Malcolm	NE	00:36:05.27	01:15:31.93	00:35:15.18	11:12	02:26:52.39
2599	1508/2794	184/359	2204	Amy Horn	F	43	Lincoln	NE	00:33:54.32	01:18:27.65	00:34:31.13	11:12	02:26:53.11
2600	1509/2794	76/167	2617	Leslie Podliska	F	51	Ottumwa	IA	00:32:23.05	01:14:51.48	00:39:40.23	11:12	02:26:54.77
2601	1092/1393	37/53	6011	John Van Mouwerik	M	60	Redlands	CA	00:32:39.54	01:16:41.76	00:37:34.29	11:12	02:26:55.59
2602	1510/2794	258/477	4339	Laura Stueck	F	26	Roca	NE	00:32:57.48	01:16:25.23	00:37:34.31	11:12	02:26:57.03
2603	1511/2794	206/378	2779	Ashton Johnson	F	22	Sioux City	IA	00:32:50.58	01:17:06.72	00:37:00.86	11:12	02:26:58.17
2604	1512/2794	7/10	3829	Madison Kirchoff	F	14	Dewitt	NE	00:32:47.91	01:20:51.75	00:33:29.02	11:13	02:27:08.69
2605	1093/1393	146/184	1560	Ryan Weidman	M	42	Bellevue	NE	00:29:08.41	01:15:07.73	00:42:53.73	11:13	02:27:09.88
2606	1513/2794	308/489	1142	Latava Sanders	F	35	Lincoln	NE	00:33:06.49	01:18:00.23	00:36:03.22	11:13	02:27:09.94
2607	1514/2794	185/359	4471	Lisa Vanschoiack	F	44	Beatrice	NE	00:34:02.58	01:17:40.16	00:35:28.06	11:13	02:27:10.80
2608	1515/2794	259/477	1058	Stephanie Ferguson	F	28	Ashland	NE	00:31:17.69	01:15:55.85	00:39:59.69	11:13	02:27:13.24
2609	1516/2794	260/477	3778	Bobbi Gingery	F	28	Lincoln	NE	00:31:20.84	01:15:52.68	00:40:03.50	11:14	02:27:17.02
2610	1517/2794	309/489	4783	Justina Mcconnell	F	37	Lincoln	NE	00:31:21.10	01:15:52.69	00:40:03.37	11:14	02:27:17.17
2611	1518/2794	261/477	3786	Meredith Schneider	F	26	Blair	NE	00:33:06.57	01:17:40.88	00:36:30.03	11:14	02:27:17.48
2612	1519/2794	110/208	541	Ann Devries	F	46	Lincoln	NE	00:33:50.01	01:16:12.15	00:37:15.51	11:14	02:27:17.67
2613	1094/1393	205/250	1978	Colby Vesely	M	39	Lincoln	NE	00:31:20.55	01:16:54.63	00:39:03.13	11:14	02:27:18.32
2614	1520/2794	262/477	3119	Chelsea Svehla	F	26	Omaha	NE	00:33:07.36	01:17:40.64	00:36:30.60	11:14	02:27:18.61
2615	1521/2794	263/477	2910	Sarah Morman	F	26	Omaha	NE	00:32:25.53	01:15:50.42	00:39:02.94	11:14	02:27:18.90
2616	1522/2794	264/477	498	Nicole Miksch	F	28	Lincoln	NE	00:30:06.90	01:17:27.24	00:39:46.98	11:14	02:27:21.13
2617	1523/2794	186/359	2047	Melissa Landis	F	43	Lincoln	NE	00:33:23.05	01:16:18.22	00:37:40.85	11:14	02:27:22.13
2618	1524/2794	249/450	2089	Ashley Egger	F	31	Lincoln	NE	00:28:54.58	01:16:01.22	00:42:27.35	11:14	02:27:23.15
2619	1525/2794	187/359	4116	Tanya Holoubeck	F	44	Kearney	NE	00:31:42.60	01:16:51.18	00:38:50.22	11:14	02:27:24.02
2620	1526/2794	250/450	2536	Debra Rupp	F	32	Kearney	NE	00:31:42.60	01:16:51.18	00:38:52.43	11:14	02:27:26.22
2621	1095/1393	164/213	5482	Rance Johnson	M	34	Fort Calhoun	NE	00:30:52.14	01:16:31.89	00:40:04.81	11:15	02:27:28.84
2622	1527/2794	188/359	3532	Lesia Ciani	F	41	Omaha	NE	00:31:05.00	01:15:46.54	00:40:41.72	11:15	02:27:33.26
2623	1528/2794	8/10	2462	Emma Buda	F	13	Lincoln	NE	00:31:46.14	01:18:26.29	00:37:21.38	11:15	02:27:33.82
2624	1529/2794	111/208	3414	Erin Buda	F	45	Lincoln	NE	00:31:46.35	01:18:26.08	00:37:21.57	11:15	02:27:34.01
2625	1530/2794	49/103	909	Steph Morrison	F	55	Lincoln	NE	00:32:46.06	01:16:05.92	00:38:42.48	11:15	02:27:34.46

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2626	1531/2794	310/489	4373	Lisa Logsdan	F	36	Lincoln	NE	00:31:48.05	01:18:26.20	00:37:21.40	11:15	02:27:35.66
2627	1532/2794	189/359	3003	Mindy Spiehs	F	41	Aurora	NE	00:34:05.67	01:16:14.45	00:37:17.30	11:15	02:27:37.42
2628	1533/2794	311/489	3751	Becky Clinard	F	36	Lincoln	NE	00:36:28.65	01:14:46.27	00:36:22.98	11:15	02:27:37.91
2629	1534/2794	190/359	4014	Danae Podraza	F	43	Lincoln	NE	00:32:00.56	01:16:13.73	00:39:24.03	11:15	02:27:38.33
2630	1096/1393	38/53	1639	Robert Schoettger	M	60	Lincoln	NE	00:33:02.67	01:18:09.82	00:36:26.77	11:15	02:27:39.26
2631	1535/2794	207/378	3673	Sophia Wennstedt	F	24	Watertown	MA			00:32:43.84	11:15	02:27:39.51
2632	1536/2794	191/359	3279	Cheryl Larsen-Zinke	F	41	Gray	IA	00:32:26.37	01:19:41.31	00:35:32.86	11:15	02:27:40.54
2633	1537/2794	192/359	877	Jennifer Andrews	F	42	Omaha	NE	00:31:45.28	01:17:19.82	00:38:37.30	11:16	02:27:42.41
2634	1538/2794	265/477	2951	Kelli Staack	F	28	Omaha	NE	00:32:27.09	01:14:38.70	00:40:36.72	11:16	02:27:42.51
2635	1539/2794	266/477	632	Courtney Dubay	F	25	Papillion	NE	00:33:46.56	01:16:52.66	00:37:03.67	11:16	02:27:42.89
2636	1540/2794	267/477	1007	Christina Chesters	F	25	Papillion	NE	00:33:47.00	01:16:52.03	00:37:04.05	11:16	02:27:43.08
2637	1541/2794	312/489	4125	Marie Allely	F	39	Council Bluffs	IA	00:32:09.56	01:16:07.07	00:39:26.62	11:16	02:27:43.26
2638	1542/2794	251/450	3928	Lauren Aleshire	F	31	Mission Woods	KS	00:32:07.67	01:16:06.47	00:39:32.10	11:16	02:27:46.26
2639	1543/2794	208/378	2313	Allie Tobin	F	22	Chicago	IL	00:32:58.47	01:17:49.27	00:37:01.17	11:16	02:27:48.93
2640	1544/2794	209/378	4573	Hannah Rowse	F	24	Columbus	NE	00:34:25.01	01:17:01.46	00:36:23.28	11:16	02:27:49.75
2641	1545/2794	268/477	219	Heidi Thompson	F	29	Lincoln	NE	00:34:34.36	01:20:02.43	00:33:13.53	11:16	02:27:50.33
2642	1546/2794	269/477	3195	Meghan Kamran	F	26	Lincoln	NE	00:32:01.35	01:16:17.70	00:39:32.06	11:16	02:27:51.12
2643	1547/2794	193/359	4176	Nancy Davis	F	41	Bennet	NE	00:31:34.15	01:16:29.93	00:39:47.27	11:16	02:27:51.35
2644	1548/2794	252/450	3363	Heather Mowitz	F	32	Lincoln	NE	00:31:58.32	01:15:48.54	00:40:04.92	11:16	02:27:51.78
2645	1549/2794	253/450	2423	Julie Chairez	F	32	Lincoln	NE	00:31:58.22	01:15:48.72	00:40:04.97	11:16	02:27:51.91
2646	1550/2794	210/378	851	Jordan Henkel	F	21	Beatrice	NE	00:34:05.80	01:17:41.35	00:36:05.21	11:16	02:27:52.37
2647	1551/2794	254/450	447	Brittany Cardenas	F	30	Hastings	NE	00:32:53.86	01:15:03.73	00:39:56.22	11:16	02:27:53.82
2648	1552/2794	270/477	2020	Catie Yuhas	F	25	Omaha	NE	00:33:56.78	01:16:26.01	00:37:33.33	11:17	02:27:56.13
2649	1553/2794	211/378	2245	Mackenzie Coleman	F	24	Omaha	NE	00:33:56.85	01:16:26.11	00:37:33.42	11:17	02:27:56.38
2650	1097/1393	65/81	1351	Jon Michelsen	M	58	Lincoln	NE	00:31:59.10	01:16:48.30	00:39:09.34	11:17	02:27:56.74
2651	1554/2794	271/477	634	Jacki Jacox	F	29	Omaha	NE	00:31:59.92	01:16:47.80	00:39:09.40	11:17	02:27:57.13
2652	1098/1393	165/213	6056	Jeff Nicklas	M	32	Hickman	NE	00:32:13.34	01:16:24.20	00:39:22.21	11:17	02:27:59.75
2653	1555/2794	313/489	1109	Lindsey Lee	F	37	Papillion	NE	00:29:57.39	01:16:33.37	00:41:29.04	11:17	02:27:59.81
2654	1099/1393	147/184	1765	Joel Loos	M	40	Lincoln	NE	00:32:07.93	01:14:56.22	00:40:57.09	11:17	02:28:01.24
2655	1556/2794	212/378	775	Mikalsh Mertlik	F	21	Lincoln	NE	00:28:27.21	01:14:15.80	00:45:18.26	11:17	02:28:01.28
2656	1557/2794	194/359	3506	Michele Shonka	F	42	Omaha	NE	00:32:02.06	01:17:31.48	00:38:27.90	11:17	02:28:01.44
2657	1558/2794	213/378	381	Camilla Erway	F	21	Bennet	NE	00:28:28.16	01:14:15.27	00:45:18.25	11:17	02:28:01.69
2658	1100/1393	206/250	1707	Benjamin Loos	M	36	Lincoln	NE	00:32:08.09	01:14:56.67	00:40:57.07	11:17	02:28:01.84
2659	1101/1393	140/173	5361	Brendon Mizner	M	28	Lincoln	NE	00:34:43.00	01:18:30.30	00:34:48.97	11:17	02:28:02.28
2660	1559/2794	112/208	2425	Jody Joens	F	45	Omaha	NE	00:31:30.72	01:18:05.26	00:38:26.73	11:17	02:28:02.73

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2661	1560/2794	272/477	1176	Crystal Cantu	F	28	Ralaston	NE	00:31:32.19	01:15:42.97	00:40:47.98	11:17	02:28:03.15
2662	1561/2794	314/489	3398	Tara Gufford	F	35	Omaha	NE	00:31:30.94	01:18:05.88	00:38:26.35	11:17	02:28:03.18
2663	1562/2794	255/450	4086	Katie Pekarek	F	32	Dwight	NE	00:31:44.51	01:14:51.35	00:41:28.39	11:17	02:28:04.25
2664	1563/2794	195/359	2552	Shona Seiler	F	44	Omaha	NE	00:27:24.15	01:19:05.56	00:41:36.43	11:17	02:28:06.15
2665	1102/1393	102/134	4945	Rod Larsen	M	48	Omaha	NE	00:33:44.99	01:18:03.70	00:36:17.96	11:17	02:28:06.66
2666	1103/1393	166/213	1975	Kevin Cleary	M	31	Omaha	NE	00:33:24.88	01:16:23.77	00:38:21.41	11:18	02:28:10.06
2667	1104/1393	167/213	5198	Mathew Planalp	M	31	Omaha	NE	00:33:24.95	01:16:23.87	00:38:21.43	11:18	02:28:10.26
2668	1564/2794	273/477	1096	Liz Koepp	F	27	Omaha	NE	00:34:22.75	01:16:25.12	00:37:22.72	11:18	02:28:10.59
2669	1565/2794	256/450	3043	Lindsay Setzer	F	31	Omaha	NE	00:31:10.62	01:17:16.65	00:39:43.70	11:18	02:28:10.97
2670	1566/2794	196/359	3391	Kerri Mcgrury	F	44	Beatrice	NE	00:34:57.85	01:17:06.82	00:36:06.71	11:18	02:28:11.38
2671	1105/1393	168/213	4911	Preston Franklin	M	31	Omaha	NE	00:31:10.82			11:18	02:28:13.27
2672	1567/2794	197/359	1106	Samantha Scott	F	40	Gretna	NE	00:36:43.37	01:13:18.16	00:38:12.22	11:18	02:28:13.75
2673	1568/2794	315/489	4129	Emily Belau	F	38	Lincoln	NE	00:32:38.34	01:17:06.94	00:38:28.96	11:18	02:28:14.25
2674	1106/1393	207/250	1965	Jeremy Fries	M	35	Lincoln	NE	00:31:46.35	01:19:42.23	00:36:46.37	11:18	02:28:14.95
2675	1569/2794	257/450	3937	Kristina Jurgensen	F	31	Spearfish	SD	00:33:22.20	01:14:46.09	00:40:06.97	11:18	02:28:15.26
2676	1570/2794	214/378	128	Sarah Patterson	F	21	Lincoln	NE	00:31:46.75	01:18:44.30	00:37:44.55	11:18	02:28:15.60
2677	1571/2794	198/359	3727	Melanie Mccain	F	41	Omaha	NE	00:33:53.74	01:19:13.91	00:35:08.45	11:18	02:28:16.11
2678	1572/2794	274/477	268	Audrey Banegas	F	29	Lincoln	NE	00:32:15.76	01:16:22.51	00:39:38.22	11:18	02:28:16.49
2679	1573/2794	316/489	315	Kelli Bacon	F	38	Lincoln	NE	00:31:10.80	01:17:03.23	00:40:03.49	11:18	02:28:17.53
2680	1574/2794	317/489	2303	Jillian Petersen	F	35	Omaha	NE	00:32:47.86	01:16:02.66	00:39:29.49	11:18	02:28:20.01
2681	1107/1393	169/213	5266	Carl Rottinghaus	M	31	Madison	WI	00:31:19.95	01:16:09.75	00:40:50.98	11:18	02:28:20.69
2682	1575/2794	275/477	2914	Hannah Rottinghaus	F	29	Madison	WI	00:31:21.23	01:16:09.72	00:40:49.94	11:18	02:28:20.90
2683	1576/2794	113/208	4055	Niki Henkel	F	46	Beatrice	NE	00:34:06.89	01:17:40.95	00:36:33.18	11:19	02:28:21.03
2684	1577/2794	215/378	3193	Aisha Bourke	F	23	Lincoln	NE	00:31:59.57	01:16:59.93	00:39:24.45	11:19	02:28:23.95
2685	1578/2794	199/359	2733	Maggie Persing	F	41	Omaha	NE	00:32:40.55	01:15:57.49	00:39:46.50	11:19	02:28:24.55
2686	1579/2794	216/378	2492	London Scott	F	20	Mccook	NE	00:29:03.54	01:17:16.82	00:42:04.84	11:19	02:28:25.21
2687	1580/2794	50/89	2342	Heather Anderson	F	19	Lincoln	NE	00:28:21.25	01:17:03.28	00:43:01.59	11:19	02:28:26.13
2688	1581/2794	51/89	2148	Jessica Kinghorn	F	19	Lincoln	NE	00:28:21.01	01:17:03.53	00:43:01.61	11:19	02:28:26.15
2689	1582/2794	318/489	4212	Merissa Didrickson	F	37	Lincoln	NC	00:32:46.95	01:19:22.95	00:36:16.52	11:19	02:28:26.42
2690	1583/2794	217/378	3045	Natalie Cooper	F	23	Lincoln	NE	00:34:05.56	01:18:16.33	00:36:04.65	11:19	02:28:26.55
2691	1108/1393	208/250	6039	Tyler White	M	35	Lincoln	NE	00:32:48.09	01:16:05.13	00:39:34.03	11:19	02:28:27.26
2692	1584/2794	258/450	1182	Teyanna Miles	F	33	Atlanta	GA	00:32:39.40	01:17:54.02	00:37:57.28	11:19	02:28:30.71
2693	1109/1393	170/213	1721	Tyler Miles	M	31	Lincoln	NE	00:32:39.20	01:17:53.77	00:37:57.78	11:19	02:28:30.75
2694	1585/2794	218/378	2004	Taylor Ihnen	F	24	Lincoln	NE	00:30:02.62	01:20:24.49	00:38:05.30	11:19	02:28:32.42
2695	1586/2794	259/450	3436	Laura Peet Erkes	F	34	Omaha	NE	00:32:26.16	01:17:20.13	00:38:46.74	11:19	02:28:33.04

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2696	1587/2794	219/378	4729	Jessica Siefken	F	23	Lincoln	NE	00:34:08.85	01:16:06.70	00:38:17.98	11:19	02:28:33.53
2697	1110/1393	209/250	5537	Aron Filbert	M	35	Omaha	NE	00:34:55.81	01:16:34.22	00:37:03.88	11:19	02:28:33.91
2698	1588/2794	319/489	3273	Gwen Bye	F	38	Sargent	NE	00:32:11.81	01:16:29.53	00:39:52.80	11:20	02:28:34.15
2699	1589/2794	320/489	1046	Samantha Beaubier	F	36	Lincoln	NE	00:32:30.02	01:17:43.62	00:38:20.90	11:20	02:28:34.55
2700	1590/2794	260/450	506	Krystal Hernandez	F	31	Cozad	NE	00:33:44.03	01:19:10.32	00:35:41.21	11:20	02:28:35.57
2701	1591/2794	261/450	4332	Katie Miller	F	31	Ramsey	MN	00:33:15.12	01:17:30.97	00:37:50.19	11:20	02:28:36.29
2702	1592/2794	14/46	4331	Pat Miller	F	60	Ramsey	MN	00:33:15.11	01:17:30.64	00:37:51.00	11:20	02:28:36.76
2703	1593/2794	52/89	3320	Maria Talero	F	16	Martell	NE	00:33:56.57	01:17:40.90	00:36:59.43	11:20	02:28:36.91
2704	1594/2794	200/359	779	Kayla Thomas-Haire	F	41	Omaha	NE	00:32:46.63	01:16:56.69	00:38:56.22	11:20	02:28:39.54
2705	1111/1393	103/134	1920	Scott Wilke	M	46	Lincoln	NE	00:27:56.31	01:20:25.66	00:40:18.06	11:20	02:28:40.03
2706	1595/2794	321/489	1079	Amanda Wiegert	F	35	Lincoln	NE	00:32:44.00	01:17:12.19	00:38:44.99	11:20	02:28:41.19
2707	1596/2794	322/489	1674	Kelly Tanzer	F	36	Omaha	NE	00:34:26.62	01:15:58.70	00:38:18.12	11:20	02:28:43.45
2708	1112/1393	148/184	5852	Billy Goings	M	41	Elsie	NE	00:31:50.72	01:16:08.45	00:40:47.80	11:20	02:28:46.97
2709	1597/2794	201/359	1119	Janet Nuss	F	42	Lincoln	NE	00:34:18.33	01:16:31.43	00:38:00.86	11:21	02:28:50.63
2710	1598/2794	220/378	5448	Jamie Partington	F	23	Lincoln	NE	00:33:02.23	01:16:05.72	00:39:42.72	11:21	02:28:50.67
2711	1599/2794	323/489	714	Nikki Kopetzky	F	37	Lincoln	NE	00:31:42.85	01:17:51.43	00:39:17.63	11:21	02:28:51.92
2712	1600/2794	262/450	2908	Sara Berglund	F	31	Lincoln	NE	00:32:55.83	01:15:05.69	00:40:51.90	11:21	02:28:53.42
2713	1601/2794	202/359	2102	Heidi Tunks	F	40	Hastings	NE	00:31:27.62	01:15:58.62	00:41:27.34	11:21	02:28:53.59
2714	1602/2794	221/378	4280	Erin Moore	F	21	Lincoln	NE	00:32:12.25	01:14:02.28	00:42:39.93	11:21	02:28:54.46
2715	1603/2794	114/208	2967	Colette Cook	F	46	Wichita	KS	00:32:53.20	01:17:42.25	00:38:19.38	11:21	02:28:54.83
2716	1604/2794	203/359	3839	Kristin Aspegren	F	43	Omaha	NE	00:34:18.62	01:17:49.06	00:36:48.59	11:21	02:28:56.27
2717	1605/2794	115/208	1093	Amy Brand	F	45	Homer	NE	00:30:49.24	01:16:41.77	00:41:26.99	11:21	02:28:58.01
2718	1606/2794	324/489	1091	Carrie Vanschoiack	F	37	Homer	NE	00:28:08.83	01:13:49.46	00:47:00.23	11:21	02:28:58.53
2719	1607/2794	1/4	288	Anne Medeiros	F	73	Bellevue	NE	00:32:49.15	01:18:20.72	00:37:55.87	11:22	02:29:05.76
2720	1113/1393	141/173	5032	Fredrick Rumery	M	26	Lincoln	NE	00:27:53.17	01:18:12.71	00:43:00.52	11:22	02:29:06.40
2721	1608/2794	222/378	4685	Emily Kadavy	F	23	York	NE	00:35:02.39	01:19:58.25	00:34:06.40	11:22	02:29:07.05
2722	1609/2794	2/4	465	Mariana Phipps	F	72	Omaha	NE	00:32:52.20	01:18:19.08	00:37:56.08	11:22	02:29:07.36
2723	1610/2794	276/477	4522	Julia Reilly	F	26	Lincoln	NE	00:33:51.26	01:18:54.84	00:36:22.44	11:22	02:29:08.55
2724	1114/1393	210/250	5667	Mark Lachowicz	M	35	Nashville	TN	00:34:22.24	01:17:08.26	00:37:38.38	11:22	02:29:08.88
2725	1115/1393	142/173	5800	Cody Wilbers	M	27	Lincoln	NE	00:33:54.44	01:19:18.72	00:35:56.21	11:22	02:29:09.38
2726	1116/1393	149/184	1981	Andy Copenharve	M	42	Omaha	NE	00:31:20.34	01:17:35.72	00:40:13.34	11:22	02:29:09.40
2727	1611/2794	263/450	3183	Rose Nekolite	F	31	Emmet	NE	00:31:07.70	01:18:25.95	00:39:35.76	11:22	02:29:09.42
2728	1612/2794	204/359	898	Tricia Schmit	F	42	Elkhorn	NE	00:32:16.28	01:18:03.97	00:38:49.72	11:22	02:29:09.97
2729	1613/2794	223/378	4433	Jackie O'doherty	F	23	Lincoln	NE	00:28:48.56	01:19:29.36	00:40:53.66	11:22	02:29:11.59
2730	1117/1393	171/213	1852	Jonathan Whitehead	M	32	Lincoln	NE	00:29:21.03	01:16:59.00	00:42:51.70	11:22	02:29:11.74

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2731	1118/1393	143/173	6081	Jake Skinner	M	27	Fremont	NE	00:32:31.71	01:16:52.91	00:39:47.64	11:22	02:29:12.26
2732	1614/2794	277/477	3155	Gabby Skinner	F	25	Fremont	NE	00:32:32.13	01:16:52.96	00:39:47.88	11:22	02:29:12.98
2733	1615/2794	278/477	4609	Emily Ridder	F	26	Omaha	NE	00:30:46.19	01:18:24.85	00:40:02.69	11:23	02:29:13.74
2734	1616/2794	279/477	2825	Jeri Cornell	F	25	Omaha	NE	00:31:23.77	01:18:04.64	00:39:46.89	11:23	02:29:15.31
2735	1617/2794	77/167	944	Kathleen Ockinga	F	52	Kearney	NE	00:34:30.80	01:18:03.06	00:36:43.07	11:23	02:29:16.94
2736	1618/2794	325/489	4049	Teresa Faltys	F	36	Lincoln	NE	00:31:47.40	01:18:55.73	00:38:35.46	11:23	02:29:18.61
2737	1619/2794	116/208	3808	Mechelle Coon	F	45	Carter Lake	IA	00:32:40.60	01:17:19.71	00:39:19.96	11:23	02:29:20.27
2738	1620/2794	53/89	3496	Erica Castillo	F	16	Lincoln	NE	00:32:06.42	01:18:52.92	00:38:21.69	11:23	02:29:21.03
2739	1119/1393	144/173	1916	Kameron Braaten	M	28	Lincoln	NE	00:34:49.17	01:17:15.30	00:37:16.96	11:23	02:29:21.44
2740	1621/2794	280/477	4182	Erin Prohaska	F	25	Lincoln	NE	00:30:00.02	01:18:03.13	00:41:18.77	11:23	02:29:21.93
2741	1622/2794	264/450	581	Anne Ross	F	30	Lincoln	NE	00:33:50.21	01:17:58.56	00:37:33.46	11:23	02:29:22.24
2742	1623/2794	326/489	1369	Michaela Kumke	F	37	Lincoln	NE				11:23	02:29:23.92
2743	1624/2794	327/489	3397	Mandy Nowacki	F	39	Plano	TX	00:32:16.36	01:18:49.08	00:38:18.96	11:23	02:29:24.41
2744	1120/1393	150/184	1847	George Hammett	M	44	Lincoln	NE	00:30:59.04	01:16:39.80	00:41:45.70	11:23	02:29:24.56
2745	1625/2794	117/208	355	Kim Brammer	F	46	Omaha	NE	00:32:35.58	01:17:38.39	00:39:10.74	11:23	02:29:24.71
2746	1626/2794	281/477	2840	Juanita Incontro	F	29	Omaha	NE	00:32:39.80	01:19:03.97	00:37:45.92	11:24	02:29:29.70
2747	1121/1393	151/184	1951	Jason Bryant	M	43	Lincoln	NE	00:34:31.89	01:15:21.67	00:39:36.30	11:24	02:29:29.86
2748	1122/1393	211/250	5826	Joel Clements	M	37	South Bend	NE	00:32:15.32	01:16:28.36	00:40:47.44	11:24	02:29:31.13
2749	1627/2794	265/450	868	Laura Lemke	F	31	Inver Grove Heights	MN	00:32:42.01	01:18:41.11	00:38:08.26	11:24	02:29:31.38
2750	1628/2794	205/359	3621	Jennifer Splichal	F	42	Mitchell	NE	00:31:56.60	01:18:29.78	00:39:05.38	11:24	02:29:31.76
2751	1629/2794	328/489	970	Kaydee Gronewold	F	37	Lincoln	NE	00:30:27.19	01:18:42.80	00:40:21.84	11:24	02:29:31.83
2752	1630/2794	206/359	3901	Jodi Anderson	F	41	Bennington	NE	00:33:59.81	01:17:57.02	00:37:35.43	11:24	02:29:32.26
2753	1631/2794	224/378	836	Ashley Torske	F	24	Lincoln	NE	00:32:23.33	01:18:48.94	00:38:21.10	11:24	02:29:33.38
2754	1632/2794	329/489	3110	Shannon Vetrovsky	F	36	Beatrice	NE	00:30:34.80	01:12:35.79	00:46:26.97	11:24	02:29:37.57
2755	1633/2794	225/378	3563	Lauren Kluthe	F	23	Omaha	NE	00:35:40.50	01:21:21.81	00:32:36.86	11:24	02:29:39.18
2756	1634/2794	207/359	4143	Lisa Mccoid	F	43	Omaha	NE	00:34:18.61	01:17:49.06	00:37:32.70	11:25	02:29:40.37
2757	1123/1393	96/122	1766	Michael Hollman	M	22	Grand Island	NE	00:30:50.87	01:17:39.08	00:41:13.62	11:25	02:29:43.58
2758	1124/1393	145/173	5383	Cody Goerke	M	28	Lincoln	NE	00:33:55.13	01:19:18.69	00:36:30.15	11:25	02:29:43.98
2759	1635/2794	226/378	159	Karlye Machado	F	23	Lincoln	NE	00:35:34.59	01:18:12.21	00:35:57.20	11:25	02:29:44.00
2760	1636/2794	330/489	3985	Denisha Kirsch	F	36	Lincoln	NE	00:32:20.88	01:19:32.44	00:37:52.16	11:25	02:29:45.49
2761	1637/2794	282/477	141	Danelle Warner	F	29	Lincoln	NE	00:33:13.59	01:18:17.95	00:38:14.41	11:25	02:29:45.95
2762	1125/1393	97/122	5200	Austin Wendt	M	21	Omaha	NE	00:29:32.31	01:19:03.26	00:41:11.09	11:25	02:29:46.66
2763	1126/1393	31/33	1764	Ryan Stungis	M	19	Omaha	NE	00:32:25.28	01:17:07.57	00:40:13.91	11:25	02:29:46.77
2764	1638/2794	266/450	421	Lisa Michel	F	31	Lincoln	NE	00:33:11.64	01:17:07.90	00:39:29.10	11:25	02:29:48.65
2765	1639/2794	208/359	3368	Kristi Puls	F	44	Lincoln	NE	00:41:28.69	01:11:38.98	00:36:42.67	11:25	02:29:50.35

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2766	1127/1393	104/134	1905	Glen Nelson Iii	M	45	Bennet	NE	00:32:02.78	01:20:49.99	00:36:57.71	11:25	02:29:50.49
2767	1640/2794	267/450	3316	Claire Bratt	F	30	Lincoln	NE	00:31:33.38	01:17:53.22	00:40:24.98	11:25	02:29:51.58
2768	1641/2794	78/167	3378	Michelle Lesiak	F	50	Lincoln	NE	00:31:45.85	01:18:18.38	00:39:47.48	11:25	02:29:51.71
2769	1128/1393	172/213	1462	Corry Compton	M	32	Lincoln	NE	00:33:25.57	01:18:25.47	00:38:02.30	11:26	02:29:53.36
2770	1129/1393	152/184	1358	Tony Toth	M	43	Lincoln	NE	00:31:37.37	01:18:34.64	00:39:41.62	11:26	02:29:53.64
2771	1642/2794	268/450	640	Jessica Compton	F	33	Lincoln	NE	00:33:25.34	01:18:25.45	00:38:03.17	11:26	02:29:53.96
2772	1643/2794	283/477	2567	Jennifer Rowe	F	29	Kearney	NE	00:32:04.81	01:18:25.19	00:39:24.45	11:26	02:29:54.46
2773	1644/2794	284/477	2740	Maggie Deschaine	F	26	Lincoln	NE	00:30:10.51	01:19:41.64	00:40:05.75	11:26	02:29:57.90
2774	1645/2794	15/46	1231	Pam Staples	F	60	Lincoln	NE	00:32:29.98	01:17:41.94	00:39:47.02	11:26	02:29:58.95
2775	1646/2794	285/477	681	Jenna Preusker	F	28	Battle Creek	NE	00:33:43.97	01:17:06.74	00:39:09.17	11:26	02:29:59.88
2776	1130/1393	105/134	5692	Tim Jonas	M	47	Lincoln	NE	00:34:25.23	01:19:02.46	00:36:32.35	11:26	02:30:00.04
2777	1131/1393	173/213	4878	John Demitroff	M	31	Lincoln	NE	00:28:08.29	01:20:04.24	00:41:53.21	11:26	02:30:05.74
2778	1647/2794	269/450	966	Julie Schiltz	F	34	Lincoln	NE	00:31:52.56	01:16:29.15	00:41:47.03	11:27	02:30:08.75
2779	1648/2794	286/477	2173	Jaime Selden	F	28	Rising City	NE	00:35:15.40	01:18:45.63	00:36:09.99	11:27	02:30:11.02
2780	1649/2794	209/359	5108	Nicole Eddy	F	41	Papillion	NE	00:33:40.68	01:21:49.63	00:34:40.93	11:27	02:30:11.24
2781	1650/2794	270/450	4693	Shane Pavlik	F	31	Rising City	NE	00:35:15.59	01:18:45.23	00:36:11.83	11:27	02:30:12.66
2782	1651/2794	271/450	3005	Lindsey Nannen	F	30	Wahoo	NE	00:29:45.06	01:17:50.72	00:42:38.48	11:27	02:30:14.26
2783	1652/2794	50/103	1070	Peg Ogea-Ginsburg	F	57	Lincoln	NE	00:29:05.11	01:20:37.44	00:40:32.48	11:27	02:30:15.03
2784	1653/2794	227/378	3801	Jennifer Pribyl	F	21	Milligan	NE	00:29:26.58	01:19:31.15	00:41:18.63	11:27	02:30:16.37
2785	1654/2794	331/489	3695	Michelle Scamehorn	F	36	Lincoln	NE	00:32:24.20	01:19:11.89	00:38:41.40	11:27	02:30:17.50
2786	1132/1393	98/122	5870	Tristen Foltz	M	21	Lincoln	NE	00:29:27.77	01:19:31.57	00:41:18.39	11:27	02:30:17.73
2787	1655/2794	118/208	3332	Elizabeth Jessen	F	49	Lincoln	NE	00:34:49.97	01:14:37.34	00:40:51.13	11:27	02:30:18.45
2788	1656/2794	287/477	2857	Kelsey Hinrichsen	F	28	Firth	NE	00:34:18.62	01:18:08.69	00:37:55.95	11:28	02:30:23.26
2789	1657/2794	288/477	2722	Ariana Odegard	F	25	Golden Valley	MN	00:34:17.08	01:16:21.47	00:39:47.83	11:28	02:30:26.39
2790	1658/2794	332/489	3853	Tina Kroemer	F	37	Waverly	NE	00:33:59.14	01:17:42.29	00:38:45.29	11:28	02:30:26.72
2791	1659/2794	210/359	6138	Andi Wernke	F	43	Lincoln	NE	00:33:11.10	01:17:49.48	00:39:26.35	11:28	02:30:26.94
2792	1133/1393	146/173	5888	Seth Lindokken	M	25	Lincoln	NE	00:29:37.92	01:18:56.04	00:41:56.62	11:28	02:30:30.58
2793	1660/2794	333/489	2995	Diana Friesen	F	36	Omaha	NE	00:31:43.71	01:17:36.98	00:41:09.93	11:28	02:30:30.63
2794	1661/2794	334/489	1173	Anne Eklund	F	35	Lincoln	NE	00:33:10.16	01:19:10.57	00:38:10.38	11:28	02:30:31.11
2795	1662/2794	289/477	762	Shelby Wallen	F	26	Unadilla	NE	00:28:41.12	01:19:06.92	00:42:43.24	11:28	02:30:31.29
2796	1663/2794	79/167	590	Amy Francis	F	51	Lincoln	NE	00:33:10.36	01:19:10.51	00:38:10.86	11:28	02:30:31.74
2797	1664/2794	119/208	399	Amy Higginbotham	F	45	Council Bluffs	IA	00:31:32.87	01:15:52.79	00:43:06.52	11:29	02:30:32.19
2798	1665/2794	272/450	4575	Jenna Lepine	F	32	Greendale	WI	00:32:23.94	01:18:45.26	00:39:23.15	11:29	02:30:32.36
2799	1666/2794	211/359	794	Molly Corey	F	42	Elkhorn	NE	00:31:33.57	01:15:54.96	00:43:04.28	11:29	02:30:32.82
2800	1134/1393	174/213	5489	David Wageman	M	31	Conifer	CO	00:31:47.25	01:17:37.53	00:41:08.47	11:29	02:30:33.25



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2801	1667/2794	273/450	4134	Blake Wageman	F	31	Conifer	CO	00:31:47.67	01:17:36.71	00:41:09.57	11:29	02:30:33.95
2802	1668/2794	335/489	3583	Traci Norum	F	39	Cottage Grove	MN	00:33:01.26	01:18:56.94	00:38:36.45	11:29	02:30:34.66
2803	1669/2794	336/489	4262	Toni Jensen	F	36	Lincoln	NE	00:33:01.06	01:18:57.34	00:38:36.26	11:29	02:30:34.66
2804	1670/2794	228/378	2074	Rachel Perry	F	20	Porter Ranch	CA	00:31:45.86	01:18:05.12	00:40:47.75	11:29	02:30:38.74
2805	1671/2794	337/489	2787	Michelle Anderson	F	37	Omaha	NE	00:32:52.35	01:17:35.65	00:40:15.37	11:29	02:30:43.38
2806	1135/1393	106/134	1608	David Kaeding	M	49	Council Bluffs	IA	00:31:39.70	01:15:47.63	00:43:16.27	11:29	02:30:43.61
2807	1672/2794	338/489	3929	Kim Zormanharris	F	37	Inver Grove Heights	MN	00:33:17.75	01:19:47.58	00:37:40.60	11:30	02:30:45.94
2808	1673/2794	274/450	1009	Elsbeth Magilton	F	31	Lincoln	NE	00:34:10.25	01:16:20.65	00:40:16.57	11:30	02:30:47.48
2809	1674/2794	54/89	2177	Sydni Springer	F	15	Lincoln	NE	00:31:30.40	01:17:13.65	00:42:04.73	11:30	02:30:48.79
2810	1675/2794	290/477	2549	Jaamie Sidney	F	28	Lincoln	NE	00:29:51.60	01:18:19.44	00:42:37.79	11:30	02:30:48.83
2811	1676/2794	212/359	3954	Amber Soucek	F	40	Gretna	NE	00:32:15.17	01:18:37.55	00:39:57.89	11:30	02:30:50.61
2812	1677/2794	213/359	3607	Stephanie Bondi	F	42	Lincoln	NE	00:33:43.48	01:23:11.56	00:34:02.27	11:30	02:30:57.32
2813	1678/2794	214/359	2392	Shelly Fargo	F	41	Lincoln	NE	00:30:35.30	01:19:36.45	00:40:47.91	11:31	02:30:59.67
2814	1679/2794	16/46	3485	Deb Klima	F	62	Oberlin	KS	00:32:50.80	01:15:08.68	00:43:00.49	11:31	02:30:59.98
2815	1680/2794	339/489	2723	Andrea Morales	F	38	Clatonia	NE	00:32:35.12	01:17:56.20	00:40:28.85	11:31	02:31:00.18
2816	1681/2794	340/489	3675	Carie Meyers	F	38	Mankato	KS	00:32:57.09	01:16:26.91	00:41:36.26	11:31	02:31:00.27
2817	1136/1393	212/250	113	Brian Beaudette	M	38	Omaha	NE	00:31:53.62	01:14:39.68	00:44:26.98	11:31	02:31:00.28
2818	1682/2794	55/89	2670	Molly Penner	F	19	Lincoln	NE	00:28:51.41	01:20:27.32	00:41:41.96	11:31	02:31:00.70
2819	1683/2794	275/450	317	Lydia Phillips	F	30	Omaha	NE	00:34:09.44	01:18:39.08	00:38:13.49	11:31	02:31:02.01
2820	1684/2794	80/167	3567	Marian Holden	F	52	Omaha	NE	00:32:42.30	01:16:57.71	00:41:24.79	11:31	02:31:04.81
2821	1685/2794	51/103	412	Carol Muthersbaugh	F	56	Lincoln	NE	00:33:17.27	01:19:48.32	00:38:00.43	11:31	02:31:06.03
2822	1137/1393	153/184	5314	Kiran Poda	M	43	Lincoln	NE	00:30:18.76	01:17:25.94	00:43:22.71	11:31	02:31:07.41
2823	1686/2794	291/477	2272	Morgan Eskra	F	27	Osceola	NE	00:31:03.57	01:17:48.79	00:42:15.24	11:31	02:31:07.60
2824	1687/2794	120/208	4018	Tammie Kruszczyk	F	49	Omaha	NE	00:32:00.98	01:20:16.28	00:38:53.55	11:31	02:31:10.82
2825	1138/1393	99/122	5336	Camden Lundgren	M	24	Omaha	NE	00:34:05.83	01:18:19.72	00:38:45.87	11:31	02:31:11.42
2826	1688/2794	292/477	2015	Natasha Mizner	F	28	Lincoln	NE	00:34:59.16	01:23:04.88	00:33:09.50	11:32	02:31:13.55
2827	1689/2794	215/359	316	Jesus Meyer	F	40	Lincoln	NE	00:31:57.30	01:19:02.74	00:40:19.35	11:32	02:31:19.39
2828	1690/2794	276/450	4968	Shantel Humphrey	F	31	Lincoln	NE	00:31:10.66	01:14:25.48	00:45:43.89	11:32	02:31:20.03
2829	1691/2794	277/450	4171	Amanda Balk	F	30	Omaha	NE	00:29:49.62	01:17:43.18	00:43:48.00	11:32	02:31:20.81
2830	1692/2794	81/167	560	Stephanie Ernesti	F	51	Lincoln	NE	00:33:34.48	01:19:22.99	00:38:26.85	11:32	02:31:24.32
2831	1693/2794	278/450	3376	Allie Beardsley	F	34	La Vista	NE	00:32:17.07	01:19:32.24	00:39:35.07	11:32	02:31:24.39
2832	1694/2794	279/450	4377	Jennifer Hampton	F	33	Hershey	NE	00:32:17.09	01:16:22.19	00:42:49.42	11:33	02:31:28.71
2833	1695/2794	280/450	3849	Kathryn Lucht	F	34	Crystal	MN	00:29:53.07	01:21:38.69	00:39:58.50	11:33	02:31:30.26
2834	1696/2794	293/477	4057	Sydney Hochstein	F	25	Lincoln	NE	00:34:11.94	01:16:21.34	00:40:58.80	11:33	02:31:32.08
2835	1697/2794	82/167	793	Sally Grandick	F	54	Council Bluffs	IA	00:32:09.35	01:21:47.29	00:37:37.44	11:33	02:31:34.09

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2836	1698/2794	341/489	1011	Ashley Mcdaniel	F	35	Lincoln	NE	00:31:29.23	01:19:52.55	00:40:13.29	11:33	02:31:35.08
2837	1699/2794	281/450	534	Julie Mcdaniel	F	33	Lincoln	NE	00:31:30.10	01:19:51.96	00:40:14.03	11:33	02:31:36.09
2838	1700/2794	17/46	3218	Dee Hutchins	F	64	Lincoln	NE	00:35:11.81	01:19:39.44	00:36:46.47	11:34	02:31:37.73
2839	1701/2794	229/378	4728	Molly Brandt	F	24	Lincoln	NE	00:32:53.92	01:19:45.46	00:38:58.45	11:34	02:31:37.84
2840	1702/2794	18/46	4266	Shelley Knott	F	60	Arthur	NE	00:31:35.38	01:20:07.23	00:39:56.09	11:34	02:31:38.70
2841	1703/2794	230/378	2143	Erica Koehler	F	22	Lincoln	NE	00:29:28.33	01:20:43.68	00:41:28.35	11:34	02:31:40.37
2842	1704/2794	342/489	2318	Jayne Williams	F	36	Bellevue	NE	00:33:12.43	01:21:45.70	00:36:42.26	11:34	02:31:40.39
2843	1139/1393	175/213	5284	Joseph Ramos	M	32	Papillion	NE	00:33:12.17	01:21:45.95	00:36:42.74	11:34	02:31:40.87
2844	1140/1393	100/122	5090	Matt Klein	M	24	Lincoln	NE	00:28:29.11	01:21:55.00	00:41:17.05	11:34	02:31:41.16
2845	1705/2794	294/477	715	Sara Acevedo	F	29	Lincoln	NE	00:32:47.62	01:16:51.97	00:42:01.83	11:34	02:31:41.43
2846	1706/2794	83/167	1154	Rebecka Schafer	F	53	Lincoln	NE	00:30:00.46	01:20:28.59	00:41:16.38	11:34	02:31:45.45
2847	1141/1393	176/213	1544	Shawn Toovey	M	33	Gretna	NE	00:32:52.92	01:21:38.83	00:37:14.77	11:34	02:31:46.53
2848	1707/2794	295/477	2538	Nichole Schafer	F	28	Omaha	NE	00:34:48.72	01:22:07.28	00:34:50.58	11:34	02:31:46.58
2849	1708/2794	52/103	257	Christine Driscoll	F	59	Prospect	CT	00:33:00.75	01:18:45.76	00:40:00.23	11:34	02:31:46.74
2850	1709/2794	343/489	127	Kelsi Anderson	F	36	Lincoln	NE	00:31:49.99	01:17:06.00	00:42:51.25	11:34	02:31:47.25
2851	1142/1393	177/213	4973	Bruce Yoder	M	34	Bellevue	NE	00:34:06.83	01:19:24.60	00:38:19.04	11:34	02:31:50.48
2852	1710/2794	216/359	1235	Dusty Decker	F	43	Lincoln	NE	00:33:34.75	01:19:23.04	00:38:53.12	11:35	02:31:50.93
2853	1711/2794	282/450	3254	Elisha Yoder	F	31	Bellevue	NE	00:34:08.24	01:19:24.19	00:38:18.57	11:35	02:31:51.00
2854	1712/2794	296/477	2881	April Rasmussen	F	27	Lincoln	NE	00:33:23.09	01:17:20.46	00:41:09.25	11:35	02:31:52.81
2855	1713/2794	231/378	3161	Megan Hamling	F	20	Lincoln	NE	00:32:42.78	01:19:07.23	00:40:04.22	11:35	02:31:54.24
2856	1714/2794	217/359	4518	Maureen Brackett	F	42	Elkhorn	NE	00:33:03.71	01:19:10.77	00:39:40.43	11:35	02:31:54.91
2857	1715/2794	297/477	278	Elli White	F	29	Lincoln	NE	00:30:39.87	01:26:41.13	00:34:34.99	11:35	02:31:56.00
2858	1143/1393	147/173	5248	James Rasmussen	M	28	Lincoln	NE	00:33:23.70	01:17:19.96	00:41:14.76	11:35	02:31:58.43
2859	1716/2794	121/208	365	Carolyn Fiala	F	49	Lincoln	NE	00:34:32.40	01:16:47.19	00:40:40.60	11:35	02:32:00.20
2860	1717/2794	298/477	2656	Erica Spanyers	F	25	Waverly	NE	00:33:05.71	01:16:07.97	00:42:46.72	11:35	02:32:00.41
2861	1718/2794	122/208	175	Kim Reinhardt	F	49	Lincoln	NE	00:34:33.04	01:16:46.98	00:40:40.40	11:35	02:32:00.43
2862	1719/2794	232/378	859	Claire Adams	F	20	Omaha	NE	00:30:13.00	01:18:12.26	00:43:35.55	11:35	02:32:00.82
2863	1720/2794	233/378	3685	Morgan Sloan	F	23	Blue Springs	MO	00:33:29.48	01:19:09.31	00:39:22.67	11:35	02:32:01.46
2864	1144/1393	10/16	5318	David Stephen	M	66	Firth	NE	00:31:58.88	01:17:10.23	00:42:52.70	11:35	02:32:01.82
2865	1721/2794	123/208	1104	Amy Renard	F	47	Lincoln	NE	00:30:25.49	01:21:34.23	00:40:02.91	11:35	02:32:02.63
2866	1145/1393	213/250	5599	Timothy Eisenbraun	M	39	Wall	SD	00:31:55.03	01:16:30.00	00:43:40.36	11:36	02:32:05.40
2867	1722/2794	234/378	2039	Nicole Eisenbraun	F	20	Lincoln	NE	00:31:55.11	01:16:30.68	00:43:41.11	11:36	02:32:06.90
2868	1723/2794	283/450	4587	Jennifer Joneson	F	31	Lincoln	NE	00:34:59.91	01:19:19.72	00:37:50.94	11:36	02:32:10.58
2869	1724/2794	124/208	4283	Pilar Gonz+ilez	F	45	Lincoln	NE	00:30:16.48	01:14:32.68	00:47:21.98	11:36	02:32:11.15
2870	1725/2794	218/359	4114	Gina Kamler	F	42	Shickley	NE	00:32:41.70	01:21:15.28	00:38:15.21	11:36	02:32:12.20

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2871	1726/2794	299/477	527	Kayla Sellhorn	F	27	Lincoln	NE	00:32:18.45	01:20:03.46	00:39:51.83	11:36	02:32:13.76
2872	1727/2794	125/208	2221	Sherry Whitney	F	46	Lincoln	NE	00:32:39.89	01:18:55.23	00:40:40.93	11:36	02:32:16.05
2873	1728/2794	126/208	3287	Lisa Banks	F	46	Lincoln	NE	00:33:25.52	01:20:31.28	00:38:23.46	11:37	02:32:20.26
2874	1729/2794	84/167	2905	Kathy Nelson	F	52	Bennet	NE	00:32:14.19	01:18:27.01	00:41:43.61	11:37	02:32:24.83
2875	1730/2794	219/359	3725	Carolina Sabatka	F	41	Ceresco	NE	00:35:02.05	01:21:01.47	00:36:21.58	11:37	02:32:25.11
2876	1146/1393	101/122	5335	Tyler Nelson	M	22	Lincoln	NE	00:32:14.82	01:18:28.48	00:41:42.14	11:37	02:32:25.45
2877	1731/2794	235/378	2257	Ashlyn Hoegh	F	22	Lincoln	NE	00:32:14.75	01:18:28.62	00:41:42.36	11:37	02:32:25.74
2878	1732/2794	127/208	3940	Kim Anderson	F	46	Omaha	NE	00:33:17.84	01:21:07.99	00:38:00.92	11:37	02:32:26.76
2879	1733/2794	19/46	1305	Pat Golden	F	64	Lincoln	NE	00:33:10.41	01:18:37.93	00:40:40.06	11:37	02:32:28.41
2880	1147/1393	154/184	5354	Dave Kendall	M	40	Omaha	NE	00:34:53.72	01:17:59.21	00:39:42.25	11:38	02:32:35.18
2881	1734/2794	344/489	1265	Kimmy Renshaw	F	39	Omaha	NE	00:34:59.55	01:18:46.69	00:38:50.05	11:38	02:32:36.30
2882	1735/2794	128/208	1034	Theresa Bozarth	F	48	Omaha	NE	00:36:01.35	01:18:15.21	00:38:19.74	11:38	02:32:36.31
2883	1148/1393	148/173	5093	William Morgan	M	28	Lincoln	NE	00:32:40.13	01:17:29.91	00:42:28.83	11:38	02:32:38.88
2884	1736/2794	236/378	2853	Sierra Kramper	F	22	Jackson	NE	00:30:52.73	01:21:15.60	00:40:33.76	11:38	02:32:42.10
2885	1149/1393	214/250	6064	Nick Hansen	M	39	Chillicothe	MO	00:33:26.31	01:18:21.74	00:40:54.68	11:38	02:32:42.74
2886	1737/2794	220/359	451	Cary Osmera	F	43	Wahoo	NE	00:29:36.22	01:19:14.40	00:43:53.78	11:39	02:32:44.40
2887	1738/2794	345/489	4005	Christy Schaaf	F	39	Beatrice	NE	00:31:39.93	01:19:17.08	00:41:49.11	11:39	02:32:46.13
2888	1739/2794	20/46	3833	Sue Bace	F	61	Omaha	NE	00:32:11.25	01:19:09.80	00:41:27.36	11:39	02:32:48.41
2889	1150/1393	215/250	5853	Derek Czapl	M	35	Krum	TX	00:29:36.82	01:14:11.89	00:49:00.01	11:39	02:32:48.73
2890	1740/2794	53/103	602	Mary Goodwin-Kaiser	F	57	Eagle	NE	00:34:02.12	01:18:59.89	00:39:47.05	11:39	02:32:49.06
2891	1151/1393	66/81	1885	Tom Kaiser	M	57	Eagle	NE	00:34:02.07	01:18:59.89	00:39:47.48	11:39	02:32:49.45
2892	1152/1393	102/122	5955	Taylor Neff	M	23	Lenexa	KS	00:29:27.87	01:20:17.21	00:43:04.46	11:39	02:32:49.55
2893	1741/2794	237/378	4197	Maddie Osmundson	F	22	Leawood	KS	00:29:27.62	01:20:17.46	00:43:05.43	11:39	02:32:50.52
2894	1742/2794	300/477	3595	Monica Smith	F	25	Sidney	NE	00:31:14.86	01:21:21.38	00:40:18.78	11:39	02:32:55.03
2895	1743/2794	129/208	4207	Sarah Korbel	F	45	Owatonna	MN	00:34:58.03	01:20:42.60	00:37:15.63	11:39	02:32:56.27
2896	1153/1393	178/213	5901	Jake Bauer	M	31	Lincoln	NE	00:31:37.11	01:17:33.93	00:43:45.38	11:40	02:32:56.43
2897	1154/1393	91/106	5054	Kurt Miyashiro	M	51	Lincoln	NE	00:36:22.39	01:23:12.45	00:33:21.76	11:40	02:32:56.61
2898	1744/2794	221/359	2922	Jodi Marshall	F	41	Omaha	NE	00:31:33.44	01:20:29.08	00:40:54.16	11:40	02:32:56.68
2899	1155/1393	10/19	4678	Andrew Miyashiro	M	11	Lincoln	NE	00:36:22.20	01:23:12.64	00:33:21.93	11:40	02:32:56.77
2900	1745/2794	346/489	755	Laur Thiesen	F	36	Fremont	NE	00:30:28.63	01:20:22.40	00:42:06.35	11:40	02:32:57.39
2901	1156/1393	216/250	5143	Ryan Kilawee	M	35	Omaha	NE	00:32:12.86	01:19:04.41	00:41:40.99	11:40	02:32:58.27
2902	1746/2794	284/450	2057	Aggie Kilawee	F	33	Omaha	NE	00:32:12.71	01:19:04.37	00:41:41.47	11:40	02:32:58.56
2903	1747/2794	238/378	3184	Lauren Kasper	F	22	Omaha	NE	00:31:07.32	01:17:34.71	00:44:17.12	11:40	02:32:59.17
2904	1748/2794	239/378	3143	Miranda Johnson	F	20	Daykin	NE	00:32:05.40	01:17:21.29	00:43:33.99	11:40	02:33:00.68
2905	1749/2794	347/489	245	Emily Degraff	F	37	Lincoln	NE	00:33:10.25	01:19:34.78	00:40:19.44	11:40	02:33:04.47

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2906	1750/2794	240/378	2610	Kayla Adden	F	24	Sidney	NE	00:31:39.74	01:21:09.07	00:40:16.84	11:40	02:33:05.65
2907	1751/2794	241/378	3687	Taira Anderson	F	23	Sargent	NE	00:31:39.57	01:21:09.06	00:40:17.02	11:40	02:33:05.65
2908	1752/2794	285/450	4344	Lyz Longnecker	F	31	Lincoln	NE	00:31:25.33	01:19:36.05	00:42:04.36	11:40	02:33:05.75
2909	1753/2794	348/489	3522	Alyssa Rutan	F	36	Lincoln	NE	00:36:18.79	01:19:16.66	00:37:31.44	11:40	02:33:06.89
2910	1157/1393	39/53	1803	Ken Quintana	M	60	Omaha	NE	00:34:54.55	01:19:09.49	00:39:05.19	11:40	02:33:09.25
2911	1158/1393	2/4	5046	Frank Miyashiro	M	78	Lodi	CA	00:34:55.95	01:19:17.39	00:38:59.34	11:41	02:33:12.68
2912	1159/1393	155/184	5249	Timothy Hahn	M	40	Lincoln	NE	00:34:02.82	01:21:39.24	00:37:32.96	11:41	02:33:15.03
2913	1754/2794	242/378	4925	Tabitha Rasmussen	F	24	Gibbon	NE	00:32:17.48	01:17:49.50	00:43:08.28	11:41	02:33:15.27
2914	1755/2794	286/450	3692	Katie Bushong	F	31	Overland Park	KS	00:33:54.57	01:19:14.58	00:40:07.35	11:41	02:33:16.50
2915	1756/2794	301/477	1362	Ashleigh Aguilera	F	29	Papillion	NE	00:31:37.00	01:20:33.88	00:41:07.38	11:41	02:33:18.26
2916	1757/2794	302/477	772	Caitlin Wolfe	F	28	Lincoln	NE	00:33:56.33	01:19:02.84	00:40:22.64	11:41	02:33:21.81
2917	1160/1393	217/250	1912	Matthew Cartwright	M	36	Lincoln	NE	00:32:34.09	01:18:01.94	00:42:46.32	11:41	02:33:22.36
2918	1758/2794	349/489	3310	Jill Trucke	F	39	Lincoln	NE	00:33:17.65	01:18:41.25	00:41:30.55	11:42	02:33:29.46
2919	1759/2794	287/450	1138	Julie Rohrs	F	34	Lincoln	NE	00:34:01.87	01:19:33.92	00:40:01.75	11:43	02:33:37.55
2920	1760/2794	350/489	3393	Colleen Slagle	F	39	Marquette	NE	00:34:51.37	01:22:22.47	00:36:24.45	11:43	02:33:38.30
2921	1761/2794	351/489	1131	Jessica Berens	F	35	Omaha	NE	00:33:52.61	01:18:53.99	00:40:53.21	11:43	02:33:39.82
2922	1762/2794	288/450	3875	Tammy Ruoff	F	34	Lincoln	NE	00:33:09.33	01:22:15.57	00:38:16.25	11:43	02:33:41.16
2923	1763/2794	289/450	3920	Stephanie Oelke	F	32	Syracuse	NE	00:34:46.77	01:19:53.30	00:39:01.70	11:43	02:33:41.78
2924	1764/2794	222/359	4191	Heidi Buytaert	F	43	Owatonna	MN	00:32:01.15	01:18:21.01	00:43:19.68	11:43	02:33:41.85
2925	1765/2794	223/359	3455	Stephanie Hanson	F	43	Owatonna	MN	00:32:00.72	01:18:21.02	00:43:20.50	11:43	02:33:42.24
2926	1766/2794	243/378	2638	Vanessa Daves	F	21	Lincoln	NE	00:32:11.83	01:17:41.70	00:43:49.66	11:43	02:33:43.20
2927	1161/1393	218/250	5684	Jon Vanmeter	M	38	Lincoln	NE	00:32:52.20	01:18:09.66	00:42:42.79	11:43	02:33:44.65
2928	1767/2794	56/89	3047	Rachel Workentine	F	19	Lincoln	NE	00:30:43.50	01:21:07.92	00:41:53.59	11:43	02:33:45.02
2929	1768/2794	303/477	2795	Brooke Salomon	F	27	Omaha	NE	00:29:36.16	01:18:42.63	00:45:26.96	11:43	02:33:45.75
2930	1162/1393	149/173	5207	Ben Henderson	M	27	Omaha	NE	00:29:36.07	01:18:42.70	00:45:27.12	11:43	02:33:45.91
2931	1163/1393	179/213	5147	Nick Vint	M	33	Lincoln	NE	00:28:50.29	01:20:27.24	00:44:29.40	11:43	02:33:46.94
2932	1769/2794	54/103	435	Denise Thornburg	F	57	Beatrice	NE	00:34:45.27	01:20:07.34	00:38:54.54	11:43	02:33:47.15
2933	1164/1393	156/184	4817	Scott Vint	M	44	Wichita	KS	00:28:48.66	01:20:27.43	00:44:32.10	11:43	02:33:48.20
2934	1165/1393	157/184	1805	Joseph Frost	M	44	Omaha	NE	00:34:56.70	01:19:14.40	00:39:38.11	11:44	02:33:49.22
2935	1166/1393	92/106	1846	Scott Barker	M	54	Council Bluffs	IA	00:35:00.56	01:22:37.02	00:36:12.86	11:44	02:33:50.45
2936	1770/2794	304/477	1111	Kelly Moguel	F	27	Lincoln	NE	00:30:42.91	01:22:33.68	00:40:37.69	11:44	02:33:54.28
2937	1167/1393	180/213	5190	Eric Scott	M	30	Omaha	NE	00:27:38.59	01:22:18.22	00:43:59.08	11:44	02:33:55.90
2938	1168/1393	40/53	6110	Joe Zizzo	M	64	Menasha	WI	00:33:15.03	01:19:08.88	00:41:34.21	11:44	02:33:58.13
2939	1771/2794	55/103	1001	Angela Ruppert	F	55	Mccook	NE	00:35:48.56	01:16:51.88	00:41:23.75	11:45	02:34:04.21
2940	1772/2794	352/489	4170	Susan Payne	F	38	Bellevue	NE	00:32:18.96	01:20:07.66	00:41:40.41	11:45	02:34:07.04

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2941	1773/2794	244/378	2144	Megan Reyes	F	21	Lincoln	NE	00:33:42.77	01:21:52.27	00:38:34.85	11:45	02:34:09.90
2942	1774/2794	290/450	430	Lindsey Mierau	F	34	Henderson	NE	00:30:44.31	01:21:17.74	00:42:07.97	11:45	02:34:10.03
2943	1775/2794	224/359	3162	Mary Moss	F	43	Lincoln	NE	00:34:18.34	01:18:35.11	00:41:17.64	11:45	02:34:11.10
2944	1169/1393	150/173	1657	Tom Beller	M	27	Omaha	NE	00:31:48.52	01:17:24.77	00:44:59.05	11:45	02:34:12.36
2945	1170/1393	93/106	1940	Kent Battles	M	53	Wayzata	MN	00:34:20.66	01:18:27.60	00:41:27.21	11:46	02:34:15.47
2946	1776/2794	353/489	3895	Jamie Monfelt	F	39	Wymore	NC	00:35:38.03	01:19:39.88	00:39:00.68	11:46	02:34:18.59
2947	1777/2794	305/477	494	Lauren Beitel	F	27	Omaha	NE	00:34:14.78	01:20:57.47	00:39:07.88	11:46	02:34:20.14
2948	1778/2794	291/450	287	Rachel Raffone	F	32	Fort Collins	CO	00:33:00.94	01:20:09.61	00:41:09.81	11:46	02:34:20.36
2949	1171/1393	103/122	5178	Andrew Mcintosh	M	21	Papillion	NE	00:33:18.05	01:21:42.18	00:39:24.28	11:46	02:34:24.52
2950	1779/2794	85/167	539	Melissa Hoggatt	F	53	Grand Island	NE	00:30:12.55	01:20:23.70	00:43:48.47	11:46	02:34:24.72
2951	1780/2794	225/359	3285	Shelly Norton	F	44	Dakota Dunes	SD	00:29:59.13	01:21:35.39	00:42:51.14	11:46	02:34:25.66
2952	1172/1393	41/53	5892	Dennis Wheeler	M	61	Omaha	NE	00:29:32.13	01:19:30.40	00:45:30.54	11:47	02:34:33.08
2953	1173/1393	104/122	5508	Zachary Eitzen	M	21	Lincoln	NE	00:30:28.08	01:22:15.62	00:41:50.97	11:47	02:34:34.68
2954	1781/2794	245/378	2412	Kathryn Upton	F	21	Lincoln	NE	00:33:18.07	01:21:42.24	00:39:34.95	11:47	02:34:35.26
2955	1782/2794	306/477	4369	Latasha Ackman	F	26	Seward	NE	00:31:10.51	01:22:01.01	00:41:25.75	11:47	02:34:37.28
2956	1783/2794	246/378	2434	Emily Lorei	F	22	Kansas City	MO	00:33:33.60	01:21:26.73	00:39:37.06	11:47	02:34:37.40
2957	1784/2794	307/477	2609	Katie Macdonald	F	29	Omaha	NE	00:31:38.79	01:23:13.51	00:39:45.96	11:47	02:34:38.27
2958	1785/2794	247/378	3679	S. Newell	F	21	Omaha	NE	00:31:33.16	01:19:17.72	00:43:50.23	11:47	02:34:41.11
2959	1786/2794	292/450	230	Marianne Toovey	F	32	Gretna	NE	00:32:52.70	01:21:40.89	00:40:10.27	11:48	02:34:43.87
2960	1787/2794	293/450	3650	Rachel Cloran	F	34	Farwell	NE	00:32:57.34	01:19:36.44	00:42:13.42	11:48	02:34:47.20
2961	1788/2794	57/89	2606	Paige Bruns	F	18	Springview	NE	00:31:02.20	01:22:07.78	00:41:38.10	11:48	02:34:48.09
2962	1789/2794	294/450	431	Mariel Olp	F	30	Lincoln	NE	00:34:34.36	01:22:23.41	00:37:50.53	11:48	02:34:48.30
2963	1790/2794	58/89	2018	Jordyn Champoux	F	19	Lincoln	NE	00:33:15.33	01:20:45.15	00:40:49.28	11:48	02:34:49.77
2964	1174/1393	158/184	6069	Craig Mitchell	M	44	Glenwood	IA	00:35:16.82	01:19:23.35	00:40:11.52	11:48	02:34:51.70
2965	1791/2794	226/359	3109	Erin Trusty	F	40	Beatrice	NE	00:26:06.30	01:03:11.12	01:05:36.47	11:48	02:34:53.90
2966	1792/2794	227/359	3375	Jaime Hatcliff	F	40	Beatrice	NE	00:26:07.17	01:03:11.06	01:05:36.57	11:49	02:34:54.80
2967	1793/2794	248/378	3046	Cassandra Kernick	F	21	Lincoln	NE	00:32:38.27	01:20:31.18	00:41:46.32	11:49	02:34:55.77
2968	1794/2794	308/477	4309	Janelle Forsman	F	25	Grand Island	NE	00:30:54.74	01:22:21.42	00:41:40.01	11:49	02:34:56.18
2969	1795/2794	86/167	4165	Karen Hedglin	F	51	Luncoln	NE	00:32:24.07	01:22:26.21	00:40:05.91	11:49	02:34:56.20
2970	1796/2794	56/103	2940	Jean Cotton	F	58	Lincoln	NE	00:33:06.32	01:21:11.48	00:40:39.46	11:49	02:34:57.27
2971	1797/2794	295/450	510	Katie Sewell	F	33	Lincoln	NE	00:32:26.08	01:19:43.44	00:42:47.77	11:49	02:34:57.30
2972	1798/2794	309/477	3447	Chelsea Kathol	F	25	Yankton	SD	00:32:13.66	01:21:22.82	00:41:24.93	11:49	02:35:01.41
2973	1799/2794	130/208	119	Amy Jensen	F	47	Gretna	NE	00:34:02.28	01:19:19.81	00:41:40.53	11:49	02:35:02.63
2974	1800/2794	228/359	4519	April Knight	F	40	Lincoln	NE	00:32:26.35	01:20:15.66	00:42:22.26	11:49	02:35:04.27
2975	1801/2794	354/489	495	Karla Hansen	F	39	Alta	IA	00:34:09.15	01:21:07.73	00:39:51.37	11:50	02:35:08.26

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2976	1802/2794	355/489	4553	Beth Geiger	F	35	Lincoln	NE	00:32:47.26	01:20:01.49	00:42:23.02	11:50	02:35:11.78
2977	1803/2794	229/359	2575	Kerri Ladehoff	F	40	Templeton	IA	00:32:30.20	01:19:38.23	00:43:04.06	11:50	02:35:12.49
2978	1804/2794	57/103	2711	Debra Blakeman	F	56	North Platte	NE	00:33:30.53	01:21:17.32	00:40:30.85	11:50	02:35:18.71
2979	1175/1393	181/213	5289	Cole Stukenholtz	M	32	Lincoln	NE	00:34:12.94	01:20:39.87	00:40:26.24	11:50	02:35:19.05
2980	1176/1393	67/81	1969	Mickey Muthersbaugh	M	59	Lincoln	NE	00:35:11.60	01:21:59.20	00:38:08.45	11:50	02:35:19.26
2981	1805/2794	87/167	3450	Johanna Scott	F	51	Mccook	NE	00:32:25.95	01:20:02.38	00:42:52.21	11:51	02:35:20.55
2982	1177/1393	182/213	4886	Jeff Kroeker	M	32	Henderson	NE	00:33:55.53	01:19:40.46	00:41:47.32	11:51	02:35:23.31
2983	1806/2794	21/46	4205	Deborah Lampli	F	63	Stanton	NE	00:34:10.59	01:21:14.91	00:39:59.50	11:51	02:35:25.00
2984	1807/2794	22/46	203	Marilyn Tabor	F	60	Raymond	NE	00:31:51.76	01:24:23.13	00:39:12.45	11:51	02:35:27.34
2985	1808/2794	310/477	531	Christina Harrison	F	26	Lincoln	NE	00:32:09.29	01:20:14.96	00:43:03.11	11:51	02:35:27.36
2986	1178/1393	159/184	1808	Scott Brester	M	40	Lincoln	NE	00:31:43.37	01:15:30.30	00:48:14.30	11:51	02:35:27.97
2987	1809/2794	296/450	468	Stefanie Dick	F	32	Lincoln	NE	00:31:56.73	01:20:11.31	00:43:20.65	11:51	02:35:28.70
2988	1810/2794	58/103	580	Alicia Harlow	F	56	Waterloo	NE	00:32:16.58	01:20:18.07	00:42:54.41	11:51	02:35:29.07
2989	1811/2794	59/103	3432	Deb Gealy	F	59	Scottsbluff	NE	00:32:57.56	01:20:55.22	00:41:42.08	11:52	02:35:34.87
2990	1812/2794	249/378	3431	Megan Gealy	F	23	Lincoln	NE	00:33:07.47	01:19:20.60	00:43:06.98	11:52	02:35:35.06
2991	1813/2794	88/167	1074	Carmen Shannon	F	54	Omaha	NE	00:29:28.80	01:22:36.94	00:43:30.50	11:52	02:35:36.24
2992	1814/2794	250/378	3157	Taylor Oborny	F	24	Lincoln	NE	00:33:33.20	01:21:02.91	00:41:01.23	11:52	02:35:37.35
2993	1179/1393	219/250	5145	Camden Suggitt	M	35	Lincoln	NE	00:37:26.63	01:19:42.44	00:38:32.08	11:52	02:35:41.15
2994	1815/2794	251/378	2001	Haylee Pfeifer	F	23	Lincoln	NE	00:31:49.15	01:20:45.39	00:43:07.44	11:52	02:35:41.99
2995	1816/2794	356/489	3526	Erin Eckholt	F	37	Bennington	NE	00:34:07.30	01:20:05.21	00:41:29.55	11:52	02:35:42.07
2996	1180/1393	220/250	5626	Larry Payne	M	37	Papillion	NE	00:31:46.92	01:21:39.30	00:42:16.29	11:52	02:35:42.53
2997	1817/2794	59/89	306	Hannah Gourlay	F	17	Holland	NE	00:34:43.48	01:21:26.33	00:39:33.45	11:52	02:35:43.26
2998	1818/2794	60/89	646	Kelly Helmberger	F	17	Hickman	NE	00:34:43.26	01:21:26.54	00:39:33.52	11:52	02:35:43.34
2999	1819/2794	230/359	2244	Amy Kozak	F	44	Lincoln	NE	00:32:31.71	01:22:57.08	00:40:14.66	11:52	02:35:43.45
3000	1820/2794	357/489	4537	Jenie Stout	F	35	Tilden	NE	00:35:10.92	01:23:23.18	00:37:09.89	11:52	02:35:43.99
3001	1821/2794	131/208	4160	Kirsten Leu	F	46	Elkhorn	NE	00:35:40.78	01:20:24.13	00:39:40.35	11:52	02:35:45.26
3002	1822/2794	358/489	4385	Mary Riha	F	39	Omaha	NE	00:34:15.45	01:20:50.85	00:40:38.96	11:52	02:35:45.27
3003	1823/2794	231/359	3674	Gretchen Heinzman	F	43	Lincoln	NE	00:33:38.08	01:21:43.08	00:40:26.33	11:53	02:35:47.51
3004	1824/2794	297/450	3387	Autumn Fritz	F	31	Holmesville	NE	00:32:22.90	01:19:04.47	00:44:21.92	11:53	02:35:49.30
3005	1825/2794	61/89	691	Lauren Taylor	F	19	Raymond	NE	00:32:02.97	01:22:18.36	00:41:29.38	11:53	02:35:50.71
3006	1181/1393	32/33	5206	Sawyer Lorenzen	M	19	Ceresco	NE	00:32:03.38	01:22:17.66	00:41:31.34	11:53	02:35:52.39
3007	1826/2794	252/378	2797	Riley Sullivan	F	20	Lincoln	NE	00:34:35.06	01:22:14.89	00:39:03.35	11:53	02:35:53.30
3008	1182/1393	151/173	5173	Broderick Enderle	M	29	Lincoln	NE	00:33:03.95	01:19:30.98	00:43:22.93	11:53	02:35:57.86
3009	1827/2794	298/450	3584	Sarah Linden	F	33	Lincoln	NE	00:33:11.21	01:20:24.58	00:42:22.36	11:53	02:35:58.15
3010	1828/2794	253/378	185	Marielle Saathoff	F	23	Lincoln	NE	00:31:50.75	01:16:07.37	00:48:00.22	11:53	02:35:58.34

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3011	1829/2794	359/489	692	Alicia Julian	F	35	Omaha	NE	00:30:08.31	01:22:37.26	00:43:13.29	11:53	02:35:58.87
3012	1830/2794	254/378	320	Alexandra Anzai	F	22	Omaha	NE	00:32:16.86	01:21:03.64	00:42:38.91	11:53	02:35:59.41
3013	1183/1393	160/184	1880	Brian Larson	M	41	Waverly	NE	00:32:48.05	01:20:23.47	00:42:51.47	11:54	02:36:03.00
3014	1831/2794	360/489	4295	Kim Theobald	F	39	Sterling	NE	00:33:04.84	01:18:53.19	00:44:06.85	11:54	02:36:04.89
3015	1184/1393	183/213	5915	Kevin Forrest	M	33	Grand Island	NE	00:33:16.02	01:19:12.34	00:43:39.63	11:54	02:36:07.99
3016	1832/2794	299/450	2529	Maegen Wallace	F	34	Elkhorn	NE	00:29:57.95	01:23:19.21	00:42:50.85	11:54	02:36:08.02
3017	1833/2794	300/450	1307	Krista Leasure	F	30	Papillion	NE	00:32:40.51	01:21:53.44	00:41:35.01	11:54	02:36:08.96
3018	1834/2794	60/103	2317	Barb Allen	F	59	Holdrege	NE	00:29:54.24	01:20:52.50	00:45:22.60	11:54	02:36:09.35
3019	1835/2794	311/477	2706	Danielle Molle	F	27	Omaha	NE	00:35:17.11	01:22:25.98	00:38:26.71	11:54	02:36:09.80
3020	1836/2794	301/450	5389	Ashley Harmsen	F	30	La Vista	NE	00:32:40.21	01:21:52.84	00:41:37.33	11:54	02:36:10.38
3021	1185/1393	42/53	1943	Joe Sweeney	M	63	Lincoln	NE	00:36:01.54	01:21:51.57	00:38:20.95	11:55	02:36:14.08
3022	1837/2794	89/167	4623	Cindy Gove	F	53	St. Joseph	MO	00:34:47.03	01:21:19.07	00:40:08.11	11:55	02:36:14.22
3023	1186/1393	11/19	4725	Nathan Hakl	M	13	Kearney	NE	00:28:30.12	01:25:16.91	00:42:28.28	11:55	02:36:15.31
3024	1187/1393	161/184	5774	Jason Shaw	M	41	Lincoln	NE	00:33:56.30	01:21:30.41	00:40:52.51	11:55	02:36:19.22
3025	1188/1393	107/134	5730	Brad Sherman	M	48	Sidney	NE	00:31:52.32	01:24:11.74	00:40:17.24	11:55	02:36:21.31
3026	1189/1393	68/81	5763	Marty Connealy	M	56	Lincoln	NE	00:32:24.39	01:16:32.91	00:47:24.45	11:55	02:36:21.76
3027	1838/2794	232/359	847	Michelle Sherman	F	40	Sidney	NE	00:31:53.38	01:24:10.42	00:40:18.20	11:55	02:36:22.01
3028	1839/2794	312/477	4273	Amy Lohmeyer	F	28	Holdrege	NE	00:32:30.66	01:20:28.02	00:43:24.16	11:55	02:36:22.85
3029	1840/2794	255/378	733	Tessa Kingsley	F	21	Lincoln	NE	00:33:19.03	01:21:14.51	00:41:51.98	11:55	02:36:25.53
3030	1841/2794	233/359	4139	Kristin Erlandson	F	42	Lincoln	NE	00:35:33.67	01:20:44.45	00:40:11.99	11:56	02:36:30.12
3031	1842/2794	313/477	3602	Amber Otto	F	29	Holdrege	NE	00:32:35.13	01:20:28.26	00:43:28.61	11:56	02:36:32.01
3032	1843/2794	234/359	3968	Christi Smallfoot	F	43	Nebraska City	NE	00:32:10.60	01:28:02.71	00:36:19.48	11:56	02:36:32.80
3033	1844/2794	235/359	480	Jen Verzal	F	42	Lincoln	NE	00:35:27.90	01:21:50.41	00:39:15.00	11:56	02:36:33.32
3034	1190/1393	69/81	5395	Bryan Kahler	M	57	Lincoln	NE	00:36:23.57	01:23:25.19	00:36:45.34	11:56	02:36:34.10
3035	1845/2794	62/89	183	Kara Bruns	F	19	Springview	NE	00:31:01.77	01:23:16.23	00:42:16.45	11:56	02:36:34.45
3036	1846/2794	63/89	4032	Victoria Davis	F	19	Bassett	NE	00:31:02.09	01:23:15.83	00:42:16.61	11:56	02:36:34.54
3037	1847/2794	132/208	2993	Kim Kanellis	F	46	Omaha	NE	00:33:49.27	01:21:06.75	00:41:39.90	11:56	02:36:35.93
3038	1848/2794	236/359	1297	Kari Braun	F	44	Hebron	NE	00:34:38.53	01:21:37.04	00:40:21.69	11:56	02:36:37.27
3039	1849/2794	256/378	4384	Katie Unger	F	23	Lincoln	NE	00:32:18.61	01:23:47.19	00:40:32.74	11:56	02:36:38.55
3040	1191/1393	12/19	1757	Jonathan Brandow	M	10	Laurel	NE	00:30:58.07	01:22:34.79	00:43:09.87	11:57	02:36:42.74
3041	1192/1393	162/184	5443	Josh Severin	M	43	Lincoln	NE	00:33:02.30	01:24:01.00	00:39:40.79	11:57	02:36:44.11
3042	1193/1393	94/106	6125	Mark Varner	M	51	Deshler	NE	00:35:57.58	01:22:58.97	00:37:51.21	11:57	02:36:47.76
3043	1194/1393	108/134	1550	Jeff Larsen	M	45	Lincoln	NE	00:31:00.71	01:20:03.07	00:45:44.58	11:57	02:36:48.36
3044	1850/2794	90/167	1014	Amy Anderson	F	50	Omaha	NE	00:33:54.28	01:20:24.07	00:42:31.19	11:57	02:36:49.55
3045	1851/2794	302/450	1179	Christine Jaber	F	34	Omaha	NE	00:34:03.97	01:23:11.75	00:39:34.50	11:57	02:36:50.22

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3046	1195/1393	13/19	4779	Jaden Guernsey	M	11	Pickrell	NE	00:32:42.92	01:25:21.06	00:38:49.77	11:58	02:36:53.77
3047	1852/2794	257/378	2386	Courtney Gillman	F	23	La Vista	NE	00:34:57.34	01:21:22.74	00:40:34.70	11:58	02:36:54.79
3048	1853/2794	314/477	3129	Lary Holtzen	F	29	Fairbury	NE	00:32:06.74	01:19:05.43	00:45:43.19	11:58	02:36:55.36
3049	1854/2794	303/450	4230	Amanda Oster	F	33	Yankton	SD	00:34:07.71	01:22:29.76	00:40:21.96	11:58	02:36:59.43
3050	1196/1393	109/134	1776	Rob Nickolaus	M	48	Lincoln	NE	00:32:58.81	01:20:25.40	00:43:40.61	11:58	02:37:04.83
3051	1855/2794	237/359	5674	Angela Nordhues	F	40	Lincoln	NE	00:33:26.12	01:23:13.18	00:40:26.20	11:59	02:37:05.50
3052	1197/1393	110/134	5716	John Guernsey	M	46	Pickrell	NE	00:32:42.97	01:25:19.51	00:39:03.96	11:59	02:37:06.44
3053	1856/2794	258/378	3093	Audree Pool	F	20	Lincoln	NE	00:34:19.25	01:20:32.48	00:42:14.83	11:59	02:37:06.57
3054	1857/2794	315/477	3338	Jessica Lahman	F	26	Bennington	NE	00:32:46.46	01:21:53.57	00:42:26.85	11:59	02:37:06.89
3055	1198/1393	184/213	1478	Jared Lahman	M	30	Bennington	NE	00:32:46.90	01:21:52.65	00:42:27.41	11:59	02:37:06.98
3056	1858/2794	304/450	2045	Rachel Benning	F	32	Murray	NE	00:34:41.80	01:23:31.14	00:39:06.40	12:00	02:37:19.34
3057	1859/2794	238/359	3370	Michele Webel	F	40	Lincoln	NE	00:32:30.97	01:23:06.59	00:41:43.75	12:00	02:37:21.32
3058	1860/2794	133/208	2875	Amila Tanovic-Muslic	F	48	Lincoln	NE	00:31:46.29	01:22:54.43	00:42:41.02	12:00	02:37:21.75
3059	1861/2794	316/477	2946	Kelsey Peterson	F	28	Gibbon	NE	00:32:37.11	01:19:04.05	00:45:40.70	12:00	02:37:21.87
3060	1862/2794	134/208	4061	Kim Jackman	F	49	Sabetha	KS	00:34:15.95	01:22:52.60	00:40:14.48	12:00	02:37:23.04
3061	1863/2794	239/359	2916	Amy Fiscus	F	40	Fremont	NE	00:33:57.34	01:20:25.96	00:43:01.35	12:00	02:37:24.66
3062	1199/1393	163/184	5885	Robert Schutz	M	41	Milford	NE	00:31:00.56	01:24:33.14	00:41:51.33	12:00	02:37:25.03
3063	1200/1393	221/250	5783	Paul Bacek	M	35	Omaha	NE	00:33:07.50	01:17:15.41	00:47:07.99	12:00	02:37:30.91
3064	1864/2794	305/450	2862	Amy Vacek	F	33	Omaha	NE	00:33:09.62	01:18:44.44	00:45:38.37	12:01	02:37:32.44
3065	1865/2794	361/489	894	Amy Forsythe	F	36	Council Bluffs	IA	00:34:39.90	01:23:12.61	00:39:43.25	12:01	02:37:35.77
3066	1866/2794	259/378	3605	Mary Beth Seipel	F	23	Maryville	MO	00:34:17.51	01:22:04.50	00:41:16.66	12:01	02:37:38.67
3067	1867/2794	362/489	1047	Amy Holdcroft	F	38	Bellevue	CT	00:35:05.17	01:22:34.64	00:39:58.94	12:01	02:37:38.76
3068	1868/2794	317/477	2524	Kayla Roth	F	25	Lincoln	NE	00:34:58.86	01:23:05.76	00:39:36.69	12:01	02:37:41.32
3069	1869/2794	318/477	1648	Megan Flory	F	29	Omaha	NE	00:34:15.35	01:22:08.43	00:41:17.62	12:01	02:37:41.41
3070	1870/2794	306/450	2579	Hannah Kring	F	32	Raymond	NE	00:37:46.03	01:22:23.94	00:37:35.33	12:02	02:37:45.30
3071	1871/2794	260/378	702	Kayla Cody	F	21	Beatrice	NE	00:34:47.72	01:21:55.18	00:41:02.53	12:02	02:37:45.43
3072	1201/1393	152/173	6085	Kyle Hilger	M	27	Omaha	NE	00:31:16.35	01:23:22.63	00:43:06.53	12:02	02:37:45.52
3073	1872/2794	240/359	4284	Melissa Reinsch	F	40	Lincoln	NE	00:37:46.23	01:22:24.97	00:37:34.41	12:02	02:37:45.61
3074	1873/2794	307/450	4123	Katie Navratil	F	33	Omaha	NE	00:31:08.57	01:24:13.34	00:42:25.35	12:02	02:37:47.27
3075	1202/1393	185/213	5009	Kyle Diefenderfer	M	31	Lincoln	NE	00:33:19.36	01:24:01.59	00:40:28.07	12:02	02:37:49.03
3076	1874/2794	363/489	3967	Angie Lindburg	F	36	Stromsburg	NE	00:37:27.15	01:22:06.47	00:38:15.86	12:02	02:37:49.49
3077	1875/2794	135/208	1013	Julie Boydston	F	49	Hastings	NE	00:33:39.34	01:23:51.31	00:40:24.35	12:02	02:37:55.01
3078	1876/2794	319/477	4751	Sarah Klostermeyer	F	28	Bellevue	NE	00:36:13.06	01:20:40.46	00:41:02.13	12:02	02:37:55.66
3079	1203/1393	222/250	6041	Terry Craddock	M	37	Waverly	NE	00:33:38.42	01:22:23.95	00:41:57.74	12:03	02:38:00.12
3080	1877/2794	136/208	2686	Michele Frye	F	47	Omaha	NE	00:33:46.58	01:22:21.98	00:41:51.71	12:03	02:38:00.28



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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3081	1878/2794	320/477	2362	Jaclyn Howard	F	26	Lincoln	NE	00:32:49.55	01:19:13.52	00:45:57.51	12:03	02:38:00.59
3082	1879/2794	91/167	3265	Amy Mcatee	F	52	Malmö	NE	00:32:49.56	01:19:13.71	00:45:57.74	12:03	02:38:01.02
3083	1880/2794	241/359	4390	Kristen Lamontia	F	41	Omaha	NE	00:34:57.84	01:20:08.04	00:42:55.79	12:03	02:38:01.67
3084	1204/1393	186/213	5174	Jack McClelland	M	31	Omaha	NE	00:31:06.57	01:25:18.63	00:41:39.39	12:03	02:38:04.60
3085	1881/2794	92/167	4434	Barb George	F	50	Lincoln	NE	00:32:24.92	01:16:39.32	00:49:00.62	12:03	02:38:04.87
3086	1882/2794	261/378	2286	Bethany Lambert	F	21	Lincoln	NE	00:34:31.91	01:21:57.29	00:41:37.15	12:03	02:38:06.36
3087	1883/2794	262/378	3677	Jalynn Brase	F	20	Staplehurst	NE	00:32:22.03	01:19:57.53	00:45:46.98	12:03	02:38:06.54
3088	1884/2794	321/477	615	Ambyr Moore	F	29	Lincoln	NE	00:37:06.07	01:22:06.88	00:38:54.40	12:03	02:38:07.36
3089	1885/2794	308/450	3659	Beth Wasgis	F	32	Omaha	NE	00:35:07.55	01:24:19.67	00:38:40.23	12:03	02:38:07.45
3090	1886/2794	242/359	535	Nicole Vavra	F	44	Gretna	NE	00:33:27.08	01:23:03.88	00:41:37.51	12:03	02:38:08.47
3091	1205/1393	223/250	4841	Nick Barry	M	37	Lincoln	NE	00:35:51.81	01:26:26.95	00:35:49.89	12:03	02:38:08.67
3092	1887/2794	364/489	403	Katharine Wilson	F	36	Lemoine	NE	00:35:52.82	01:26:27.52	00:35:48.79	12:03	02:38:09.14
3093	1888/2794	365/489	3031	Tara Ringen	F	36	Beatrice	NE	00:33:48.99	01:21:25.35	00:42:56.63	12:04	02:38:10.97
3094	1889/2794	309/450	4187	Heidi Klement	F	34	Council Bluffs	IA	00:31:13.29	01:23:40.01	00:43:18.42	12:04	02:38:11.73
3095	1890/2794	322/477	2749	Chelsea Boryca	F	29	Omaha	NE	00:33:44.90	01:22:24.56	00:42:04.61	12:04	02:38:14.08
3096	1891/2794	323/477	2698	Jazmin Yacaman Struble	F	27	Fremont	NE	00:34:17.10	01:21:49.49	00:42:10.46	12:04	02:38:17.06
3097	1892/2794	93/167	3999	Lynne Walz	F	53	Fremont	NE	00:34:17.06	01:21:49.57	00:42:10.63	12:04	02:38:17.27
3098	1893/2794	366/489	989	Allison Boltz	F	37	Lincoln	NE	00:33:58.26	01:22:14.42	00:42:05.31	12:04	02:38:17.99
3099	1894/2794	243/359	2827	Jennifer Walsh	F	41	Ankeny	IA	00:39:29.13	01:18:21.08	00:40:28.05	12:04	02:38:18.26
3100	1895/2794	137/208	4064	Tina Booton	F	45	Firth	NE	00:33:56.18	01:21:44.92	00:42:39.05	12:04	02:38:20.15
3101	1896/2794	94/167	3980	Pam Discoe	F	50	Columbus	NE	00:33:44.32	01:22:00.82	00:42:39.54	12:05	02:38:24.69
3102	1897/2794	95/167	3978	Paula O'connell	F	50	Columbus	NE	00:33:44.51	01:22:00.58	00:42:40.50	12:05	02:38:25.59
3103	1206/1393	95/106	5607	Thomas Lamontia	M	50	Omaha	NE	00:32:06.50	01:20:59.45	00:45:21.29	12:05	02:38:27.25
3104	1898/2794	96/167	3571	Marion Lamontia	F	53	Omaha	NE	00:32:06.29	01:22:16.12	00:44:04.87	12:05	02:38:27.29
3105	1207/1393	43/53	1474	Craig Derickson	M	61	Lincoln	NE	00:36:15.32	01:23:54.75	00:38:18.44	12:05	02:38:28.52
3106	1899/2794	263/378	4245	Hailee Schmit	F	24	Bellevue	NE	00:34:39.25	01:23:13.42	00:40:36.82	12:05	02:38:29.50
3107	1208/1393	153/173	4990	Alex Boryca	M	27	Omaha	NE	00:32:33.41	01:23:47.16	00:42:10.45	12:05	02:38:31.03
3108	1900/2794	367/489	716	Amanda Taylor	F	37	Kearney	NE	00:35:07.79	01:23:08.26	00:40:16.98	12:05	02:38:33.04
3109	1901/2794	368/489	4362	Sarah Muret	F	37	Winfield	KS	00:34:09.76	01:20:59.77	00:43:24.02	12:05	02:38:33.55
3110	1902/2794	369/489	258	Julie Lauritzen	F	39	Lincoln	NE	00:32:25.78	01:22:58.26	00:43:10.35	12:05	02:38:34.40
3111	1903/2794	244/359	1095	Roya Attaie	F	43	Lincoln	NE	00:36:31.07	01:23:07.00	00:38:56.55	12:05	02:38:34.62
3112	1904/2794	97/167	1051	Abby Clutter	F	54	Lincoln	NE	00:33:26.36	01:20:57.07	00:44:11.98	12:05	02:38:35.42
3113	1905/2794	370/489	628	Aubrey Cruise	F	36	Kearney	NE	00:35:07.73	01:23:07.54	00:40:23.95	12:06	02:38:39.23
3114	1906/2794	245/359	4365	Missy Van Fleet	F	40	Ponca City	OK	00:34:09.34	01:21:00.02	00:43:30.45	12:06	02:38:39.82
3115	1907/2794	310/450	2876	Kylie Ebeling	F	31	Lincoln	NE	00:31:21.46	01:24:36.87	00:42:41.93	12:06	02:38:40.26

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3116	1908/2794	246/359	827	Jennifer Everett	F	42	Winfield	KS	00:32:28.56	01:22:56.48	00:43:16.24	12:06	02:38:41.30
3117	1909/2794	264/378	117	Taylor Schueth	F	23	Norfolk	NE	00:33:04.60	01:26:05.71	00:39:32.27	12:06	02:38:42.59
3118	1910/2794	265/378	116	Paige Schueth	F	20	Lincoln	NE	00:33:04.42	01:26:06.14	00:39:33.08	12:06	02:38:43.65
3119	1911/2794	98/167	3503	Lori Giguere	F	53	Lincoln	NE	00:32:32.32	01:23:39.43	00:42:35.16	12:06	02:38:46.91
3120	1912/2794	247/359	3918	Stephanie Lemonds	F	41	Tabor	IA	00:34:36.22	01:26:26.31	00:37:44.39	12:06	02:38:46.92
3121	1913/2794	138/208	2545	Jody Vandever	F	46	Earlham	IA	00:32:56.63	01:23:24.50	00:42:25.96	12:06	02:38:47.09
3122	1914/2794	64/89	3549	Sydney Wood	F	19	Lincoln	NE	00:32:57.76	01:23:25.53	00:42:25.32	12:06	02:38:48.62
3123	1209/1393	187/213	1686	Mike Ternus	M	32	Lincoln	NE	00:32:06.50	01:21:06.31	00:45:36.47	12:06	02:38:49.29
3124	1210/1393	164/184	1950	Jason Evans	M	43	Lincoln	NE	00:33:21.09	01:24:40.27	00:40:48.01	12:06	02:38:49.37
3125	1211/1393	224/250	1644	Jeff Erb	M	38	Lincoln	NE	00:32:43.10	01:22:54.20	00:43:13.40	12:07	02:38:50.71
3126	1915/2794	266/378	3445	Theresa Richey	F	22	Lincoln	NE	00:34:22.28	01:22:05.11	00:42:24.96	12:07	02:38:52.36
3127	1916/2794	139/208	255	Mary Lea Free	F	45	Hickman	NE	00:36:07.90	01:23:27.59	00:39:17.09	12:07	02:38:52.58
3128	1212/1393	111/134	5879	Ray Bretthauer	M	47	Lincoln	NE	00:34:45.80	01:22:55.07	00:41:12.03	12:07	02:38:52.90
3129	1917/2794	324/477	2731	Andrea Johnson	F	29	Crete	NE	00:34:14.58	01:21:20.17	00:43:24.85	12:07	02:38:59.60
3130	1918/2794	140/208	1086	Chris Stungis	F	48	Omaha	NE	00:32:41.92	01:25:14.48	00:41:04.56	12:07	02:39:00.97
3131	1919/2794	311/450	239	Beth Vanek	F	34	Waverly	NE	00:32:57.12	01:25:10.43	00:40:57.54	12:08	02:39:05.09
3132	1920/2794	61/103	475	Carol Jenkins	F	55	Lincoln	NE	00:32:15.61	01:25:09.95	00:41:42.28	12:08	02:39:07.85
3133	1921/2794	371/489	2855	Elizabeth Peterson	F	36	Aurora	NE	00:34:19.59	01:19:15.23	00:45:35.85	12:08	02:39:10.68
3134	1213/1393	105/122	5216	Trevor Poppen	M	22	Lincoln	NE	00:30:41.56	01:19:48.74	00:48:40.51	12:08	02:39:10.81
3135	1922/2794	267/378	4753	Merrick Price	F	24	Omaha	NE	00:35:40.21	01:21:48.59	00:41:42.89	12:08	02:39:11.70
3136	1214/1393	225/250	1971	Quincy Hubbard	M	36	Lincoln	NE	00:32:13.13	01:20:20.38	00:46:38.26	12:08	02:39:11.78
3137	1923/2794	99/167	834	Karen Layton	F	51	Lincoln	NE	00:33:57.28	01:23:04.24	00:42:14.40	12:08	02:39:15.92
3138	1924/2794	62/103	214	Laurie Baade	F	59	Roca	NE	00:33:38.68	01:22:40.52	00:42:57.13	12:08	02:39:16.34
3139	1215/1393	154/173	5550	Brandon Fellers	M	28	York	NE	00:33:57.46	01:20:52.09	00:44:33.41	12:09	02:39:22.96
3140	1925/2794	141/208	3672	Dana Wiseman	F	47	Sutton	NE	00:31:18.47	01:23:06.74	00:45:02.24	12:09	02:39:27.47
3141	1926/2794	142/208	411	Manette Kidney	F	48	Lincoln	NE	00:31:44.08	01:24:43.71	00:43:01.72	12:09	02:39:29.52
3142	1927/2794	268/378	2062	Cara Woldt	F	23	Lincoln	NE	00:30:55.77	01:23:22.02	00:45:12.86	12:10	02:39:30.66
3143	1928/2794	269/378	2752	Shayla Steinwart	F	24	Omaha	NE	00:32:19.73	01:21:47.79	00:45:24.75	12:10	02:39:32.27
3144	1929/2794	325/477	4928	Madeline Shomos	F	25	Lincoln	NE	00:34:41.13	01:21:21.26	00:43:30.21	12:10	02:39:32.60
3145	1216/1393	155/173	5565	Mitchell Laski	M	28	Bellevue	NE	00:32:46.54	01:22:01.75	00:44:44.67	12:10	02:39:32.97
3146	1930/2794	326/477	4222	Rebecca Springer	F	29	Lincoln	NE	00:36:09.73	01:22:23.46	00:41:01.44	12:10	02:39:34.64
3147	1217/1393	226/250	6121	Joel Wood	M	36	Elkhorn	NE	00:32:44.48	01:22:56.24	00:43:57.96	12:10	02:39:38.68
3148	1931/2794	100/167	4109	Lori Wagner	F	51	Grand Island	NE	00:34:46.03	01:22:37.27	00:42:17.65	12:10	02:39:40.97
3149	1218/1393	156/173	5688	Anthony Vicente	M	28	Lincoln	NE	00:35:01.92	01:23:00.02	00:41:40.16	12:10	02:39:42.11
3150	1932/2794	327/477	682	Nicole Polt	F	29	Battle Creek	NE	00:35:14.33	01:24:08.74	00:40:19.82	12:11	02:39:42.91

# The Good Life Halfsy

November 6, 2016

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## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3151	1933/2794	65/89	2805	Lindsay Weber	F	19	Cook	NE	00:37:30.65	01:23:51.65	00:38:27.77	12:11	02:39:50.07
3152	1934/2794	328/477	2010	Kelsey Sasse	F	25	Lincoln	NE	00:29:15.75	01:24:49.53	00:45:45.36	12:11	02:39:50.65
3153	1219/1393	165/184	5829	David Graff	M	41	Lincoln	NE	00:31:37.35	01:23:10.42	00:45:03.32	12:11	02:39:51.09
3154	1935/2794	270/378	3565	Kaylynn Knuth	F	21	Wahoo	NE				12:11	02:39:51.74
3155	1936/2794	372/489	971	Erin Piatt	F	36	Omaha	NE	00:33:59.25	01:22:25.21	00:43:27.46	12:11	02:39:51.92
3156	1937/2794	101/167	1005	Angela Penner	F	51	Lincoln	NE	00:32:26.49	01:24:11.21	00:43:17.60	12:11	02:39:55.31
3157	1938/2794	373/489	4333	Jamie Loizzo	F	35	Lincoln	NE	00:32:50.14	01:21:37.73	00:45:28.61	12:12	02:39:56.48
3158	1939/2794	143/208	2321	Sarina Mcneel	F	48	Omaha	NE	00:35:48.70	01:25:41.74	00:38:28.25	12:12	02:39:58.70
3159	1220/1393	166/184	1565	Arthur Grahn	M	42	Roanoke	VA	00:35:26.16	01:25:31.23	00:39:05.95	12:12	02:40:03.35
3160	1221/1393	188/213	5180	Ryan Baker	M	32	Lincoln	NE	00:37:29.83	01:15:49.23	00:46:50.22	12:13	02:40:09.28
3161	1940/2794	374/489	3306	Jennifer Hegemann	F	39	Lincoln	NE	00:33:50.28	01:22:19.12	00:44:02.15	12:13	02:40:11.55
3162	1941/2794	329/477	4252	Elisabeth Loeck	F	25	Kansas City	MO	00:32:47.68	01:28:18.55	00:39:06.88	12:13	02:40:13.11
3163	1942/2794	330/477	2014	Kelsey Fanders	F	26	Lincoln	NE	00:33:21.68	01:24:01.63	00:42:50.48	12:13	02:40:13.79
3164	1943/2794	331/477	2092	Kate Stous	F	28	Lincoln	NE	00:33:22.35	01:24:01.46	00:42:50.20	12:13	02:40:14.02
3165	1944/2794	271/378	2806	Sydney Maresh	F	22	Lincoln	NE	00:32:34.08	01:24:09.97	00:43:30.14	12:13	02:40:14.20
3166	1945/2794	144/208	4054	Karin Berens	F	49	Wichita	KS	00:34:24.39	01:23:36.21	00:42:18.35	12:13	02:40:18.96
3167	1946/2794	332/477	2375	Brandi Arnold	F	25	Lincoln	NE	00:33:26.10	01:24:04.35	00:42:51.86	12:14	02:40:22.31
3168	1947/2794	333/477	3283	Courtney Plucknett	F	25	Lincoln	NE	00:33:26.46	01:24:04.60	00:42:51.65	12:14	02:40:22.72
3169	1948/2794	63/103	507	Catherine Mccarthy Tussey	F	57	Omaha	NE	00:33:14.23	01:23:51.50	00:43:17.56	12:14	02:40:23.30
3170	1949/2794	64/103	452	Shiela Quinn	F	57	Omaha	NE	00:33:14.57	01:23:49.92	00:43:19.00	12:14	02:40:23.49
3171	1950/2794	375/489	745	Erin Stubbendieck	F	37	Omaha	NE	00:34:53.20	01:23:41.06	00:41:54.23	12:14	02:40:28.49
3172	1951/2794	376/489	4442	Jennie Korth	F	38	Lincoln	NE	00:34:04.16	01:23:20.03	00:43:04.35	12:14	02:40:28.55
3173	1222/1393	167/184	5497	Michael Klug	M	40	Omaha	NE	00:33:06.94	01:23:54.31	00:43:27.89	12:14	02:40:29.15
3174	1952/2794	312/450	3760	Amanda Klug	F	33	Omaha	NE	00:33:06.95	01:23:53.88	00:43:28.57	12:14	02:40:29.41
3175	1953/2794	377/489	1151	Robin Brester	F	37	Lincoln	NE	00:36:26.87	01:22:47.62	00:41:15.48	12:14	02:40:29.98
3176	1954/2794	272/378	4723	Taylor Millwood	F	24	Lincoln	NE	00:31:21.54	01:21:19.45	00:47:49.95	12:14	02:40:30.95
3177	1955/2794	65/103	2452	Patti Hovdenes	F	55	Omaha	NE	00:34:48.59	01:23:02.96	00:42:42.38	12:14	02:40:33.94
3178	1223/1393	44/53	1651	Rich Couch	M	63	Seward	NE	00:36:18.31	01:22:23.03	00:41:53.45	12:14	02:40:34.79
3179	1956/2794	102/167	1132	Peg Coover	F	52	Cairo	NE	00:33:26.61	01:26:14.62	00:40:55.20	12:15	02:40:36.44
3180	1957/2794	313/450	2964	Megan Foster	F	33	Randolph	IA	00:34:35.37	01:29:10.73	00:36:52.39	12:15	02:40:38.49
3181	1958/2794	314/450	994	Valerie Vanecek	F	30	Council Bluffs	IA	00:37:16.11	01:23:57.72	00:39:28.40	12:15	02:40:42.24
3182	1224/1393	168/184	1620	Eric Mcculley	M	43	Kearney	NE	00:32:58.80	01:25:52.17	00:41:51.54	12:15	02:40:42.51
3183	1959/2794	273/378	4766	Lauren Geisert	F	24	Dallas	TX	00:34:25.83	01:25:06.36	00:41:11.57	12:15	02:40:43.77
3184	1960/2794	315/450	3116	Valerie Zieg	F	32	Lincoln	NE	00:33:11.54	01:25:52.25	00:41:47.93	12:16	02:40:51.72
3185	1961/2794	378/489	661	Emily Volker	F	35	Auburn	NE	00:32:20.94			12:16	02:40:53.97

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3186	1962/2794	248/359	4500	Carmen Standley	F	41	Lincoln	NE	00:34:50.96	01:22:45.08	00:43:19.49	12:16	02:40:55.53
3187	1963/2794	379/489	922	Michelle Pearson	F	37	Lincoln	NE	00:35:44.65	01:31:12.69	00:34:00.52	12:16	02:40:57.86
3188	1964/2794	334/477	2454	Kati Stauffer	F	27	Lincoln	NE	00:33:15.16	01:25:54.23	00:41:51.19	12:16	02:41:00.58
3189	1965/2794	335/477	3386	Kelsey Wieser	F	25	Lincoln	NE	00:33:15.13	01:25:54.91	00:41:50.93	12:16	02:41:00.98
3190	1966/2794	274/378	1371	Dani Lamer	F	21	Omaha	NE	00:32:44.62	01:26:11.90	00:42:05.16	12:17	02:41:01.68
3191	1967/2794	275/378	4204	Mandy Houston	F	20	Elkhorn	NE	00:34:01.22	01:23:50.70	00:43:10.85	12:17	02:41:02.78
3192	1225/1393	14/19	5050	Preston Yates	M	13	Lincoln	NE	00:34:26.08	01:25:47.17	00:40:50.16	12:17	02:41:03.42
3193	1226/1393	227/250	5980	Devin Schoening	M	39	Underwood	IA	00:34:17.87	01:24:03.84	00:42:41.94	12:17	02:41:03.65
3194	1227/1393	112/134	5665	D. Newell	M	46	Omaha	NE	00:31:32.77	01:22:58.35	00:46:32.95	12:17	02:41:04.08
3195	1968/2794	336/477	3576	Jessica Weeder	F	26	Columbus	NE	00:33:21.15	01:22:25.50	00:45:19.25	12:17	02:41:05.91
3196	1228/1393	106/122	5088	Alex Pinell	M	20	Ord	NE	00:32:30.80	01:22:53.97	00:45:44.10	12:17	02:41:08.88
3197	1969/2794	276/378	366	Kaitlin Benes	F	23	Lincoln	NE	00:33:07.85	01:22:15.76	00:45:46.49	12:17	02:41:10.11
3198	1970/2794	249/359	4193	Mandy Young	F	44	Owatonna	MN	00:34:55.46	01:26:00.57	00:40:17.62	12:17	02:41:13.65
3199	1229/1393	157/173	5394	Jacob Hopping	M	29	Lincoln	NE	00:29:11.55	01:22:02.73	00:50:02.76	12:18	02:41:17.04
3200	1971/2794	337/477	2097	Stacy Persson	F	26	Hastings	NE	00:35:06.05	01:26:04.64	00:40:06.38	12:18	02:41:17.08
3201	1972/2794	277/378	2737	Alicia Crouse	F	24	Hastings	NE	00:35:06.48	01:26:05.00	00:40:06.20	12:18	02:41:17.70
3202	1973/2794	23/46	2899	Bev Hansen	F	60	Norfolk	NE	00:32:00.86	01:22:41.66	00:46:40.15	12:18	02:41:22.68
3203	1974/2794	278/378	4010	Stephanie Tabor	F	20	Walton	NE	00:34:32.52	01:23:48.38	00:43:02.32	12:18	02:41:23.22
3204	1975/2794	103/167	3613	Georgia Henderson	F	52	Hutchinson	KS	00:35:37.60	01:22:42.73	00:43:05.53	12:18	02:41:25.86
3205	1976/2794	104/167	2576	Suzanne Campbell	F	52	Forgan	OK	00:35:40.65	01:22:40.49	00:43:04.79	12:18	02:41:25.93
3206	1977/2794	250/359	1161	Ashlee Alley	F	40	Lincoln	NE	00:43:13.21	01:18:43.79	00:39:29.97	12:18	02:41:26.97
3207	1978/2794	380/489	981	Cheri Gehling	F	35	Sergeant Bluff	IA	00:32:46.62	01:23:43.74	00:44:56.91	12:18	02:41:27.27
3208	1979/2794	381/489	670	Vanji Vosler	F	39	Bertrand	NE	00:33:44.06	01:22:46.03	00:44:57.46	12:18	02:41:27.55
3209	1980/2794	66/89	2663	Johnna Guernsey	F	19	Pickrell	NE	00:32:43.12	01:25:22.09	00:43:22.74	12:19	02:41:27.96
3210	1981/2794	382/489	1228	Rachel Zeleny	F	37	Sergeant Bluff	IA	00:32:48.04	01:23:42.99	00:44:57.45	12:19	02:41:28.48
3211	1982/2794	338/477	3198	Rachel Von Kampen	F	25	Lincoln	NE	00:33:40.87	01:25:29.54	00:42:18.60	12:19	02:41:29.02
3212	1983/2794	145/208	481	Ann Olp	F	48	Wauwatosa	WI	00:34:33.83	01:23:26.21	00:43:30.85	12:19	02:41:30.90
3213	1984/2794	251/359	893	Mary Carstens	F	43	Lincoln	NE	00:39:29.35	01:22:37.88	00:39:26.04	12:19	02:41:33.28
3214	1985/2794	279/378	2333	Sydney Brummels	F	23	Lincoln	NE	00:35:08.44	01:25:10.73	00:41:18.86	12:19	02:41:38.04
3215	1986/2794	105/167	3173	Stephanie Lusiencki	F	51	Ashland	NE	00:38:08.09	01:25:57.64	00:37:35.54	12:20	02:41:41.28
3216	1987/2794	316/450	3264	Megan Kahler	F	31	Seward	NE	00:34:03.46	01:25:37.62	00:42:01.66	12:20	02:41:42.75
3217	1988/2794	383/489	3272	Crissy Anson	F	38	Staplehurst	NE	00:34:03.84	01:25:37.48	00:42:01.78	12:20	02:41:43.11
3218	1989/2794	317/450	4069	Laura Albertson	F	31	Lincoln	NE	00:34:03.45	01:25:38.26	00:42:01.47	12:20	02:41:43.19
3219	1990/2794	66/103	2768	Brigid Jopp	F	57	Omaha	NE	00:35:01.60	01:23:02.47	00:43:39.25	12:20	02:41:43.32
3220	1991/2794	252/359	3419	Sheila Johnson	F	44	Omaha	NE	00:35:01.52	01:23:02.75	00:43:39.66	12:20	02:41:43.94

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3221	1992/2794	384/489	3973	Brandi Becker	F	39	Lincoln	NE	00:37:49.78	01:20:56.01	00:43:02.93	12:20	02:41:48.73
3222	1993/2794	318/450	4056	Kelly Wemhoff	F	32	Lincoln	NE	00:34:43.70	01:24:25.81	00:42:39.41	12:20	02:41:48.92
3223	1230/1393	113/134	5731	Tim Stopak	M	48	Albion	NE	00:37:50.07	01:20:56.43	00:43:02.73	12:20	02:41:49.23
3224	1994/2794	319/450	4441	Maureen Eck	F	34	Lincoln	NE	00:34:57.55	01:24:24.75	00:42:35.35	12:21	02:41:57.66
3225	1995/2794	253/359	4138	Heather Eberspacher	F	44	Cordova	NE	00:31:02.77	01:25:32.49	00:45:27.85	12:21	02:42:03.11
3226	1996/2794	146/208	917	Dawn Chadrick	F	48	Kearney	NE	00:35:02.85	01:25:24.55	00:41:38.36	12:21	02:42:05.77
3227	1997/2794	280/378	3862	Macey Moore	F	23	Friend	NE	00:36:06.27	01:22:06.29	00:43:58.15	12:22	02:42:10.71
3228	1998/2794	281/378	3523	Logan Kellogg	F	24	Pleasant Dale	NE	00:36:06.52	01:22:06.22	00:43:58.15	12:22	02:42:10.89
3229	1231/1393	107/122	134	Joseph Denicola	M	23	Lincoln	NE	00:30:46.76	01:25:23.80	00:46:00.98	12:22	02:42:11.54
3230	1232/1393	158/173	1953	Oscar Garcia	M	28	Lincoln	NE	00:31:04.43	01:22:25.13	00:48:42.68	12:22	02:42:12.25
3231	1999/2794	106/167	3750	Rita Shuck	F	53	Edgar	NE	00:34:20.97	01:27:51.09	00:40:01.47	12:22	02:42:13.54
3232	2000/2794	339/477	549	Liz O'malley	F	27	Council Bluffs	IA	00:32:50.60	01:24:47.44	00:44:36.06	12:22	02:42:14.10
3233	2001/2794	385/489	4270	Amy Coon	F	39	Council Bluffs	IA	00:32:54.06	01:26:05.23	00:43:20.48	12:22	02:42:19.77
3234	2002/2794	340/477	3981	Ebba Mead	F	26	Lincoln	NE	00:34:49.84	01:24:36.15	00:42:59.78	12:23	02:42:25.79
3235	2003/2794	320/450	6139	Nicole Addison	F	34	Lincoln	NE	00:34:49.31	01:24:36.49	00:43:00.07	12:23	02:42:25.88
3236	2004/2794	386/489	860	Jill Brown	F	35	Lincoln	NE	00:31:50.68	01:23:38.54	00:46:58.95	12:23	02:42:28.18
3237	2005/2794	341/477	2400	Kari Brown	F	29	Lincoln	NE	00:33:46.02	01:28:21.37	00:40:21.83	12:23	02:42:29.23
3238	2006/2794	342/477	4200	Chelsey Turner	F	28	Omaha	NE	00:34:02.02	01:25:29.17	00:43:00.03	12:23	02:42:31.23
3239	2007/2794	343/477	2636	Melanie Boone	F	29	Omaha	NE	00:37:36.28	01:26:32.03	00:38:31.89	12:24	02:42:40.21
3240	2008/2794	344/477	2982	Kelli Claassen	F	25	Lincoln	NE	00:32:18.60	01:24:49.93	00:45:31.77	12:24	02:42:40.31
3241	2009/2794	321/450	3535	Jeni Saner	F	32	Lincoln	NE	00:33:27.96	01:25:18.81	00:43:53.54	12:24	02:42:40.32
3242	2010/2794	387/489	889	Tiffany Buss	F	35	Lincoln	NE	00:33:08.90	01:24:55.25	00:44:36.62	12:24	02:42:40.78
3243	2011/2794	254/359	4177	Kara Felton	F	40	Luncoln	NE	00:31:46.76	01:27:05.05	00:43:49.41	12:24	02:42:41.23
3244	2012/2794	67/103	2867	Deb Schorr	F	55	Lincoln	NE	00:34:58.62	01:25:29.07	00:42:13.70	12:24	02:42:41.40
3245	1233/1393	228/250	1999	Russ Robbins	M	37	Lincoln	NE	00:31:57.84	01:22:03.20	00:48:41.65	12:24	02:42:42.70
3246	2013/2794	147/208	3466	Natalie Breukelman	F	47	Sioux Falls	SD	00:32:38.17	01:24:59.14	00:45:06.29	12:24	02:42:43.61
3247	2014/2794	67/89	2500	Julia Breukelman	F	18	Sioux Falls	SD	00:32:38.17	01:24:58.93	00:45:06.70	12:24	02:42:43.81
3248	2015/2794	388/489	2189	Jennifer Heiser	F	39	Lincoln	NE	00:32:47.00	01:21:44.23	00:48:15.19	12:25	02:42:46.43
3249	2016/2794	255/359	2830	Alison Bonner	F	42	Auburn	AL	00:39:26.82	01:24:35.39	00:38:44.26	12:25	02:42:46.48
3250	1234/1393	114/134	5707	Jason Dohmen	M	47	Lincoln	NE	00:32:04.02	01:26:04.54	00:44:37.92	12:25	02:42:46.49
3251	2017/2794	107/167	2917	Robyn Runyan	F	50	Omaha	NE	00:36:30.50	01:29:51.91	00:36:28.26	12:25	02:42:50.67
3252	2018/2794	256/359	3215	Jaime Piernicky	F	41	Omaha	NE	00:33:56.48	01:25:00.96	00:43:54.15	12:25	02:42:51.59
3253	2019/2794	24/46	595	Janice Beethe	F	64	Burry	NE	00:37:19.04	01:24:18.87	00:41:14.78	12:25	02:42:52.70
3254	2020/2794	389/489	4589	Erin Schoening	F	38	Underwood	IA	00:34:02.57	01:26:04.40	00:42:47.44	12:25	02:42:54.42
3255	2021/2794	68/89	303	Cassidy Whitney	F	16	Lincoln	NE	00:31:21.07	01:25:47.09	00:45:46.89	12:25	02:42:55.06

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3256	2022/2794	69/89	2907	Sophia Olson	F	15	Lincoln	NE	00:31:21.21	01:25:46.75	00:45:47.51	12:25	02:42:55.47
3257	2023/2794	322/450	434	Claudia Pech	F	32	Lincoln	NE	00:33:47.95	01:24:36.27	00:44:31.33	12:25	02:42:55.57
3258	1235/1393	169/184	5702	Eric Thunstedt	M	42	Chicago	IL	00:38:30.42	01:24:11.69	00:40:15.05	12:25	02:42:57.16
3259	2024/2794	25/46	225	Jane Manzitto	F	60	Lincoln	NE	00:36:33.58	01:25:29.24	00:40:55.43	12:25	02:42:58.25
3260	2025/2794	70/89	663	Breanna Sinclair	F	17	Lincoln	NE	00:30:16.39	01:26:17.68	00:46:24.34	12:25	02:42:58.42
3261	1236/1393	170/184	5743	Michael Fergus	M	40	Lincoln	NE	00:40:28.59	01:23:48.46	00:38:45.32	12:26	02:43:02.38
3262	2026/2794	282/378	3726	Katie Doht	F	22	Fort Collins	CO	00:32:27.97	01:27:29.10	00:43:10.41	12:26	02:43:07.48
3263	1237/1393	96/106	5930	C. Todd Cook	M	51	Omaha	NE	00:34:39.82	01:25:17.74	00:43:10.21	12:26	02:43:07.78
3264	2027/2794	283/378	3374	Angie Cook	F	20	Lincoln	NE	00:34:39.97	01:25:17.14	00:43:11.02	12:26	02:43:08.14
3265	1238/1393	115/134	5818	Keith Sewell	M	49	Lincoln	NE	00:32:24.02	01:23:54.17	00:46:53.89	12:26	02:43:12.09
3266	1239/1393	108/122	4726	Kevin Boyle	M	23	Plattsmouth	NE	00:34:54.19	01:26:08.04	00:42:14.71	12:27	02:43:16.95
3267	2028/2794	284/378	2478	Deidre Stevens	F	20	Denton	NE	00:34:54.74	01:26:08.40	00:42:14.30	12:27	02:43:17.44
3268	2029/2794	285/378	3288	Anna Adamson	F	22	Omaha	NE	00:34:25.11	01:23:42.44	00:45:10.14	12:27	02:43:17.70
3269	2030/2794	286/378	3289	Taylor Pospisil	F	23	Omaha	NE	00:34:25.51	01:23:42.98	00:45:09.61	12:27	02:43:18.10
3270	2031/2794	287/378	2338	Sara Shonka	F	23	Omaha	NE	00:33:50.39	01:25:09.78	00:44:18.07	12:27	02:43:18.24
3271	2032/2794	257/359	416	Lisa Chandler	F	41	Lincoln	NE	00:34:28.37	01:24:09.21	00:44:44.40	12:27	02:43:21.98
3272	2033/2794	148/208	4004	Sue Henning	F	48	Beatrice	NE	00:32:07.18	01:25:07.48	00:46:13.19	12:28	02:43:27.86
3273	1240/1393	116/134	5936	Chet Mcgrury	M	46	Beatrice	NE	00:35:02.55	01:24:53.83	00:43:41.66	12:28	02:43:38.04
3274	1241/1393	229/250	5657	Adam Young	M	36	Indianapolis	IN	00:29:21.78	01:24:06.59	00:50:13.65	12:29	02:43:42.03
3275	1242/1393	230/250	1865	Adam Wackel	M	37	Crete	NE	00:35:39.70	01:23:48.42	00:44:14.60	12:29	02:43:42.72
3276	2034/2794	390/489	4574	Molly Elge	F	39	Aurora	NE	00:34:21.23	01:26:18.70	00:43:03.01	12:29	02:43:42.94
3277	2035/2794	288/378	3497	Emma Hybl	F	23	Lincoln	NE	00:32:36.09	01:23:50.67	00:47:23.00	12:29	02:43:49.76
3278	2036/2794	323/450	4419	Anastasia Kalita	F	30	Lincoln	NE	00:33:58.03	01:25:58.88	00:43:53.34	12:29	02:43:50.26
3279	1243/1393	45/53	5988	Gene Deyoe	M	61	Lincoln	NE	00:32:27.04	01:27:23.28	00:44:05.25	12:30	02:43:55.57
3280	2037/2794	324/450	1114	Ashley Mcbratney	F	31	Fremont	NE	00:36:24.67	01:25:09.10	00:42:22.78	12:30	02:43:56.56
3281	2038/2794	391/489	1300	Mary King	F	35	Lincoln	NE	00:38:01.62	01:25:09.00	00:40:47.23	12:30	02:43:57.86
3282	2039/2794	149/208	2739	Susanne Williams	F	48	Nebraska City	NE	00:33:51.36	01:25:26.25	00:44:40.64	12:30	02:43:58.26
3283	2040/2794	258/359	3681	Candi Hegemann	F	43	Topeka	KS	00:32:26.93	01:24:50.73	00:46:43.29	12:30	02:44:00.95
3284	2041/2794	345/477	2515	Sara Boyle	F	26	Omaha	NE	00:36:20.21	01:28:02.16	00:39:41.21	12:30	02:44:03.60
3285	2042/2794	68/103	1156	Jan McNally	F	56	Raymond	NE	00:32:39.60	01:25:44.65	00:45:41.60	12:31	02:44:05.85
3286	1244/1393	189/213	5819	Andrew Reid	M	34	Lincoln	NE	00:34:38.23	01:25:11.68	00:44:19.25	12:31	02:44:09.16
3287	2043/2794	259/359	4372	Rebecca Tines	F	43	Omaha	NE	00:39:26.46	01:24:37.38	00:40:08.93	12:31	02:44:12.78
3288	2044/2794	26/46	202	Laurie Peate	F	61	Lincoln	NE	00:34:20.55	01:25:47.82	00:44:08.69	12:31	02:44:17.08
3289	1245/1393	11/16	1626	Robewrt Fiedler	M	65	Pleasant Dale	NE	00:35:22.39	01:24:33.82	00:44:27.70	12:32	02:44:23.92
3290	2045/2794	346/477	4827	Kayla Stehlik	F	27	Shenandoah	IA	00:35:25.71	01:25:27.53	00:43:32.87	12:32	02:44:26.12

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3291	2046/2794	260/359	4235	Melissa Turner	F	41	Omaha	NE	00:33:39.13	01:26:50.86	00:43:59.26	12:32	02:44:29.26
3292	2047/2794	150/208	3921	Holly Sullivan	F	46	Omaha	NE	00:34:35.77	01:28:12.36	00:41:41.42	12:32	02:44:29.56
3293	2048/2794	347/477	3628	Kelsi Lee	F	25	Seward	NE	00:35:30.79	01:25:06.79	00:43:55.20	12:33	02:44:32.78
3294	2049/2794	108/167	3546	Beth Peatrowsky	F	54	Omaha	NE	00:33:53.32	01:26:38.96	00:44:04.72	12:33	02:44:37.00
3295	2050/2794	325/450	872	Megan Valorz	F	32	Columbus	NE	00:37:18.28	01:24:15.96	00:43:11.46	12:34	02:44:45.71
3296	2051/2794	392/489	382	Kelly Snead	F	39	Derby	KS	00:34:34.62	01:25:12.75	00:44:58.35	12:34	02:44:45.73
3297	2052/2794	261/359	2628	Marcie Pilkinton	F	41	Beatrice	NE	00:34:37.08	01:25:17.22	00:44:51.45	12:34	02:44:45.75
3298	2053/2794	393/489	2371	Angie Leffers	F	39	Seward	NE	00:32:16.38	01:26:31.93	00:45:57.46	12:34	02:44:45.78
3299	1246/1393	46/53	5681	Steve Cole	M	61	Plattsmouth	NE	00:35:38.33	01:24:17.44	00:44:50.46	12:34	02:44:46.24
3300	2054/2794	348/477	2553	Katherine Turner	F	26	Omaha	NE	00:31:30.11	01:26:50.94	00:46:33.57	12:34	02:44:54.63
3301	2055/2794	289/378	3422	Molli Williams	F	24	Lincoln	NE	00:31:28.74	01:27:49.53	00:45:43.84	12:35	02:45:02.11
3302	2056/2794	349/477	3575	Olivia Miller	F	25	Lincoln	NE	00:37:22.67	01:25:17.02	00:42:28.60	12:35	02:45:08.30
3303	1247/1393	47/53	5456	Tony Kessler	M	64	Nashville	TN	00:32:30.90	01:19:59.16	00:52:42.22	12:36	02:45:12.29
3304	2057/2794	394/489	525	Meghan Bailey	F	37	Lincoln	NE	00:39:21.47	01:25:41.72	00:40:09.34	12:36	02:45:12.54
3305	2058/2794	395/489	4110	Molly Burns	F	35	Lincoln	NE	00:31:13.38	01:23:13.62	00:50:47.36	12:36	02:45:14.37
3306	2059/2794	350/477	4431	Tessa Lierman	F	26	Beemer	NE	00:33:13.73	01:30:30.08	00:41:31.21	12:36	02:45:15.03
3307	1248/1393	190/213	5964	Andy Schock	M	34	Lincoln	NE	00:34:08.19	01:26:48.74	00:44:20.09	12:36	02:45:17.03
3308	2060/2794	351/477	3359	Aubree Kava	F	29	York	NE	00:36:47.59	01:27:16.94	00:41:17.38	12:36	02:45:21.93
3309	1249/1393	70/81	5925	Denny Kallenbach	M	59	Valley	NE	00:36:48.47	01:27:16.72	00:41:17.07	12:36	02:45:22.26
3310	2061/2794	326/450	3358	Renee Stewart	F	31	Wahoo	NE	00:36:47.57	01:27:17.22	00:41:17.56	12:36	02:45:22.36
3311	1250/1393	109/122	1446	Dillon Petschke	M	24	Malcolm	NE	00:37:41.76	01:27:48.92	00:39:51.85	12:36	02:45:22.53
3312	1251/1393	231/250	5310	Bil Sloup	M	38	Wahoo	NE	00:35:50.81	01:26:28.34	00:43:08.57	12:37	02:45:27.73
3313	2062/2794	352/477	3795	Caitlin Gray	F	25	Lavista	NE	00:34:38.95	01:25:51.76	00:44:58.21	12:37	02:45:28.92
3314	2063/2794	290/378	562	Keasha Zadina	F	23	Seward	NE	00:35:57.43	01:27:15.63	00:42:16.05	12:37	02:45:29.12
3315	2064/2794	353/477	4241	Jacki Stawniak	F	28	Omaha	NE	00:34:39.60	01:24:33.13	00:46:16.67	12:37	02:45:29.41
3316	2065/2794	291/378	3471	Leigh Heese	F	20	Columbus	NE	00:37:16.08	01:22:24.35	00:45:50.01	12:37	02:45:30.45
3317	2066/2794	151/208	4228	Julie Eilers	F	46	Lincoln	NE	00:35:53.04	01:26:47.86	00:42:49.57	12:37	02:45:30.48
3318	2067/2794	152/208	1063	Dena Noe	F	47	Lincoln	NE	00:32:06.98	01:24:34.18	00:48:49.80	12:37	02:45:30.97
3319	2068/2794	396/489	3407	Jill Moore	F	36	Omaha	NE	00:34:11.07	01:24:00.34	00:47:24.71	12:37	02:45:36.12
3320	2069/2794	397/489	2447	Jenny Larson	F	37	Omaha	NE	00:34:11.03	01:24:00.95	00:47:24.78	12:38	02:45:36.77
3321	2070/2794	327/450	3136	Ashley Michaud	F	31	Omaha	NE	00:37:05.97	01:23:18.23	00:45:13.22	12:38	02:45:37.42
3322	1252/1393	117/134	1991	Keith Richert	M	46	Gresham	NE	00:35:22.38	01:25:40.01	00:44:35.67	12:38	02:45:38.06
3323	2071/2794	292/378	3042	Susana Balderas	F	22	Lincoln	NE	00:32:50.20	01:28:56.62	00:43:51.58	12:38	02:45:38.40
3324	2072/2794	354/477	2330	Kathryn Spader	F	27	Lincoln	NE	00:37:06.28	01:25:12.22	00:43:22.62	12:38	02:45:41.13
3325	2073/2794	398/489	2151	Ashley Nolte	F	35	Lincoln	NE	00:34:49.55	01:26:32.68	00:44:21.76	12:38	02:45:44.00

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3326	2074/2794	399/489	4644	Nicole Pischel	F	35	Lincoln	NE	00:38:08.69	01:27:31.40	00:40:04.69	12:38	02:45:44.79
3327	2075/2794	109/167	1278	Barbara Perry	F	52	Lincoln	NE	00:37:58.57	01:27:02.01	00:40:50.61	12:39	02:45:51.20
3328	2076/2794	400/489	3911	Jennifer Bernard	F	39	Lincoln	NE	00:34:51.86	01:25:38.46	00:45:23.19	12:39	02:45:53.52
3329	2077/2794	293/378	2677	Emily Hegemann	F	22	Manhattan	KS	00:32:26.93	01:26:21.27	00:47:12.90	12:39	02:46:01.10
3330	1253/1393	110/122	1887	Josh Morrison	M	22	Lincoln	NE	00:30:52.33	01:28:22.74	00:46:48.43	12:40	02:46:03.51
3331	2078/2794	401/489	1030	Nicole Gross	F	38	Waverly	NE	00:32:54.89	01:25:57.50	00:47:11.77	12:40	02:46:04.17
3332	2079/2794	402/489	3241	Stacey Duey	F	37	Lincoln	NE	00:32:18.97	01:30:14.40	00:43:31.05	12:40	02:46:04.43
3333	2080/2794	262/359	926	Chanda Nunnenkamp	F	40	York	NE	00:32:45.52	01:28:31.44	00:44:48.13	12:40	02:46:05.10
3334	2081/2794	263/359	3645	Alicia Jones	F	41	Council Bluffs	IA	00:34:44.11	01:27:23.68	00:43:58.55	12:40	02:46:06.35
3335	2082/2794	403/489	4256	Dana Lynch	F	37	Glenwood	IA	00:34:59.76	01:27:11.09	00:43:58.30	12:40	02:46:09.16
3336	2083/2794	404/489	4562	Trisha Monahan	F	39	Glenwood	IA	00:34:59.57	01:27:10.88	00:43:58.83	12:40	02:46:09.28
3337	2084/2794	69/103	3705	Sally Yelkin	F	57	St Louis Park	MN	00:34:09.04	01:25:06.54	00:46:54.22	12:40	02:46:09.81
3338	2085/2794	27/46	3706	Mary Ehresman	F	61	St. Paul	MN	00:34:10.28	01:25:05.92	00:46:54.07	12:40	02:46:10.28
3339	2086/2794	110/167	4341	Amy Spomer	F	52	St Louis Park	MN	00:34:09.88	01:25:44.95	00:46:16.21	12:40	02:46:11.05
3340	2087/2794	355/477	3704	Jana Dietsch	F	25	Seward	NE	00:34:10.28	01:25:44.76	00:46:16.05	12:40	02:46:11.09
3341	2088/2794	356/477	2376	Jennifer Mettler	F	25	Elkhorn	NE	00:37:27.71	01:25:05.19	00:43:38.40	12:40	02:46:11.31
3342	2089/2794	328/450	3461	Caala Clang	F	33	North Platte	NE	00:38:56.09	01:26:04.71	00:41:11.70	12:40	02:46:12.51
3343	1254/1393	171/184	114	Steven Reckling	M	40	Lincoln	NE	00:36:27.49	01:28:04.84	00:41:41.72	12:40	02:46:14.05
3344	2090/2794	111/167	3949	Pat Harrison	F	53	Lincoln	NE	00:31:52.33	01:28:21.23	00:46:00.92	12:40	02:46:14.48
3345	2091/2794	357/477	4046	Cayla Spotanski	F	26	Ashton	NE	00:37:16.74	01:28:07.06	00:40:50.76	12:40	02:46:14.57
3346	2092/2794	294/378	3036	Anna Thomas	F	23	Yutan	NE	00:35:07.42	01:27:25.83	00:43:41.74	12:40	02:46:15.00
3347	2093/2794	264/359	4095	Kerstin Haki	F	44	Kearney	NE	00:36:10.95	01:26:22.79	00:43:42.20	12:41	02:46:15.95
3348	2094/2794	405/489	1102	Lauren Rock	F	37	Bellevue	NE	00:38:05.81	01:27:07.00	00:41:11.27	12:41	02:46:24.09
3349	2095/2794	406/489	2693	Stacy Kellum	F	35	O'neill	NE	00:32:56.47	01:28:50.79	00:44:37.10	12:41	02:46:24.37
3350	2096/2794	112/167	2231	Christine Vu	F	50	Omaha	NE	00:34:50.07	01:26:11.84	00:45:26.93	12:41	02:46:28.84
3351	1255/1393	191/213	1634	Brian Ford	M	30	Omaha	NE	00:34:56.40	01:28:51.45	00:42:42.28	12:42	02:46:30.14
3352	2097/2794	358/477	2888	Kristen Goldenstein	F	25	Omaha	NE	00:34:34.63	01:28:30.43	00:43:27.94	12:42	02:46:33.01
3353	2098/2794	407/489	3247	Lanyon Schuster	F	39	Lincoln	NE	00:34:02.61	01:30:37.47	00:41:53.82	12:42	02:46:33.91
3354	1256/1393	71/81	1713	Les Wambaugh	M	59	Lincoln	NE	00:38:11.72	01:24:38.25	00:43:49.84	12:42	02:46:39.81
3355	2099/2794	265/359	2469	Cheryl Curry	F	42	Plattsmouth	NE	00:39:58.45	01:26:22.85	00:40:19.51	12:42	02:46:40.82
3356	2100/2794	266/359	2086	Mindy Wall	F	43	Raymond	NE	00:32:40.09	01:28:23.58	00:45:37.27	12:42	02:46:40.95
3357	2101/2794	267/359	2755	Nanette Simmons	F	44	Lincoln	NE	00:32:40.20	01:28:23.33	00:45:37.61	12:42	02:46:41.15
3358	2102/2794	359/477	676	Rachel Paul	F	25	Prophetstown	IL	00:32:38.32	01:28:05.25	00:46:07.19	12:43	02:46:50.77
3359	1257/1393	172/184	5491	Lou Royer	M	44	Lincoln	NE	00:34:15.89	01:29:12.23	00:43:23.22	12:43	02:46:51.35
3360	2103/2794	268/359	2413	Angel Royer	F	43	Lincoln	NE	00:34:16.07	01:29:12.23	00:43:23.22	12:43	02:46:51.53



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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3361	1258/1393	111/122	4764	Seth Zocholl	M	24	Lincoln	NE	00:32:57.32	01:25:43.83	00:48:13.00	12:43	02:46:54.16
3362	2104/2794	295/378	4300	Stephenie Dale	F	22	Blair	NE	00:36:29.16	01:23:49.22	00:46:38.70	12:44	02:46:57.09
3363	2105/2794	113/167	4359	Karen Murray	F	52	Hesperus	CO	00:31:42.57	01:29:19.85	00:45:55.31	12:44	02:46:57.74
3364	2106/2794	296/378	2117	Emily Lewis	F	22	Omaha	NE	00:36:29.49	01:23:48.91	00:46:40.08	12:44	02:46:58.48
3365	2107/2794	269/359	1125	Wendy Conrad	F	42	Lincoln	NE	00:31:46.06	01:25:38.97	00:49:44.34	12:45	02:47:09.37
3366	2108/2794	360/477	3658	Allison Smith	F	27	Lincoln	NE	00:35:57.74	01:27:26.85	00:43:45.16	12:45	02:47:09.76
3367	2109/2794	361/477	4036	Mary Holt	F	29	Lincoln	NE	00:34:06.48	01:29:41.52	00:43:22.53	12:45	02:47:10.54
3368	2110/2794	329/450	4391	Sarah Elger	F	30	Aurora	NE	00:34:36.11	01:31:18.51	00:41:20.34	12:45	02:47:14.96
3369	2111/2794	270/359	1019	Jennifer Moorehead	F	41	Lincoln	NE	00:34:58.61	01:25:36.21	00:46:40.47	12:45	02:47:15.29
3370	2112/2794	297/378	2804	Holly Weber	F	24	Tecumseh	NE	00:37:30.55	01:26:23.77	00:43:21.51	12:45	02:47:15.84
3371	2113/2794	362/477	3883	Sabrina Waltz	F	25	Eagle	NE	00:34:50.69	01:27:50.42	00:44:35.53	12:45	02:47:16.64
3372	2114/2794	71/89	4127	Emily Mcminn	F	19	Omaha	NE	00:35:13.06	01:27:52.13	00:44:12.37	12:45	02:47:17.57
3373	2115/2794	298/378	2309	Lauren Mangiameli	F	20	Omaha	NE	00:39:19.34	01:28:10.37	00:39:50.03	12:45	02:47:19.75
3374	2116/2794	153/208	1113	Tracy Simmerman	F	45	Plattsmouth	NE	00:35:32.63	01:27:13.47	00:44:42.48	12:46	02:47:28.59
3375	2117/2794	330/450	450	Emily Sulzle	F	32	Lincoln	NE	00:37:11.27	01:26:59.29	00:43:22.62	12:46	02:47:33.19
3376	2118/2794	331/450	651	Chelsea Mollak	F	34	Omaha	NE	00:34:39.91	01:28:03.11	00:44:52.68	12:47	02:47:35.70
3377	2119/2794	363/477	2928	Chelsea Kraus	F	29	Lincoln	NE	00:36:36.09	01:27:21.49	00:43:40.23	12:47	02:47:37.81
3378	2120/2794	271/359	2630	Allyson Reinsch	F	40	Chaska	MN	00:36:58.38	01:27:06.49	00:43:33.88	12:47	02:47:38.75
3379	2121/2794	364/477	2512	Kayla Stutzman	F	25	Saint Libory	NE	00:35:01.56	01:30:24.32	00:42:15.10	12:47	02:47:40.98
3380	2122/2794	70/103	4178	Ann Frame	F	55	Omaha	NE	00:34:42.22	01:27:12.01	00:45:47.47	12:47	02:47:41.71
3381	2123/2794	114/167	3995	Terri Goldsmith	F	50	Beatrice	NE	00:37:06.02	01:27:01.40	00:43:36.49	12:47	02:47:43.92
3382	1259/1393	232/250	1616	Chris Young	M	39	Lincoln	NE	00:33:19.56	01:26:07.43	00:48:25.16	12:48	02:47:52.15
3383	2124/2794	332/450	3756	Ashley Erks	F	34	Lincoln	NE	00:34:59.12	01:29:36.56	00:43:18.35	12:48	02:47:54.03
3384	1260/1393	233/250	6033	Drew Erks	M	36	Lincoln	NE	00:34:59.55	01:29:34.94	00:43:21.22	12:48	02:47:55.72
3385	2125/2794	72/89	3179	Emma Shattuck	F	19	Omaha	NE	00:33:50.80	01:27:47.88	00:46:17.12	12:48	02:47:55.80
3386	2126/2794	73/89	426	Emma Fryda	F	19	Omaha	NE	00:33:50.62	01:27:48.25	00:46:17.37	12:48	02:47:56.24
3387	2127/2794	299/378	3533	Sammy Sandquist	F	22	Lincoln	NE	00:30:47.36	01:30:32.84	00:46:38.35	12:48	02:47:58.56
3388	2128/2794	74/89	2113	Megan Covert	F	18	Lincoln	NE	00:32:46.11	01:30:17.91	00:44:58.15	12:49	02:48:02.17
3389	2129/2794	75/89	2372	Kathleen Todd	F	19	Elkhorn	NE	00:35:28.50	01:27:40.82	00:44:56.14	12:49	02:48:05.47
3390	1261/1393	234/250	4819	Venkat Malireddi	M	39	Lincoln	NE	00:34:52.51	01:22:53.23	00:50:19.79	12:49	02:48:05.53
3391	2130/2794	71/103	4346	Rae Negreann	F	57	Englewood	CO	00:37:29.30	01:25:05.42	00:45:32.39	12:49	02:48:07.12
3392	2131/2794	272/359	3767	Julie Williams	F	43	Bellevue	NE	00:33:04.36	01:32:09.22	00:42:56.77	12:49	02:48:10.36
3393	1262/1393	235/250	5922	Tyler Nixon	M	38	Lincoln	NE	00:29:24.20	01:27:10.01	00:51:36.76	12:49	02:48:10.98
3394	1263/1393	173/184	1802	Chad Nadgwick	M	44	Lincoln	NE	00:37:31.55	01:27:41.45	00:43:02.75	12:50	02:48:15.76
3395	1264/1393	159/173	5041	Andrew Keralis	M	27	Omaha	NE	00:34:48.08	01:23:31.52	00:49:59.36	12:50	02:48:18.96

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3396	1265/1393	15/19	4734	Josue Gomez	M	12	Lincoln	NE	00:33:49.08			12:50	02:48:19.43
3397	1266/1393	72/81	1654	Dennis Pracheil	M	58	Dorchester	NE	00:35:17.86	01:30:22.00	00:42:43.35	12:50	02:48:23.22
3398	2132/2794	333/450	4483	Marta Klug	F	33	Pleasant Dale	NE	00:37:20.29	01:27:28.77	00:43:34.63	12:50	02:48:23.71
3399	2133/2794	334/450	3058	Randi Heidtbrink	F	34	Lincoln	NE	00:34:35.76	01:28:42.98	00:45:07.01	12:50	02:48:25.76
3400	1267/1393	112/122	5484	Mike Ayala	M	20	Lincoln	NE	00:30:16.87	01:29:02.45	00:49:13.16	12:51	02:48:32.48
3401	2134/2794	365/477	2322	Amy Taylor	F	29	Omaha	NE	00:37:53.72	01:30:30.12	00:40:09.49	12:51	02:48:33.34
3402	2135/2794	408/489	984	Kinsey Greene	F	38	Omaha	NE	00:34:10.97	01:27:47.55	00:46:35.13	12:51	02:48:33.66
3403	2136/2794	366/477	4721	Samantha Hermann	F	26	Lincoln	NE	00:33:51.51	01:29:36.96	00:45:05.89	12:51	02:48:34.36
3404	2137/2794	367/477	1226	Jessica Sorensen	F	26	Lincoln	NE	00:33:34.25	01:27:10.31	00:47:50.00	12:51	02:48:34.57
3405	2138/2794	368/477	1342	Amanda Byleen	F	29	Lincoln	NE	00:30:39.83	01:30:42.50	00:47:12.44	12:51	02:48:34.78
3406	2139/2794	369/477	4478	Cara Beaty	F	26	Lincoln	NE	00:33:33.89	01:27:11.51	00:47:49.46	12:51	02:48:34.86
3407	1268/1393	113/122	4954	Troy Taylor	M	21	York	NE	00:37:55.70	01:30:30.98	00:40:08.49	12:51	02:48:35.18
3408	2140/2794	273/359	4315	Aimee Uhl	F	40	Sioux City	IA	00:32:37.21	01:23:52.53	00:52:05.46	12:51	02:48:35.20
3409	2141/2794	72/103	4934	Michelle Petersen	F	58	Lincoln	NE	00:37:03.32	01:27:58.58	00:43:33.51	12:51	02:48:35.41
3410	2142/2794	370/477	3191	Katie Bolte	F	27	Frankfort	IL	00:37:56.76	01:30:31.64	00:40:07.95	12:51	02:48:36.35
3411	2143/2794	73/103	2019	Mary Taylor	F	57	York	NE	00:37:56.28	01:30:32.18	00:40:08.05	12:51	02:48:36.52
3412	2144/2794	371/477	4092	Brooke Franzluebbbers	F	27	Lincoln	NE	00:35:40.40	01:28:42.24	00:44:15.11	12:51	02:48:37.76
3413	2145/2794	300/378	2066	Lauren Perry	F	24	Lincoln	NE	00:34:20.57	01:29:05.36	00:45:13.13	12:51	02:48:39.07
3414	2146/2794	409/489	2523	Michelle Hobbs	F	35	Lincoln	NE	00:32:38.56	01:26:15.93	00:49:46.17	12:52	02:48:40.67
3415	2147/2794	74/103	3050	Georgia Stibor	F	56	North Bend	NE	00:33:06.81	01:29:26.95	00:46:07.92	12:52	02:48:41.68
3416	2148/2794	410/489	3259	Tracey Tranisi	F	36	Plattsmouth	NE	00:32:09.97	01:27:02.34	00:49:30.11	12:52	02:48:42.43
3417	2149/2794	372/477	4598	Chelsey Thorpe	F	25	Lincoln	NE	00:36:35.96	01:25:53.50	00:46:12.96	12:52	02:48:42.43
3418	2150/2794	301/378	798	Jordyn Kelley	F	20	Blair	NE	00:35:14.04	01:34:32.20	00:38:59.03	12:52	02:48:45.28
3419	2151/2794	76/89	631	Alison Goldenstein	F	19	Lincoln	NE	00:33:04.59	01:28:44.87	00:46:57.84	12:52	02:48:47.31
3420	2152/2794	335/450	4374	Holly Beran	F	31	Walton	NE	00:39:04.62	01:26:43.76	00:43:00.52	12:52	02:48:48.91
3421	1269/1393	236/250	1858	Josh Burkle	M	36	Lincoln	NE	00:35:02.09	01:33:29.44	00:40:17.98	12:52	02:48:49.52
3422	2153/2794	75/103	2725	Ruth Kirkland	F	58	Kearney	NE	00:36:29.34	01:26:11.85	00:46:09.71	12:52	02:48:50.91
3423	1270/1393	237/250	1952	Todd Stoves	M	39	Lincoln	NE	00:35:50.27	01:23:32.86	00:49:28.04	12:52	02:48:51.17
3424	2154/2794	336/450	4154	Shannon Boone	F	33	Lincoln	NE	00:35:28.82	01:28:43.96	00:44:38.61	12:52	02:48:51.39
3425	2155/2794	274/359	500	Diana Shum	F	44	Lincoln	NE	00:34:38.02	01:27:30.63	00:46:42.90	12:52	02:48:51.56
3426	2156/2794	275/359	4153	Alisa Hoffman	F	44	Omaha	NE	00:35:28.82	01:28:43.96	00:44:39.09	12:52	02:48:51.87
3427	2157/2794	76/103	5139	Barb Bohaty	F	57	Ceresco	NE	00:35:40.16	01:29:12.18	00:43:59.64	12:52	02:48:51.99
3428	2158/2794	115/167	3286	Kristy Kromberg	F	54	Lincoln	NE	00:35:40.01	01:29:13.13	00:43:58.95	12:52	02:48:52.09
3429	2159/2794	373/477	3415	Malarie Schnell	F	27	Lincoln	NE	00:37:32.35	01:28:03.83	00:43:19.12	12:53	02:48:55.31
3430	2160/2794	374/477	2465	Morgan Anderson	F	28	Lincoln	NE	00:37:32.07	01:28:05.65	00:43:17.71	12:53	02:48:55.43

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3431	2161/2794	77/103	4175	Janet Stiefel	F	55	Lincoln	NE	00:37:32.57	01:28:05.45	00:43:17.89	12:53	02:48:55.92
3432	1271/1393	48/53	5573	Gerard Adams	M	64	Lincoln	NE	00:31:50.84	01:28:17.97	00:48:47.22	12:53	02:48:56.04
3433	2162/2794	337/450	3417	Kimberly Blum	F	33	Howells	NE	00:35:52.38	01:27:34.46	00:45:30.23	12:53	02:48:57.07
3434	2163/2794	302/378	3176	Annie Wilson	F	20	Fremont	NE	00:35:29.69	01:29:30.77	00:43:57.22	12:53	02:48:57.69
3435	2164/2794	276/359	1200	Laura Steele	F	42	Lincoln	NE	00:35:28.67	01:28:05.59	00:45:24.55	12:53	02:48:58.81
3436	2165/2794	303/378	2311	Carrie Niemeier	F	24	Kearney	NE	00:34:47.66	01:31:48.29	00:42:26.38	12:53	02:49:02.34
3437	1272/1393	192/213	5795	Chris Scalzo	M	32	Omaha	NE	00:35:30.52	01:29:27.31	00:44:04.89	12:53	02:49:02.73
3438	1273/1393	193/213	5118	Travis Benning	M	34	Murray	NE	00:46:25.90	01:23:37.75	00:38:59.25	12:53	02:49:02.90
3439	2166/2794	78/103	4162	Annette Petersen	F	57	Omaha	NE	00:35:32.32	01:29:09.06	00:44:22.96	12:53	02:49:04.34
3440	2167/2794	116/167	4539	Lana Tolbert	F	50	Lincoln	NE	00:34:12.09	01:24:37.19	00:50:20.18	12:54	02:49:09.47
3441	2168/2794	304/378	3187	Kelli Niemeier	F	22	Lincoln	NE	00:34:48.50	01:31:46.86	00:42:41.57	12:54	02:49:16.94
3442	2169/2794	277/359	1250	Tanya Roberts-Connick	F	41	North Platte	NE	00:33:53.80	01:28:25.14	00:46:59.82	12:54	02:49:18.76
3443	1274/1393	12/16	4982	Rex Clements	M	65	Murdock	NE	00:34:15.12	01:27:50.98	00:47:12.81	12:54	02:49:18.92
3444	2170/2794	278/359	4254	Jessica Kottmeyer	F	42	Lincoln	NE	00:37:18.41	01:28:08.17	00:43:52.95	12:55	02:49:19.54
3445	2171/2794	375/477	1236	Lisa Watermeier	F	27	Omaha	NE	00:34:51.61	01:30:11.96	00:44:16.80	12:55	02:49:20.37
3446	2172/2794	376/477	1045	Lona Watermeier	F	27	Burr	NE	00:34:52.02	01:30:12.56	00:44:15.91	12:55	02:49:20.50
3447	1275/1393	97/106	6066	Claude Rinke	M	50	Lincoln	NE	00:33:26.19	01:30:45.37	00:45:12.45	12:55	02:49:24.01
3448	2173/2794	305/378	161	Michaela Griffen	F	24	Lincoln	NE	00:37:51.46	01:22:36.23	00:48:57.54	12:55	02:49:25.24
3449	2174/2794	117/167	4466	Eva Roeber	F	50	Gretna	NE	00:34:48.56	01:26:18.96	00:48:17.72	12:55	02:49:25.24
3450	2175/2794	411/489	2783	Amy Peters	F	36	Lincoln	NE	00:33:07.43	01:28:15.57	00:48:07.50	12:55	02:49:30.51
3451	2176/2794	306/378	3654	Morgan Ewing	F	20	Lincoln	NE	00:33:07.42	01:28:16.11	00:48:07.43	12:55	02:49:30.96
3452	2177/2794	412/489	3869	Shanna Fanning-Stefkovich	F	36	Lincoln	NE	00:36:12.08	01:28:26.71	00:44:52.89	12:55	02:49:31.68
3453	2178/2794	28/46	918	Marla Nissen	F	60	Lincoln	NE	00:37:59.44	01:27:50.20	00:43:49.90	12:56	02:49:39.55
3454	2179/2794	307/378	3569	Tabitha Haskell	F	24	Cozad	NE	00:31:48.16	01:31:22.05	00:46:30.70	12:56	02:49:40.92
3455	2180/2794	118/167	3620	Tricia Sheets	F	50	Kearney	NE	00:31:48.15	01:31:22.38	00:46:30.59	12:56	02:49:41.13
3456	2181/2794	338/450	173	Pearlene Foreman	F	31	Lincoln	NE	00:35:22.87	01:28:15.14	00:46:07.36	12:56	02:49:45.39
3457	2182/2794	79/103	3712	Cathy Cole	F	56	Plattsmouth	NE	00:35:38.33	01:28:31.23	00:45:36.14	12:57	02:49:45.71
3458	2183/2794	308/378	3300	Vanessa Sonnenfeld	F	22	Lincoln	NE	00:32:33.43	01:34:31.08	00:42:43.00	12:57	02:49:47.52
3459	2184/2794	339/450	4112	Kelsie Banks	F	32	Lincoln	NE	00:33:25.33	01:27:02.04	00:49:21.19	12:57	02:49:48.57
3460	1276/1393	73/81	1819	Phil Heywood	M	55	Lincoln	NE	00:38:55.82	01:27:38.71	00:43:14.42	12:57	02:49:48.96
3461	2185/2794	340/450	2753	Daisy Staab	F	33	Broken Bow	NE	00:33:25.81	01:27:01.21	00:49:22.01	12:57	02:49:49.04
3462	2186/2794	119/167	3362	Jan Heywood	F	53	Lincoln	NE	00:38:55.63	01:27:39.92	00:43:13.51	12:57	02:49:49.08
3463	2187/2794	309/378	5003	Jennifer Heywood	F	23	Lincoln	NE	00:38:58.09	01:27:39.74	00:43:13.31	12:57	02:49:51.14
3464	2188/2794	413/489	4118	Jodi Hammans	F	38	Omaha	NE	00:34:14.62	01:31:54.11	00:43:44.87	12:57	02:49:53.61
3465	2189/2794	80/103	466	Judy Fischer	F	55	Lincoln	NE	00:38:46.72	01:31:41.35	00:39:33.62	12:58	02:50:01.71

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3466	2190/2794	154/208	4361	Loretta Pavelka	F	49	North Platte	NE	00:38:48.76	01:31:39.74	00:39:33.82	12:58	02:50:02.32
3467	2191/2794	81/103	3500	Cynthia Manestar	F	56	Frankfort	IL	00:37:56.68	01:25:30.86	00:46:41.20	12:58	02:50:08.75
3468	1277/1393	49/53	5958	Enrico Bruno	M	61	Tinley Park	IL	00:38:02.28	01:24:44.09	00:47:22.42	12:58	02:50:08.79
3469	1278/1393	74/81	4675	Jess Arellano	M	58	Tinley Park	IL	00:38:01.86	01:25:24.09	00:46:43.08	12:58	02:50:09.04
3470	2192/2794	3/9	2510	Hilary Tydd	F	68	Monee	IL	00:38:03.60	01:25:28.26	00:46:38.47	12:58	02:50:10.33
3471	2193/2794	82/103	4213	Sharon Passarella	F	58	Burbank	IL	00:38:03.64	01:25:24.65	00:46:42.75	12:58	02:50:11.04
3472	2194/2794	414/489	206	Jamie Maier	F	35	Springfield	NE	00:30:39.25	01:31:47.95	00:47:44.90	12:59	02:50:12.11
3473	2195/2794	120/167	4631	Cindi Cochran	F	50	Grand Island	NE	00:36:42.94	01:27:26.90	00:46:04.75	12:59	02:50:14.60
3474	2196/2794	310/378	3160	Lexi Jessen	F	21	Lincoln	NE	00:34:49.53	01:27:52.89	00:47:32.59	12:59	02:50:15.03
3475	2197/2794	341/450	1204	Susan Ritta	F	32	Lincoln	NE	00:37:09.53	01:25:15.25	00:48:00.89	13:00	02:50:25.68
3476	2198/2794	279/359	4380	Shelly Mcdowell	F	43	Minden	NE	00:34:47.27	01:29:39.78	00:45:59.60	13:00	02:50:26.66
3477	2199/2794	77/89	3646	Abby Randolph	F	19	Kearney	NE	00:33:28.18	01:31:55.27	00:45:03.94	13:00	02:50:27.40
3478	2200/2794	377/477	2516	Janae Liberty	F	27	Plattsburg	MO	00:35:01.06	01:30:30.90	00:44:59.69	13:00	02:50:31.66
3479	2201/2794	311/378	1356	Abigail Trevena	F	21	Lincoln	NE	00:36:58.74	01:27:58.14	00:45:35.20	13:00	02:50:32.08
3480	2202/2794	342/450	1355	Nicole Trevena-Flores	F	33	Lincoln	NE	00:36:58.94	01:27:54.18	00:45:39.89	13:00	02:50:33.01
3481	2203/2794	29/46	4079	Sarah Crose	F	63	Lincoln	NE	00:38:37.51	01:28:46.08	00:43:11.36	13:00	02:50:34.95
3482	2204/2794	280/359	1216	Patty Mundorf	F	44	Lincoln	NE	00:36:41.35	01:28:29.07	00:45:28.85	13:01	02:50:39.27
3483	2205/2794	121/167	717	Von Villarreal	F	50	Lincoln	NE	00:36:41.94	01:28:28.68	00:45:29.35	13:01	02:50:39.97
3484	2206/2794	415/489	4607	Sara Stumpff	F	38	Williamsburg	IA	00:34:53.74	01:29:40.61	00:46:10.90	13:01	02:50:45.25
3485	2207/2794	122/167	771	Connie Wolfe	F	54	Plattsmouth	NE	00:37:32.53	01:27:49.93	00:45:23.70	13:01	02:50:46.17
3486	2208/2794	281/359	4540	Bridgett Saari	F	40	Burnsville	MN	00:37:48.74	01:29:36.14	00:43:27.04	13:02	02:50:51.92
3487	1279/1393	75/81	1915	Norm Braaten	M	57	Lincoln	NE	00:39:55.87	01:28:44.27	00:42:18.36	13:02	02:50:58.51
3488	2209/2794	83/103	4045	Karen Romans	F	55	Ashland	NE	00:38:08.99	01:29:23.87	00:43:27.15	13:02	02:51:00.01
3489	2210/2794	312/378	4306	Chelsea Renz	F	21	Superior	NE	00:37:15.86	01:27:57.98	00:45:47.36	13:02	02:51:01.21
3490	2211/2794	78/89	4750	Maddie Vidlock	F	19	Lincoln	NE	00:32:53.84	01:28:27.06	00:49:40.97	13:02	02:51:01.88
3491	2212/2794	416/489	3105	Angie Roschewski	F	37	Pickrell	NE	00:35:10.79	01:31:45.96	00:44:05.77	13:02	02:51:02.53
3492	2213/2794	84/103	1302	Kimberly Thompson	F	56	Raymond	NE	00:34:33.98	01:32:19.66	00:44:10.09	13:02	02:51:03.74
3493	2214/2794	343/450	4732	Rebecca Voelker	F	30	Lincoln	NE	00:37:09.48	01:30:24.24	00:43:31.52	13:03	02:51:05.24
3494	2215/2794	155/208	4215	Tina Garland	F	48	Beatrice	NE	00:35:37.55	01:30:09.92	00:45:24.05	13:03	02:51:11.53
3495	2216/2794	313/378	2877	Maggie Haverland	F	21	Oshkosh	WI	00:37:00.38	01:30:29.99	00:43:46.53	13:03	02:51:16.91
3496	2217/2794	282/359	3631	Jennifer Swanson	F	40	Lincoln	NE	00:33:29.52	01:29:16.28	00:48:38.46	13:04	02:51:24.27
3497	2218/2794	283/359	3069	Rhonda Bostrom	F	42	Lincoln	NE	00:34:39.28	01:29:36.02	00:47:15.67	13:05	02:51:30.98
3498	2219/2794	378/477	236	Caroline Barber	F	25	Lincoln	NE	00:35:37.83	01:29:44.70	00:46:11.78	13:05	02:51:34.32
3499	1280/1393	160/173	1937	Kasey Meyer	M	28	Quincy	IL	00:35:38.05	01:29:44.69	00:46:11.98	13:05	02:51:34.73
3500	2220/2794	123/167	4548	Tamala Whitaker	F	52	West Chester	OH	00:38:31.92	01:30:41.81	00:42:34.95	13:06	02:51:48.69

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3501	2221/2794	379/477	4305	Cassandra Litz	F	26	Elkhorn	NE	00:34:39.71	01:29:12.56	00:47:58.03	13:06	02:51:50.31
3502	2222/2794	380/477	253	Ashley Hassebrook	F	25	Utica	NE	00:36:50.88	01:29:42.49	00:45:21.54	13:06	02:51:54.91
3503	2223/2794	124/167	3952	Lisa Pesek	F	50	Omaha	NE	00:39:30.38	01:28:23.89	00:44:02.82	13:07	02:51:57.10
3504	2224/2794	381/477	264	Ashley Conway	F	29	Lincoln	NE	00:36:51.72	01:29:42.84	00:45:22.69	13:07	02:51:57.25
3505	1281/1393	76/81	1998	Tim Cech	M	56	Lincoln	NE	00:36:54.83	01:27:05.25	00:47:59.19	13:07	02:51:59.28
3506	2225/2794	314/378	536	Aurora Williams	F	21	Lavista	NE	00:35:22.59	01:30:36.62	00:46:01.28	13:07	02:52:00.50
3507	2226/2794	382/477	2793	Elizabeth Rutledge	F	29	Lincoln	NE	00:34:52.30	01:29:02.30	00:48:06.21	13:07	02:52:00.82
3508	1282/1393	238/250	5942	Mark Frisch	M	35	Peck	KS	00:37:59.59	01:28:03.63	00:45:58.58	13:07	02:52:01.80
3509	1283/1393	239/250	5998	Tim Schropp	M	37	Lincoln	NE	00:34:53.01	01:29:01.90	00:48:07.24	13:07	02:52:02.15
3510	2227/2794	417/489	4495	Abra Frisch	F	39	Peck	KS	00:38:00.20	01:28:04.11	00:45:58.31	13:07	02:52:02.64
3511	2228/2794	125/167	3111	Cathy Heyen	F	52	Lincoln	NE	00:31:01.84	01:29:02.25	00:52:03.45	13:07	02:52:07.55
3512	1284/1393	174/184	5619	Brandon Standley	M	44	Lincoln	NE	00:34:52.21	01:30:08.85	00:47:10.95	13:08	02:52:12.02
3513	2229/2794	126/167	2498	Michelle Kohlhof	F	54	Grand Island	NE	00:34:56.07	01:30:23.45	00:46:52.65	13:08	02:52:12.18
3514	2230/2794	315/378	3844	Skylar Albers	F	21	Omaha	NE	00:33:52.28	01:30:21.46	00:48:01.08	13:08	02:52:14.82
3515	2231/2794	383/477	4916	Brittany Hendricks	F	26	Lincoln	NE	00:37:23.43	01:29:59.91	00:44:51.91	13:08	02:52:15.25
3516	2232/2794	316/378	3200	Echo Kopplin	F	24	Lincoln	NE	00:38:31.79	01:29:23.73	00:44:20.03	13:08	02:52:15.55
3517	2233/2794	384/477	2292	Bhavini Gopaldas	F	26	Columbus	NE	00:38:33.55	01:29:22.32	00:44:19.72	13:08	02:52:15.59
3518	2234/2794	385/477	5466	Kristin Witte	F	25	Shickley	NE	00:32:43.81	01:29:26.24	00:50:08.38	13:08	02:52:18.43
3519	2235/2794	317/378	279	Macy Rae Petersen	F	22	Sioux Falls	SD	00:34:05.71	01:31:55.64	00:46:22.21	13:09	02:52:23.56
3520	1285/1393	240/250	5577	Dan Graves	M	37	Omaha	NE	00:36:19.76	01:28:02.63	00:48:07.17	13:09	02:52:29.57
3521	2236/2794	30/46	2860	Slava Paul	F	62	Denton	NE	00:35:56.57	01:29:34.25	00:47:04.52	13:09	02:52:35.35
3522	2237/2794	284/359	4652	Jenny Dugan	F	44	Beatrice	NE	00:36:49.86	01:31:09.54	00:44:37.28	13:10	02:52:36.69
3523	2238/2794	344/450	1687	April Urkevich	F	30	Lincoln	NE	00:35:49.00	01:28:50.06	00:47:58.97	13:10	02:52:38.03
3524	2239/2794	127/167	3170	Robin Hostetter	F	51	Omaha	NE	00:36:31.28	01:30:50.60	00:45:16.44	13:10	02:52:38.32
3525	2240/2794	345/450	3573	Amanda Ogden	F	33	Cozad	NE	00:34:25.59	01:30:26.86	00:47:46.81	13:10	02:52:39.27
3526	2241/2794	386/477	2518	Shawnee Williams	F	25	Central City	NE	00:34:25.68	01:30:26.76	00:47:47.25	13:10	02:52:39.70
3527	2242/2794	418/489	3507	Jill Hester	F	37	Hastings	NE	00:31:10.09	01:28:40.29	00:52:54.75	13:10	02:52:45.14
3528	2243/2794	387/477	2416	Elizabeth Ferzely	F	26	Omaha	NE	00:36:39.70	01:28:32.54	00:47:34.59	13:10	02:52:46.84
3529	2244/2794	285/359	3128	Minna Wallace	F	42	Durham	NC	00:35:33.65	01:28:21.03	00:48:55.47	13:11	02:52:50.16
3530	2245/2794	419/489	6141	Michelle Fonck	F	38	Lincoln	NE	00:38:14.55	01:29:59.29	00:44:41.18	13:11	02:52:55.02
3531	1286/1393	98/106	6114	Randy Papczun	M	52	Lincoln	NE	00:36:33.56	01:31:10.01	00:45:18.69	13:11	02:53:02.27
3532	2246/2794	156/208	4111	Amy Pinkall	F	45	Lincoln	NE	00:39:20.90	01:30:16.10	00:43:28.08	13:12	02:53:05.09
3533	2247/2794	346/450	5938	Michelle Cotton	F	32	Lincoln	NE	00:37:26.12	01:30:22.66	00:45:17.08	13:12	02:53:05.86
3534	2248/2794	286/359	2683	Heather Noerrlinger	F	40	Syracuse	NE	00:32:41.80	01:33:12.88	00:47:14.37	13:12	02:53:09.06
3535	2249/2794	287/359	4232	Sharla Yates	F	44	Lincoln	NE	00:46:32.74	01:25:46.72	00:40:50.92	13:12	02:53:10.39

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3536	1287/1393	194/213	5529	Dan Gard	M	30	Omaha	NE	00:34:06.87	01:34:14.96	00:44:58.69	13:13	02:53:20.52
3537	2250/2794	347/450	5895	Elizabeth Gard	F	30	Omaha	NE	00:34:07.29	01:34:14.95	00:44:58.90	13:13	02:53:21.15
3538	2251/2794	318/378	791	Crystal Schilling	F	24	Lincoln	NE	00:38:37.11	01:30:20.02	00:44:24.28	13:13	02:53:21.42
3539	2252/2794	288/359	3146	Beth Brady	F	40	Lincoln	NE	00:35:11.43	01:29:38.39	00:48:31.71	13:13	02:53:21.53
3540	2253/2794	31/46	1296	Carolyn Volkmer	F	62	Syracuse	NE	00:39:16.56	01:29:19.15	00:44:47.06	13:13	02:53:22.78
3541	2254/2794	319/378	3637	Mary Litt	F	23	Lincoln	NE	00:33:29.45	01:33:44.50	00:46:13.81	13:13	02:53:27.76
3542	2255/2794	157/208	4401	Crystal Bowman	F	46	Firth	NE	00:36:15.87	01:31:15.98	00:45:56.12	13:13	02:53:27.98
3543	2256/2794	85/103	3107	Sharon Mulder	F	55	Firth	NE	00:36:17.07	01:31:15.73	00:45:56.37	13:14	02:53:29.18
3544	2257/2794	348/450	2271	Melissa Carder	F	31	Omaha	NE	00:34:27.70	01:32:17.66	00:46:52.24	13:14	02:53:37.60
3545	2258/2794	388/477	478	Caitlin Condon	F	29	Omaha	NE	00:34:28.45	01:32:19.69	00:46:51.25	13:14	02:53:39.40
3546	2259/2794	289/359	1021	Nelly Mellado Roman	F	42	Cuernavaca Morelos Mexi		00:38:08.81	01:30:18.23	00:45:12.48	13:14	02:53:39.54
3547	1288/1393	195/213	1899	Stephen Condon	M	30	Omaha	NE	00:34:28.04	01:32:17.86	00:46:53.90	13:14	02:53:39.81
3548	2260/2794	128/167	3933	Diane Reinke	F	53	Kearney	NE	00:35:30.63	01:30:24.78	00:47:47.66	13:15	02:53:43.08
3549	1289/1393	196/213	6116	Mark Nealeigh	M	32	Lincoln	NE	00:35:01.57	01:32:07.72	00:46:33.93	13:15	02:53:43.23
3550	2261/2794	349/450	953	Becky Ziemba	F	33	Omaha	NE	00:37:48.09	01:30:03.45	00:46:02.29	13:15	02:53:53.84
3551	2262/2794	350/450	4530	Leah Kastrup	F	34	Omaha	NE	00:33:33.29	01:29:57.23	00:50:26.47	13:16	02:53:57.00
3552	2263/2794	389/477	4653	Meagan Patch	F	28	Sioux Falls	SD	00:37:27.01	01:29:52.19	00:46:39.16	13:16	02:53:58.37
3553	2264/2794	390/477	3796	Kelsey Fischer	F	29	Omaha	NE	00:38:01.02	01:31:58.83	00:44:14.68	13:17	02:54:14.54
3554	2265/2794	420/489	719	Melissa Dodge	F	39	Lincoln	NE	00:34:57.73	01:34:55.74	00:44:24.82	13:17	02:54:18.29
3555	2266/2794	290/359	2689	Jennifer Runge	F	44	Lincoln	NE	00:36:49.29	01:30:54.83	00:46:35.20	13:17	02:54:19.32
3556	2267/2794	421/489	568	Jennifer Gorr	F	37	Lincoln	NE	00:35:47.80	01:27:56.33	00:50:35.28	13:17	02:54:19.42
3557	2268/2794	391/477	870	Katherine Ehle	F	25	Broken Bow	NE	00:39:21.03	01:30:57.85	00:44:06.74	13:18	02:54:25.63
3558	1290/1393	197/213	5903	Clayton Engelman	M	34	Cortland	NE	00:32:35.86	01:26:01.01	00:55:49.90	13:18	02:54:26.77
3559	2269/2794	291/359	1192	Kelly Sheen	F	41	Wilcox	NE	00:36:01.71	01:33:22.04	00:45:03.83	13:18	02:54:27.58
3560	2270/2794	320/378	3062	Lotte Sjulín	F	21	Lincoln	NE	00:33:41.57	01:31:50.23	00:49:00.11	13:18	02:54:31.92
3561	2271/2794	392/477	1279	Stacey Dillman	F	29	Lincoln	NE	00:36:28.34	01:34:50.75	00:43:14.18	13:18	02:54:33.28
3562	2272/2794	86/103	3516	Rita Sanders	F	58	Bellevue	NE	00:37:07.56	01:35:16.48	00:42:18.19	13:19	02:54:42.24
3563	2273/2794	422/489	3367	Missi Boschult	F	37	Omaha	NE	00:36:44.26	01:32:26.26	00:45:31.94	13:19	02:54:42.48
3564	2274/2794	321/378	2759	Rachel Sutcliffe	F	21	Overland Park	KS	00:36:59.64	01:32:20.18	00:45:24.44	13:19	02:54:44.26
3565	2275/2794	292/359	3204	Michele Arnett	F	40	Lincoln	NE	00:37:42.82	01:30:05.76	00:46:56.40	13:19	02:54:44.99
3566	2276/2794	393/477	2799	Lisa Thiry	F	28	Lincoln	NE	00:37:59.07	01:29:30.68	00:47:15.78	13:19	02:54:45.53
3567	2277/2794	322/378	6130	Carson Mcneil	F	24	Lincoln	NE	00:38:45.32	01:31:39.63	00:44:25.12	13:20	02:54:50.08
3568	1291/1393	161/173	4860	Kyle Rieken	M	26	Lincoln	NE	00:37:58.58	01:29:27.87	00:47:24.78	13:20	02:54:51.23
3569	1292/1393	198/213	5789	Neal Valorz	M	31	Columbus	NE	00:31:22.32	01:25:48.72	00:57:45.22	13:20	02:54:56.27
3570	2278/2794	323/378	3210	Lauren Tobias	F	20	Lincoln	NE	00:33:17.84	01:34:26.35	00:47:16.02	13:20	02:55:00.22

# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3571	1293/1393	114/122	5861	Trey Frey	M	21	Milford	NE	00:34:42.79	01:30:46.25	00:49:35.73	13:21	02:55:04.78
3572	2279/2794	324/378	3196	Emily Gill	F	20	Gurley	NE	00:37:56.55	01:32:09.88	00:44:58.69	13:21	02:55:05.13
3573	2280/2794	129/167	1099	Lisa Nicholson	F	50	Baltimore	MD	00:41:37.80	01:33:24.75	00:40:03.79	13:21	02:55:06.34
3574	2281/2794	351/450	4560	Krickit Ketterl	F	33	Oberlin	KS			00:46:23.00	13:21	02:55:07.00
3575	2282/2794	423/489	3529	Jessica Cullison	F	38	Beatrice	NE	00:36:25.77	01:33:22.32	00:45:19.76	13:21	02:55:07.85
3576	2283/2794	325/378	2607	Anna Morrissey	F	22	Alton	IL	00:33:30.06	01:33:24.33	00:48:14.03	13:21	02:55:08.43
3577	2284/2794	352/450	3696	Ashley Kramer	F	33	Auburn	NE	00:39:31.04	01:31:33.07	00:44:07.30	13:21	02:55:11.41
3578	2285/2794	424/489	1281	Karen Campbell	F	37	Lincoln	NE	00:35:44.65	01:32:02.22	00:47:24.72	13:21	02:55:11.61
3579	2286/2794	425/489	4098	Katie Schutz	F	35	Milford	NE	00:35:34.75	01:32:59.86	00:46:37.34	13:21	02:55:11.96
3580	2287/2794	293/359	3201	Heidi Beynon Solano	F	42	Lincoln	NE	00:35:34.87	01:32:59.96	00:46:37.34	13:21	02:55:12.18
3581	2288/2794	32/46	3528	Joni Bruhn	F	60	Beatrice	NE	00:36:30.32			13:22	02:55:14.58
3582	2289/2794	79/89	4686	Justine Griess	F	18	Lincoln	NE	00:31:11.05	01:36:28.36	00:47:40.20	13:22	02:55:19.61
3583	2290/2794	130/167	4812	Kristen Griess	F	50	Lincoln	NE	00:31:10.62	01:36:28.65	00:47:40.34	13:22	02:55:19.61
3584	2291/2794	294/359	4525	Jill Clatterbaugh	F	44	Lincoln	NE	00:37:04.34	01:36:18.90	00:42:01.75	13:22	02:55:25.00
3585	2292/2794	158/208	515	Debra Jones	F	47	Lincoln	NE	00:37:04.81	01:36:18.68	00:42:01.56	13:22	02:55:25.06
3586	2293/2794	295/359	597	Valincia Price	F	43	Lincoln	NE	00:37:04.52	01:36:18.81	00:42:02.57	13:22	02:55:25.91
3587	2294/2794	353/450	4445	Shannon Painter	F	33	Ainsworth	NE	00:35:21.50	01:31:33.20	00:48:31.67	13:22	02:55:26.38
3588	2295/2794	326/378	1224	Taylor Schulz	F	22	Lincoln	NE	00:34:47.49	01:31:58.94	00:48:39.96	13:22	02:55:26.39
3589	2296/2794	426/489	1163	Amanda Kuta	F	36	Lincoln	NE	00:38:01.81	01:32:20.49	00:45:04.46	13:23	02:55:26.77
3590	2297/2794	33/46	3974	Paula Gooder	F	61	Seward	NE	00:37:59.59	01:30:15.12	00:47:16.70	13:23	02:55:31.42
3591	2298/2794	354/450	269	Sara Khalil	F	34	Lincoln	NE	00:33:57.17	01:28:01.18	00:53:35.47	13:23	02:55:33.82
3592	2299/2794	394/477	596	Sara Prewett	F	25	Lincoln	NE	00:33:57.29	01:34:36.34	00:47:00.34	13:23	02:55:33.97
3593	2300/2794	355/450	2886	Jenny Pasko	F	34	Omaha	NE	00:37:13.17	01:31:17.66	00:47:03.73	13:23	02:55:34.57
3594	2301/2794	159/208	5068	Suzu Adams	F	46	Papillion	NE	00:37:56.86	01:32:46.90	00:44:56.58	13:24	02:55:40.35
3595	2302/2794	395/477	1276	Megan Bollish	F	28	Lincoln	NE	00:33:54.35	01:32:50.29	00:48:56.70	13:24	02:55:41.34
3596	2303/2794	160/208	4648	Whitney Villanueva	F	45	Oklahoma City	OK	00:38:37.17	01:30:35.51	00:46:40.56	13:25	02:55:53.25
3597	2304/2794	356/450	357	Frances Hayes	F	31	Lincoln	NE	00:35:06.01	01:29:43.27	00:51:07.95	13:25	02:55:57.24
3598	2305/2794	396/477	728	Brittney Arnold	F	26	Lincoln	NE	00:34:52.59	01:29:18.20	00:51:47.68	13:25	02:55:58.49
3599	1294/1393	13/16	6001	Marvin Quinn	M	68	Oklahoma City	OK	00:40:16.33	01:32:08.92	00:43:35.39	13:25	02:56:00.64
3600	1295/1393	115/122	125	Max Lawlor	M	22	Lincoln	NE	00:41:25.99	01:30:47.01	00:43:49.96	13:25	02:56:02.97
3601	2306/2794	87/103	3148	Becky Topil	F	58	Eudora	KS	00:41:25.82	01:30:47.81	00:43:49.58	13:25	02:56:03.22
3602	1296/1393	99/106	1963	Gregg Stubbendieck	M	52	Lincoln	NE	00:37:27.18	01:33:14.77	00:45:22.54	13:25	02:56:04.51
3603	2307/2794	327/378	503	Allison Lothson	F	23	Lincoln	NE	00:33:55.70	01:31:58.29	00:50:14.40	13:26	02:56:08.41
3604	2308/2794	328/378	2116	Taylor Wismer	F	21	Kimball	NE	00:36:21.10	01:32:21.24	00:47:27.65	13:26	02:56:09.99
3605	2309/2794	329/378	3552	Nicole Woodford	F	22	Lincoln	NE	00:36:21.19	01:32:21.39	00:47:27.64	13:26	02:56:10.23

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3606	1297/1393	199/213	5421	Alex Borremans	M	33	Lincoln	NE	00:36:20.42	01:30:00.66	00:49:57.60	13:26	02:56:18.69
3607	2310/2794	296/359	1220	Trina Krzycki	F	44	Lincoln	NE	00:38:56.62	01:32:41.49	00:44:43.56	13:27	02:56:21.67
3608	1298/1393	118/134	1627	Tracy Krzycki	M	49	Lincoln	NE	00:38:57.03	01:32:41.08	00:44:44.12	13:27	02:56:22.24
3609	2311/2794	357/450	4080	Jenni Mccracken	F	34	Seward	NE	00:35:38.25	01:33:50.79	00:46:56.89	13:27	02:56:25.93
3610	1299/1393	200/213	6103	Chad Casey	M	33	Omaha	NE	00:32:33.27	01:34:43.21	00:49:16.94	13:28	02:56:33.43
3611	1300/1393	162/173	6100	Brian Lutz	M	29	Lincoln	NE	00:36:29.17	01:34:52.01	00:45:15.82	13:28	02:56:37.01
3612	1301/1393	201/213	4739	Jarred Rowe	M	30	Lincoln	NE	00:34:12.24	01:33:23.97	00:49:05.58	13:28	02:56:41.79
3613	2312/2794	397/477	3661	Mary Jane Morgan	F	26	Lincoln	NE	00:41:21.97	01:31:55.14	00:43:25.02	13:28	02:56:42.14
3614	2313/2794	398/477	2479	Jessica Dragoo	F	25	Lincoln	NE	00:34:12.82	01:33:24.81	00:49:04.92	13:28	02:56:42.56
3615	2314/2794	427/489	5654	Jodi Simants	F	35	North Platte	NE	00:35:54.49	01:32:49.83	00:48:05.38	13:29	02:56:49.71
3616	2315/2794	88/103	3669	Eileen Van Pelt	F	56	Mchenry	IL	00:38:09.99	01:31:13.83	00:47:28.22	13:29	02:56:52.05
3617	2316/2794	330/378	4248	Mikayla Tyerman	F	21	Lincoln	NE	00:37:30.70	01:31:09.53	00:48:12.78	13:29	02:56:53.01
3618	2317/2794	358/450	3056	Jennifer Drew	F	31	Kearney	NE	00:32:29.03	01:34:18.19	00:50:07.09	13:29	02:56:54.32
3619	2318/2794	297/359	4514	Joy Veylupek	F	43	Omaha	NE	00:35:48.94	01:33:51.85	00:47:15.97	13:29	02:56:56.77
3620	2319/2794	428/489	1291	Lori Knoche	F	39	Lincoln	NE	00:37:58.68	01:33:20.66	00:45:39.55	13:30	02:56:58.89
3621	2320/2794	359/450	2464	Leslie Ottemann	F	34	Lincoln	NE	00:36:11.37	01:33:08.48	00:47:43.62	13:30	02:57:03.47
3622	2321/2794	360/450	4416	Kayla Rief	F	32	Lincoln	NE	00:36:10.78	01:33:09.08	00:47:43.80	13:30	02:57:03.66
3623	1302/1393	119/134	1622	Robert Ringler	M	48	Seward	NE	00:33:36.08	01:31:17.23	00:52:11.10	13:30	02:57:04.41
3624	2322/2794	331/378	5576	Camille Akers	F	24	Omaha	NE	00:38:40.42	01:34:08.98	00:44:19.47	13:30	02:57:08.88
3625	2323/2794	131/167	454	Diane Lichty	F	51	Seward	NE	00:33:40.94	01:31:15.69	00:52:12.37	13:30	02:57:09.00
3626	2324/2794	332/378	2496	Kelsey Rutt	F	24	Minden	NE	00:38:05.00	01:32:47.31	00:46:17.86	13:30	02:57:10.17
3627	2325/2794	399/477	3460	Kristy Acker	F	26	North Platte	NE	00:38:05.30	01:32:47.40	00:46:17.47	13:30	02:57:10.17
3628	2326/2794	361/450	4336	Shylynne Morris	F	34	Lincoln	NE	00:38:46.81	01:33:14.68	00:45:10.00	13:31	02:57:11.49
3629	1303/1393	100/106	1878	Mark Hoffman	M	51	Lincoln	NE	00:39:28.66	01:31:41.94	00:46:07.25	13:31	02:57:17.86
3630	2327/2794	298/359	1259	Brenda Reiman	F	42	Odell	NE	00:35:27.74	01:31:37.34	00:50:16.60	13:31	02:57:21.68
3631	2328/2794	362/450	3550	Jade Mendoza	F	30	Lincoln	NE	00:36:23.85	01:32:44.04	00:48:19.18	13:32	02:57:27.08
3632	2329/2794	363/450	4221	Melissa Ryks-Schock	F	31	Lincoln	NE	00:36:40.15	00:54:23.23	01:26:26.45	13:32	02:57:29.84
3633	2330/2794	34/46	1118	Sue Bollwitt	F	64	Seward	NE	00:35:35.56	01:35:40.17	00:46:21.01	13:32	02:57:36.74
3634	2331/2794	364/450	2975	Jami Huetson	F	31	Omaha	NE	00:34:07.46	01:33:33.96	00:50:01.97	13:33	02:57:43.40
3635	2332/2794	365/450	3827	Stephanie Ferris	F	30	Lincoln	NE	00:33:34.59	01:31:19.65	00:52:52.20	13:33	02:57:46.45
3636	2333/2794	80/89	742	Rylee Boden	F	19	Lincoln	NE	00:36:27.58	01:34:05.49	00:47:14.61	13:33	02:57:47.69
3637	2334/2794	299/359	2385	Jen Ray	F	44	Lincoln	NE	00:37:29.34	01:35:38.55	00:44:41.70	13:33	02:57:49.59
3638	2335/2794	366/450	520	Brenda Wandzilak	F	34	Lincoln	NE	00:39:39.96	01:31:09.78	00:47:10.45	13:34	02:58:00.20
3639	2336/2794	161/208	1017	Shannan Heinzle	F	46	Martell	NE	00:37:54.23	01:32:56.49	00:47:19.97	13:35	02:58:10.70
3640	2337/2794	300/359	1184	Misti Smith	F	43	Tobias	NE	00:34:17.13	01:33:14.96	00:50:38.96	13:35	02:58:11.06



# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3641	2338/2794	333/378	3185	Tessa Hlavaty	F	23	Omaha	NE	00:34:54.89	01:33:06.42	00:50:12.96	13:35	02:58:14.28
3642	2339/2794	132/167	1189	Lee Heflebower	F	50	Lincoln	NE	00:33:44.10	01:34:45.02	00:49:48.58	13:36	02:58:17.70
3643	2340/2794	429/489	3904	April Gaines	F	37	Lincoln	NE	00:36:31.60	01:35:08.38	00:46:37.80	13:36	02:58:17.78
3644	2341/2794	367/450	3013	Katie Bossung	F	31	Lincoln	NE	00:34:49.65	01:38:41.95	00:44:46.87	13:36	02:58:18.47
3645	1304/1393	241/250	5816	Nicklaus Philippi	M	36	Indianola	IA	00:39:39.68	01:34:06.16	00:44:34.69	13:36	02:58:20.54
3646	2342/2794	368/450	4043	Ashley Garey	F	32	Lincoln	NE	00:34:50.52	01:38:42.11	00:44:48.97	13:36	02:58:21.61
3647	2343/2794	430/489	774	Amy Koehler	F	39	Omaha	NE	00:36:24.31	01:31:45.52	00:50:13.44	13:36	02:58:23.28
3648	2344/2794	162/208	179	Deb Waechter	F	48	Lincoln	NE	00:40:24.67	01:33:04.00	00:45:06.11	13:37	02:58:34.79
3649	2345/2794	334/378	2075	Mara Lee	F	23	Wayne	NE	00:29:42.60	01:46:04.14	00:42:51.57	13:37	02:58:38.32
3650	2346/2794	400/477	925	Keller Niemann	F	27	Lincoln	NE	00:40:11.59	01:31:27.00	00:47:01.32	13:37	02:58:39.91
3651	2347/2794	133/167	3916	Laura Stueck	F	54	Omaha	NE	00:37:29.47	01:33:20.12	00:47:53.20	13:37	02:58:42.79
3652	2348/2794	431/489	4272	Shelly Thornton	F	37	Roca	NE	00:36:25.48	01:32:14.88	00:50:06.06	13:38	02:58:46.43
3653	2349/2794	134/167	4001	Lori Prange	F	50	Firth	NE	00:36:26.57	01:32:57.26	00:49:25.12	13:38	02:58:48.96
3654	1305/1393	120/134	2000	Jason Manning	M	47	Ralston	NE	00:37:15.47	01:37:14.27	00:44:24.83	13:38	02:58:54.58
3655	2350/2794	369/450	3525	Liesel Pabian	F	34	Lincoln	NE	00:38:58.12	01:33:34.57	00:46:22.75	13:38	02:58:55.45
3656	2351/2794	301/359	2108	Brittany Wylie	F	41	Grand Island	NE	00:38:59.54	01:33:32.37	00:46:23.95	13:38	02:58:55.86
3657	2352/2794	302/359	3477	Jessica Cleckner	F	41	Lincoln	NE	00:38:59.14	01:33:34.25	00:46:23.53	13:39	02:58:56.93
3658	2353/2794	401/477	2085	Briana Pfeifer	F	26	Hickman	NE	00:31:50.76	01:39:24.76	00:47:43.20	13:39	02:58:58.72
3659	2354/2794	432/489	978	Rita Thompson	F	39	Lincoln	NE	00:38:58.62	01:32:23.38	00:47:37.07	13:39	02:58:59.07
3660	2355/2794	433/489	4059	Macala Hoffschneider	F	39	Lincoln	NE	00:38:58.63	01:32:23.76	00:47:37.12	13:39	02:58:59.51
3661	1306/1393	3/4	1617	Michael Ortiz	M	72	Lincoln	NE	00:37:25.53	01:34:23.32	00:47:12.81	13:39	02:59:01.66
3662	1307/1393	121/134	6051	Richard Pohlman	M	46	Alliance	NE	00:35:56.52	01:34:23.98	00:48:41.99	13:39	02:59:02.50
3663	2356/2794	370/450	3966	Megan Oquist	F	30	Clarks	NE	00:37:27.81	01:34:46.69	00:46:53.92	13:39	02:59:08.43
3664	2357/2794	371/450	963	Kristin Polk	F	34	Lincoln	NE	00:37:05.25	01:36:17.26	00:45:48.64	13:40	02:59:11.16
3665	2358/2794	335/378	2966	Anna Hayden-Roy	F	24	Lincoln	NE	00:37:04.50	01:33:41.51	00:48:26.14	13:40	02:59:12.16
3666	2359/2794	402/477	3454	Erin Gaare	F	25	Lincoln	NE	00:35:40.82	01:31:34.76	00:51:58.91	13:40	02:59:14.50
3667	2360/2794	403/477	543	Jacy Ludwig	F	26	Waverly	NE	00:35:40.82	01:31:35.42	00:51:58.64	13:40	02:59:14.89
3668	2361/2794	372/450	4081	Brittany Shottenkirk	F	32	Lincoln	NE	00:36:51.87	01:35:32.67	00:46:52.50	13:40	02:59:17.04
3669	1308/1393	242/250	5787	Chad Kinkennon	M	35	Oneill	NE	00:36:14.54	01:32:38.29	00:50:26.19	13:40	02:59:19.03
3670	2362/2794	373/450	3886	Amy Kinkennon	F	32	Oneill	NE	00:36:14.60	01:32:38.67	00:50:25.94	13:40	02:59:19.21
3671	2363/2794	374/450	2832	Amanda Hoferer	F	32	Stanton	NE	00:34:00.07	01:31:26.93	00:53:53.37	13:40	02:59:20.37
3672	2364/2794	404/477	2654	Carrie Williamson	F	29	Creighton	NE	00:34:00.50	01:31:26.31	00:53:53.95	13:40	02:59:20.76
3673	2365/2794	375/450	2800	Chantal Zimmer	F	34	Cordova	NE	00:37:15.57	01:34:50.39	00:47:16.54	13:41	02:59:22.50
3674	2366/2794	303/359	4603	Stacy Lawver	F	44	Friend	NE	00:37:15.53	01:34:14.27	00:47:52.93	13:41	02:59:22.73
3675	1309/1393	122/134	6015	Terry Colpitts	M	45	Glenwood	IA	00:34:34.55	01:35:25.41	00:49:23.87	13:41	02:59:23.84

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3676	2367/2794	405/477	1264	Charley Hill	F	29	Lincoln	NE	00:36:27.52	01:31:55.05	00:51:03.10	13:41	02:59:25.68
3677	1310/1393	202/213	6088	Eric Crook	M	31	Humboldt	NE	00:35:50.66	01:31:57.19	00:51:39.92	13:41	02:59:27.77
3678	2368/2794	4/9	1075	Linda Kamble	F	65	Lincoln	NE	00:38:11.83	01:34:14.51	00:47:02.68	13:41	02:59:29.03
3679	2369/2794	163/208	5733	Amber Springer	F	45	Axtell	NE	00:36:02.12	01:33:20.65	00:50:13.72	13:42	02:59:36.50
3680	2370/2794	406/477	3220	Candice Leeds	F	27	Riverdale	NE	00:40:49.42	01:34:19.36	00:44:33.18	13:42	02:59:41.97
3681	2371/2794	89/103	749	Michelle Leeds	F	58	Riverdale	NE	00:40:49.84	01:34:19.50	00:44:32.85	13:42	02:59:42.20
3682	2372/2794	135/167	961	Mary Volkmer	F	51	Lincoln	NE	00:39:57.62	01:33:41.28	00:46:17.03	13:43	02:59:55.94
3683	2373/2794	90/103	992	Kathy Stark	F	57	Omaha	NE	00:39:57.88	01:33:41.59	00:46:17.38	13:43	02:59:56.86
3684	1311/1393	101/106	1592	Jeff King	M	53	Lincoln	NE	00:37:10.35	01:36:22.78	00:46:31.86	13:44	03:00:04.99
3685	2374/2794	136/167	3944	Lori Irvine	F	52	Bellevue	NE	00:38:46.57	01:35:44.75	00:45:34.11	13:44	03:00:05.44
3686	2375/2794	336/378	4688	Taylor Kadavy	F	20	York	NE	00:35:02.79	01:35:43.30	00:49:23.53	13:44	03:00:09.62
3687	2376/2794	304/359	899	Janna Mashek	F	40	Gibbon	NE	00:40:57.56	01:44:26.95	00:34:50.66	13:45	03:00:15.17
3688	2377/2794	376/450	4243	Skylar Linn	F	34	Lincoln	NE	00:39:45.57	01:33:16.36	00:47:14.56	13:45	03:00:16.49
3689	2378/2794	377/450	2819	Adyson Wooten	F	33	Lincoln	NE	00:39:45.86	01:33:16.27	00:47:14.77	13:45	03:00:16.90
3690	1312/1393	163/173	5738	Jeremy Gray	M	25	Lavista	NE	00:34:37.32	01:33:34.14	00:52:12.69	13:45	03:00:24.15
3691	2379/2794	407/477	3194	Annie Rohde	F	25	Lincoln	NE	00:38:25.82	01:34:46.25	00:47:20.07	13:46	03:00:32.15
3692	1313/1393	77/81	5987	Dennis Martin	M	56	Lincoln	NE	00:34:30.90	01:31:02.73	00:55:01.42	13:46	03:00:35.05
3693	2380/2794	164/208	4655	Deanna Leyden	F	45	Lincoln	NE	00:39:33.27	01:37:26.92	00:43:37.78	13:46	03:00:37.97
3694	2381/2794	165/208	4392	Melissa Trampe	F	49	Amherst	NE	00:35:44.72	01:35:07.36	00:49:46.93	13:46	03:00:39.03
3695	2382/2794	434/489	3982	Clarissa Schluckebier	F	39	Seward	NE	00:37:57.46	01:37:13.00	00:45:30.27	13:46	03:00:40.74
3696	2383/2794	305/359	3996	Kari Jakub	F	43	Milford	NE	00:37:57.26	01:37:12.80	00:45:30.90	13:46	03:00:40.96
3697	2384/2794	306/359	542	Monica Janssen	F	42	Lincoln	NE	00:39:39.01	01:37:26.83	00:43:36.01	13:47	03:00:41.85
3698	2385/2794	137/167	4651	Clara Hames	F	54	Bennington	NE	00:37:57.59	01:32:56.24	00:49:52.33	13:47	03:00:46.17
3699	2386/2794	337/378	1212	Annie Boesiger	F	23	Lincoln	NE	00:37:37.12	01:34:02.83	00:49:11.75	13:47	03:00:51.71
3700	2387/2794	307/359	4249	Erin Mcarthur	F	40	Omaha	NE	00:39:35.42	01:32:42.92	00:48:33.93	13:47	03:00:52.27
3701	1314/1393	164/173	5758	John Seipel	M	26	Lincoln	NE	00:34:18.10	01:33:05.23	00:53:30.20	13:47	03:00:53.54
3702	1315/1393	175/184	5851	Eric Trusty	M	41	Beatrice	NE	00:36:17.45	01:32:30.34	00:52:07.59	13:48	03:00:55.38
3703	1316/1393	176/184	5386	Jimmy Ware	M	44	Beatrice	NE	00:36:17.64	01:32:30.14	00:52:07.68	13:48	03:00:55.48
3704	1317/1393	123/134	1895	Scott Wiebe	M	46	Lincoln	NE	00:35:53.42	01:22:29.87	01:02:33.81	13:48	03:00:57.11
3705	2388/2794	166/208	1003	Tammy Wiebe	F	48	Lincoln	NE	00:35:54.86	01:37:26.96	00:47:35.63	13:48	03:00:57.45
3706	2389/2794	435/489	1270	Toni Helzer	F	39	Lincoln	NE	00:40:34.36	01:36:59.67	00:43:23.59	13:48	03:00:57.63
3707	2390/2794	408/477	2275	Dani Thober	F	28	Albion	NE	00:38:15.08	01:33:06.98	00:49:42.70	13:48	03:01:04.77
3708	2391/2794	167/208	4605	Shauna Cunningham	F	46	St. Louis	MO	00:40:04.98	01:34:29.93	00:46:35.68	13:49	03:01:10.59
3709	2392/2794	138/167	4662	Elizabeth Bender	F	53	St. Louis	MO	00:40:04.86	01:34:32.46	00:46:33.70	13:49	03:01:11.02
3710	2393/2794	409/477	3790	Ashley Helbusch	F	28	Tobias	NE	00:36:53.89	01:36:04.75	00:48:13.04	13:49	03:01:11.69

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3711	2394/2794	308/359	874	Amy Shonesy	F	42	Auburn	AL	00:39:25.54	01:34:37.27	00:47:11.44	13:49	03:01:14.25
3712	1318/1393	102/106	6077	Chris Sloup	M	52	Omaha	NE	00:37:02.43	01:35:10.46	00:49:14.50	13:50	03:01:27.39
3713	2395/2794	378/450	2115	Kessy Hanson	F	30	Wayne	NE	00:33:15.89	01:37:09.16	00:51:02.97	13:50	03:01:28.03
3714	1319/1393	165/173	5424	Ty Curnes	M	26	Omaha	NE	00:37:50.83	01:27:36.78	00:56:01.22	13:50	03:01:28.84
3715	2396/2794	410/477	3482	Kylee Fish	F	26	Kearney	NE	00:33:34.16	01:36:35.59	00:51:23.94	13:51	03:01:33.69
3716	2397/2794	411/477	2485	Jaycee Schroer	F	25	Humphrey	NE	00:33:34.56	01:36:36.00	00:51:23.44	13:51	03:01:34.01
3717	2398/2794	168/208	1211	Katherine Ortiz	F	49	Lincoln	NE	00:38:10.25	01:35:00.98	00:48:28.46	13:51	03:01:39.69
3718	2399/2794	139/167	593	Maggie Bigelow	F	50	Lincoln	NE	00:40:29.18	01:36:28.22	00:44:43.45	13:51	03:01:40.86
3719	2400/2794	412/477	1463	Jordan Ludwig	F	26	Lincoln	NE	00:35:53.99	01:37:58.93	00:47:50.49	13:51	03:01:43.42
3720	2401/2794	338/378	641	Brooke Freeman	F	22	Lincoln	NE	00:35:53.98	01:37:59.98	00:47:50.30	13:51	03:01:44.26
3721	2402/2794	91/103	2435	Lil Gibson	F	57	Lincoln	NE	00:38:16.56	01:34:35.01	00:48:55.20	13:52	03:01:46.78
3722	2403/2794	309/359	611	Kama Rae Petersen	F	41	Sioux Falls	SD	00:26:09.74	01:49:21.86	00:46:23.91	13:52	03:01:55.52
3723	2404/2794	92/103	4606	Carol Quiroz	F	56	Omaha	NE	00:37:25.31	01:36:28.44	00:48:07.43	13:53	03:02:01.19
3724	2405/2794	339/378	359	Suzu Wright	F	24	Lincoln	NE	00:38:12.61	01:35:26.94	00:48:24.57	13:53	03:02:04.13
3725	2406/2794	310/359	3399	Susan Hinrichs	F	43	Valley	NE	00:40:24.70	01:37:59.95	00:43:50.67	13:54	03:02:15.33
3726	2407/2794	436/489	920	Jennifer Foster	F	39	Lincoln	NE	00:37:33.20	01:34:45.35	00:50:04.65	13:54	03:02:23.21
3727	2408/2794	311/359	4617	Melanie Springer	F	41	Lincoln	NE	00:38:16.04	01:37:12.73	00:47:01.89	13:55	03:02:30.67
3728	1320/1393	116/122	6007	Anthony Brandow	M	24	Alma	NE	00:38:01.66	01:36:56.24	00:47:42.20	13:56	03:02:40.11
3729	2409/2794	379/450	4498	Alison Wick	F	32	Lincoln	NE	00:37:25.53	01:37:00.79	00:48:13.95	13:56	03:02:40.28
3730	2410/2794	413/477	360	Elizabeth Russell	F	28	Lincoln	NE	00:38:20.86	01:36:45.29	00:47:38.11	13:56	03:02:44.27
3731	2411/2794	169/208	4337	Jacqueline Cota	F	45	Papillion	NE	00:37:27.11	01:36:59.11	00:48:18.61	13:56	03:02:44.84
3732	2412/2794	414/477	1499	Brittany Pelton	F	25	Omaha	NE	00:39:24.37	01:36:54.82	00:46:25.93	13:56	03:02:45.13
3733	2413/2794	81/89	3545	Audrey Kuehn	F	19	Lincoln	NE	00:39:03.37	01:35:00.73	00:48:55.10	13:57	03:02:59.21
3734	1321/1393	78/81	5971	Rob Vidlock	M	59	Lincoln	NE	00:43:29.99	01:32:44.98	00:46:45.45	13:57	03:03:00.42
3735	2414/2794	437/489	4464	Maren Collins	F	35	Omaha	NE	00:39:33.48	01:31:59.10	00:51:31.43	13:57	03:03:04.02
3736	1322/1393	243/250	1936	Luke Derowitsch	M	37	Lincoln	NE	00:39:25.00	01:37:59.29	00:45:49.84	13:58	03:03:14.14
3737	2415/2794	312/359	1186	Kathryn Romine	F	40	Unadilla	NE	00:41:06.86	01:36:42.77	00:45:29.17	13:59	03:03:18.81
3738	2416/2794	340/378	2911	Leah Arney	F	23	Lincoln	NE	00:37:05.30	01:37:57.65	00:48:22.60	13:59	03:03:25.56
3739	2417/2794	140/167	2508	Margaret Churchill-Black	F	54	Papillion	NE	00:38:02.63	01:31:20.20	00:54:13.34	14:00	03:03:36.18
3740	1323/1393	14/16	5387	James Black	M	65	Papillion	NE	00:38:03.01	01:31:20.62	00:54:13.04	14:00	03:03:36.67
3741	1324/1393	177/184	5261	Brad Wendel	M	42	Omaha	NE	00:34:08.99	01:30:07.66	00:59:27.95	14:00	03:03:44.60
3742	2418/2794	415/477	2757	Miranda Alberts	F	25	Lincoln	NE	00:34:31.73	01:37:37.79	00:51:45.48	14:01	03:03:55.01
3743	2419/2794	141/167	518	Justina Ziemann	F	50	Hickman	NE	00:39:24.65	01:34:22.91	00:50:08.23	14:01	03:03:55.80
3744	2420/2794	416/477	4558	Kara Ryks	F	28	Bellevue	NE	00:42:26.30	01:36:17.26	00:45:16.76	14:02	03:04:00.33
3745	2421/2794	313/359	2132	Kathy Kirschner	F	42	Omaha	NE	00:37:06.04	01:32:47.61	00:54:11.41	14:02	03:04:05.06

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3746	2422/2794	380/450	1294	Sarah Baumert	F	34	Bennet	NE	00:40:43.97	01:34:44.56	00:48:43.60	14:03	03:04:12.13
3747	1325/1393	244/250	5832	Chris Jamison	M	35	Omaha	NE	00:38:35.77	01:32:50.72	00:52:46.62	14:03	03:04:13.12
3748	2423/2794	314/359	3908	Janelle Heine	F	41	Omaha	NE	00:36:30.54	01:32:17.44	00:55:32.40	14:03	03:04:20.39
3749	2424/2794	381/450	4353	Sarah Wallace	F	33	Omaha	NE	00:39:05.74	01:36:24.12	00:48:53.83	14:03	03:04:23.70
3750	2425/2794	382/450	4595	Regina Caffrey	F	32	Bellevue	NE	00:39:05.23	01:35:14.77	00:50:06.22	14:04	03:04:26.23
3751	2426/2794	142/167	3676	Nancy Wienands	F	54	Liberty	MO	00:41:34.99	01:35:28.07	00:47:25.65	14:04	03:04:28.71
3752	2427/2794	417/477	760	Amber Novotny	F	28	Lincoln	NE	00:36:20.26	01:38:07.44	00:50:02.06	14:04	03:04:29.77
3753	2428/2794	341/378	785	Kayla Lenhoff	F	23	Lincoln	NE	00:36:20.44	01:38:07.44	00:50:02.55	14:04	03:04:30.43
3754	1326/1393	245/250	1710	Todd Bohling	M	39	Lincoln	NE	00:39:23.77	01:38:00.29	00:47:07.62	14:04	03:04:31.69
3755	2429/2794	418/477	4629	Heidi Fatemi	F	26	Lincoln	NE	00:37:44.26	01:36:17.00	00:50:36.42	14:05	03:04:37.68
3756	2430/2794	383/450	2798	Ashley Hergott	F	32	Gretna	NE	00:39:24.74	01:34:22.66	00:50:53.43	14:05	03:04:40.84
3757	2431/2794	419/477	3108	Brooke Boden	F	26	Waverly	NE	00:39:16.08	01:34:26.26	00:51:02.57	14:05	03:04:44.92
3758	2432/2794	384/450	861	Deanna Kelley	F	32	Lincoln	NE	00:35:49.39	01:38:49.78	00:50:12.56	14:06	03:04:51.74
3759	2433/2794	143/167	5055	Deb Vidlock	F	53	Lincoln	NE	00:38:08.23	01:37:45.78	00:48:57.94	14:06	03:04:51.96
3760	2434/2794	385/450	4593	Megan Manning-Kechely	F	32	Lincoln	NE	00:39:56.40	01:37:53.75	00:47:02.92	14:06	03:04:53.08
3761	2435/2794	386/450	4203	Hailey Rhynalds	F	32	Minden	NE	00:37:44.78	01:36:06.05	00:51:12.22	14:06	03:05:03.06
3762	1327/1393	124/134	1894	Matt Collins	M	47	Lincoln	NE	00:36:25.47	01:38:52.11	00:49:45.89	14:07	03:05:03.48
3763	2436/2794	170/208	3777	Diane Kuhlman	F	47	Seneca	KS	00:35:09.45	01:38:04.35	00:51:52.25	14:07	03:05:06.05
3764	2437/2794	315/359	4542	Theresa Jensen	F	44	Omaha	NE	00:38:48.80	01:34:59.40	00:51:20.55	14:07	03:05:08.76
3765	2438/2794	387/450	5004	Meredith Johnston	F	33	Bellevue	NE	00:38:49.81	01:34:57.53	00:51:21.43	14:07	03:05:08.78
3766	2439/2794	316/359	3807	Marisa Cronin	F	42	Carter Lake	IA	00:37:42.78	01:32:33.89	00:55:05.82	14:08	03:05:22.50
3767	2440/2794	342/378	130	Emma Stewart	F	22	Crete	NE	00:37:22.42	01:38:27.31	00:49:34.54	14:08	03:05:24.27
3768	2441/2794	82/89	3763	Haley Lawver	F	18	Friend	NE	00:38:16.39	01:37:39.95	00:49:29.41	14:08	03:05:25.76
3769	1328/1393	16/19	1530	Gavin Brester	M	14	Lincoln	NE	00:38:05.34	01:37:03.42	00:50:17.52	14:08	03:05:26.29
3770	2442/2794	438/489	2955	Melissa Bowers	F	37	Lincoln	NE	00:37:30.39	01:38:40.42	00:49:15.76	14:08	03:05:26.58
3771	2443/2794	317/359	4440	Mindi Wendel	F	42	Omaha	NE	00:37:27.57	01:39:04.13	00:49:02.04	14:09	03:05:33.74
3772	2444/2794	5/9	890	Kay Herber	F	67	Fort Smith	AR	00:41:32.83	01:39:11.21	00:44:58.70	14:10	03:05:42.75
3773	2445/2794	420/477	845	Haley Parker	F	26	Lincoln	NE	00:41:04.82	01:38:39.96	00:46:03.22	14:10	03:05:48.00
3774	2446/2794	421/477	1310	Rachael Middleton	F	27	Lincoln	NE	00:41:04.49	01:38:39.99	00:46:03.83	14:10	03:05:48.32
3775	1329/1393	178/184	1753	Christopher Boilesen	M	42	Lincoln	NE	00:40:17.51	01:38:13.55	00:47:19.11	14:10	03:05:50.17
3776	2447/2794	422/477	3872	Kyla Morton	F	28	Lincoln	NE	00:39:16.31	01:34:26.72	00:52:11.87	14:10	03:05:54.91
3777	1330/1393	117/122	5806	Spencer Quinn	M	23	Lincoln	NE	00:34:39.78	01:37:04.67	00:54:14.57	14:11	03:05:59.04
3778	2448/2794	423/477	4334	Jordan Severinson	F	27	Sidney	NE	00:34:19.85	01:41:02.82	00:50:40.85	14:11	03:06:03.52
3779	2449/2794	343/378	3744	Jordie Theye	F	21	Odell	NE	00:32:21.67	01:40:16.90	00:53:45.55	14:13	03:06:24.14
3780	2450/2794	318/359	3878	Sheila Clayton	F	40	Lincoln	NE	00:39:32.24	01:39:14.25	00:47:38.39	14:13	03:06:24.88

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3781	1331/1393	103/106	5578	Tony Welchen	M	54	Omaha	NE	00:36:48.32	01:36:50.24	00:52:46.47	14:13	03:06:25.03
3782	2451/2794	424/477	4285	Alexandra Hubbard	F	25	Omaha	NE	00:39:43.11	01:39:02.75	00:47:39.22	14:13	03:06:25.08
3783	2452/2794	425/477	5059	Lauren Shackelford	F	25	Maryville	MO	00:37:05.47	01:37:02.62	00:52:25.74	14:13	03:06:33.84
3784	2453/2794	344/378	4321	Michaela Pooch	F	20	Tecumseh	NE	00:40:54.06	01:38:36.53	00:47:05.96	14:14	03:06:36.55
3785	2454/2794	144/167	1110	Kiann Ridgeway	F	52	Lincoln	NE	00:40:16.99	01:38:50.82	00:47:29.00	14:14	03:06:36.82
3786	1332/1393	118/122	5351	Deric Boden	M	21	Lincoln	NE	00:40:17.41	01:38:51.22	00:47:28.39	14:14	03:06:37.03
3787	2455/2794	345/378	2692	Taylor Mack	F	22	Lincoln	NE	00:38:11.90	01:40:02.95	00:48:22.47	14:14	03:06:37.33
3788	1333/1393	203/213	5167	Chris Heins	M	30	Higginsville	MO	00:35:01.87	01:39:06.22	00:52:30.45	14:14	03:06:38.54
3789	2456/2794	426/477	3846	Kelsie Musil	F	26	Wilber	NE	00:40:56.31	01:38:37.70	00:47:04.79	14:14	03:06:38.80
3790	2457/2794	346/378	2395	Sarah Kaldahl	F	24	Lincoln	NE	00:35:02.16	01:39:06.39	00:52:30.50	14:14	03:06:39.06
3791	2458/2794	427/477	773	Gina Boltz	F	28	Lincoln	NE	00:39:22.28	01:31:24.01	00:55:57.24	14:14	03:06:43.54
3792	2459/2794	171/208	4124	Amy Frankforter	F	46	Lincoln	NE	00:39:22.30	01:31:23.80	00:55:57.44	14:14	03:06:43.55
3793	2460/2794	319/359	3910	Danielle Golden	F	41	Bondurant	IA	00:38:32.33	01:39:22.26	00:48:59.67	14:15	03:06:54.26
3794	2461/2794	388/450	999	Marypat Heineman	F	30	Lincoln	NE	00:39:03.68	01:37:17.51	00:50:34.74	14:15	03:06:55.94
3795	2462/2794	439/489	3510	Brandy Higgins	F	35	Lincoln	NE	00:40:16.20	01:39:26.26	00:47:18.32	14:15	03:07:00.78
3796	2463/2794	389/450	4536	Crystal Stiles	F	33	Lincoln	NE	00:42:33.39	01:34:59.22	00:49:30.42	14:16	03:07:03.03
3797	2464/2794	347/378	2959	Kaitlyn Kelley	F	22	Blair	NE	00:35:14.78	01:41:28.32	00:50:25.36	14:16	03:07:08.47
3798	2465/2794	428/477	3634	Ashley Knapp	F	27	Lincoln	NE	00:35:19.05	01:36:38.27	00:55:12.76	14:16	03:07:10.09
3799	2466/2794	429/477	4085	Ashley Meirose	F	27	La Vista	NE	00:40:13.91	01:38:00.78	00:48:57.34	14:16	03:07:12.04
3800	2467/2794	440/489	945	Jennifer Ott	F	35	Henderson	NE	00:42:47.58	01:37:14.83	00:47:11.84	14:16	03:07:14.26
3801	2468/2794	390/450	4101	Danielle Barbosa	F	33	Lincoln	NE	00:36:35.28	01:41:14.79	00:49:24.29	14:16	03:07:14.37
3802	2469/2794	6/9	3067	Vicki Hahn	F	66	Omaha	NE	00:35:47.33	01:34:29.19	00:57:00.27	14:17	03:07:16.81
3803	2470/2794	441/489	1321	Kelley Syberrt	F	37	Oregon	MO	00:41:51.65	01:35:48.78	00:49:36.92	14:17	03:07:17.36
3804	1334/1393	119/122	6062	Zachary White	M	23	Ceresco	NE	00:37:45.42	01:37:38.89	00:51:56.81	14:17	03:07:21.13
3805	2471/2794	391/450	3785	Jill Muegge	F	33	Elkhorn	NE	00:42:23.43	01:39:25.48	00:45:33.58	14:17	03:07:22.50
3806	2472/2794	442/489	4173	Jessica Pearce	F	37	Omaha	NE	00:34:03.42	01:40:10.89	00:53:08.18	14:17	03:07:22.50
3807	2473/2794	392/450	3081	Kathryn Ryder	F	33	Omaha	NE	00:42:23.34	01:39:25.52	00:45:33.87	14:17	03:07:22.73
3808	2474/2794	393/450	4107	Molly Pearson	F	33	Stillwater	OK	00:34:04.45	01:40:10.18	00:53:08.12	14:17	03:07:22.76
3809	2475/2794	443/489	2456	Aimee Johns	F	37	Lincoln	NE			00:48:24.85	14:17	03:07:24.71
3810	2476/2794	348/378	4535	Kayla Manley	F	20	Lincoln	NE	00:39:53.82	01:39:11.25	00:48:22.88	14:18	03:07:27.96
3811	2477/2794	394/450	4294	Tressa Waterman	F	34	Lincoln	NE	00:39:25.08	01:36:09.96	00:51:59.73	14:18	03:07:34.77
3812	2478/2794	395/450	2863	Jacqueline Mohr	F	30	Syracuse	NE	00:34:01.72	01:34:25.77	00:59:18.70	14:19	03:07:46.19
3813	2479/2794	396/450	3180	Tiffany Vasa	F	31	Wahoo	NE	00:39:37.54	01:38:15.47	00:49:57.19	14:19	03:07:50.21
3814	2480/2794	444/489	2887	Deanna Grilli	F	38	Omaha	NE	00:36:49.64	01:37:20.75	00:53:40.13	14:19	03:07:50.53
3815	2481/2794	145/167	3182	Ann Mangiameli	F	50	Omaha	NE	00:39:19.82	01:30:36.09	00:57:57.19	14:19	03:07:53.11

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3816	1335/1393	246/250	5438	Chris Dyer	M	37	Lincoln	NE	00:38:03.71	01:32:09.79	00:57:49.68	14:20	03:08:03.19
3817	2482/2794	172/208	1146	Rayma Seipel	F	46	Lincoln	NE	00:37:25.61	01:41:15.96	00:49:23.74	14:20	03:08:05.31
3818	2483/2794	320/359	1108	Natalie Johnson	F	41	Lincoln	NE	00:37:25.40	01:41:15.74	00:49:24.36	14:20	03:08:05.50
3819	2484/2794	397/450	4082	Sarah Dyer	F	34	Lincoln	NE	00:38:03.84	01:32:09.99	00:57:53.33	14:21	03:08:07.16
3820	2485/2794	445/489	4261	Becca Pivonka	F	36	Omaha	NE	00:41:44.82	01:38:03.01	00:48:24.45	14:21	03:08:12.28
3821	2486/2794	398/450	4612	Kimberly Debban	F	31	Bennington	NE	00:44:23.12	01:38:35.93	00:45:17.72	14:21	03:08:16.78
3822	1336/1393	204/213	5834	Adam Lichtas	M	30	Reeds Spring	MO	00:44:20.75	01:38:36.94	00:45:19.16	14:21	03:08:16.86
3823	2487/2794	349/378	4832	Katie Kurtz	F	21	Papillion	NE	00:41:24.32	01:39:12.95	00:47:43.24	14:22	03:08:20.52
3824	2488/2794	35/46	4494	Diane Kelly	F	60	Naponee	NE	00:43:08.62	01:38:42.11	00:46:34.31	14:22	03:08:25.05
3825	2489/2794	93/103	1160	Barb Perry	F	55	Wichita	KS	00:41:48.74	01:37:44.27	00:48:54.02	14:22	03:08:27.03
3826	2490/2794	146/167	4493	Linda Harms	F	50	Martell	NE	00:43:09.27	01:38:43.05	00:46:39.36	14:22	03:08:31.69
3827	2491/2794	446/489	1246	Karen Helmberger	F	39	Hickman	NE	00:43:10.00	01:38:42.52	00:46:41.39	14:23	03:08:33.91
3828	2492/2794	350/378	2721	Regan Hinton	F	21	Kimball	NE	00:38:05.38	01:38:42.23	00:51:52.84	14:23	03:08:40.45
3829	2493/2794	399/450	3876	Julie Molacek	F	30	Omaha	NE	00:41:05.85	01:38:33.52	00:49:03.45	14:23	03:08:42.82
3830	2494/2794	173/208	2242	Michelle Vanlaningham	F	45	Ogallala	NE	00:41:10.10	01:39:39.97	00:47:54.01	14:23	03:08:44.08
3831	1337/1393	166/173	6002	Thomas Frederick	M	27	Lincoln	NE	00:41:09.68	01:42:02.77	00:45:35.54	14:24	03:08:48.00
3832	2495/2794	351/378	3280	Chelby Brauckmuller	F	23	Lincoln	NE	00:38:33.08	01:33:45.96	00:56:30.75	14:24	03:08:49.80
3833	2496/2794	83/89	2604	Mckenna Hoy	F	18	Waverly	NE	00:38:33.76	01:29:00.47	01:01:16.43	14:24	03:08:50.67
3834	2497/2794	430/477	4075	Samantha Swenson	F	28	Lincoln	NE	00:40:16.84	01:38:01.42	00:50:33.88	14:24	03:08:52.14
3835	2498/2794	36/46	427	Mimi Schmidt	F	62	Lincoln	NE	00:42:27.42	01:38:28.92	00:47:56.07	14:24	03:08:52.41
3836	2499/2794	7/9	2391	Donna Thiellen	F	65	Lincoln	NE	00:42:29.95	01:38:28.20	00:47:56.88	14:24	03:08:55.03
3837	2500/2794	147/167	864	Eddra Ritta	F	53	Hickman	NE	00:39:49.34	01:37:57.33	00:51:09.94	14:24	03:08:56.61
3838	1338/1393	104/106	5691	Robert Fuoss	M	50	Colorado Springs	CO	00:27:54.33	01:33:09.68	01:07:53.01	14:24	03:08:57.02
3839	2501/2794	321/359	4557	Heather Dolezal	F	44	Omaha	NE	00:36:51.64	01:39:06.11	00:53:10.83	14:25	03:09:08.59
3840	1339/1393	205/213	1862	Ty Lafferty	M	33	Malcolm	NE	00:39:33.99	01:34:10.57	00:55:26.73	14:25	03:09:11.30
3841	2502/2794	84/89	2284	Kate Tadesse	F	15	Lincoln	NE	00:36:43.34	01:43:42.68	00:48:45.87	14:25	03:09:11.90
3842	2503/2794	400/450	1254	Mckenzie Jones	F	30	Lincoln	NE	00:39:14.33	01:38:29.47	00:51:35.67	14:26	03:09:19.48
3843	1340/1393	167/173	1476	John Goza	M	29	Lincoln	NE	00:39:15.06	01:38:29.36	00:51:35.66	14:26	03:09:20.09
3844	1341/1393	206/213	5461	Jacob Hammans	M	34	Omaha	NE	00:43:15.25	01:35:10.30	00:50:54.80	14:26	03:09:20.35
3845	2504/2794	352/378	3566	Paige Zastera	F	21	Syracuse	NE	00:41:25.06	01:39:28.67	00:48:30.32	14:26	03:09:24.07
3846	2505/2794	447/489	5490	Marissa Wagenblast	F	35	Deshler	NE	00:44:14.30	01:37:25.08	00:47:48.77	14:27	03:09:28.16
3847	2506/2794	94/103	832	Kim Morrison	F	59	Lincoln	MN	00:38:34.94	01:39:13.00	00:51:40.91	14:27	03:09:28.86
3848	2507/2794	431/477	2407	Jessica Grosse	F	28	Wahoo	NE	00:38:59.08	01:31:05.07	00:59:35.10	14:28	03:09:39.25
3849	2508/2794	448/489	5140	Amanda Nelson	F	38	Lincoln	NE	00:40:07.76	01:37:37.32	00:51:56.29	14:28	03:09:41.37
3850	2509/2794	449/489	846	Shannon Heninge	F	37	Lincoln	NE	00:40:08.19	01:37:37.87	00:51:56.29	14:28	03:09:42.36

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3851	2510/2794	322/359	4436	Gretchen Garrison	F	43	Lincoln	NE	00:39:31.98	01:39:24.78	00:50:48.76	14:28	03:09:45.52
3852	2511/2794	37/46	1807	Vernell Schutte	F	60	Verdon	NE	00:40:47.11	01:37:23.89	00:51:34.59	14:28	03:09:45.60
3853	1342/1393	120/122	5960	Ian Bridge	M	21	Lincolne	NE	00:38:55.12	01:33:19.11	00:57:53.76	14:30	03:10:08.00
3854	2512/2794	450/489	4218	Jenny Jensen	F	39	North Platte	NE	00:38:55.31	01:33:18.39	00:57:54.54	14:30	03:10:08.24
3855	2513/2794	432/477	4003	Robin Alba	F	27	Omaha	NE	00:39:10.28	01:36:49.23	00:54:09.48	14:30	03:10:08.99
3856	2514/2794	401/450	4428	Danielle Wilkinson	F	33	Lincoln	NE	00:40:17.31	01:39:20.45	00:50:33.90	14:30	03:10:11.66
3857	2515/2794	85/89	2882	Elizabeth Richardson	F	16	Omaha	NE	00:35:33.69	01:43:13.77	00:51:24.97	14:30	03:10:12.44
3858	2516/2794	451/489	957	Jennifer Johnson	F	39	Lincoln	NE	00:40:15.78	01:39:21.02	00:50:37.67	14:30	03:10:14.47
3859	2517/2794	433/477	3822	Emily Greening	F	28	Axtell	NE	00:37:49.36	01:40:37.99	00:51:51.40	14:31	03:10:18.76
3860	2518/2794	402/450	2064	Megan Ingram	F	31	Hildreth	NE	00:37:47.93	01:40:38.74	00:51:53.22	14:31	03:10:19.91
3861	2519/2794	95/103	1261	Joyce Butler	F	57	Omaha	NE	00:39:48.29	01:39:18.30	00:51:26.13	14:32	03:10:32.73
3862	2520/2794	403/450	1248	Jennifer Jacoby	F	33	Lincoln	NE	00:39:44.79	01:39:27.15	00:51:29.98	14:32	03:10:41.93
3863	2521/2794	404/450	4409	Leigh Rich	F	34	Hastings	NE	00:42:12.26	01:38:16.35	00:50:13.42	14:32	03:10:42.03
3864	2522/2794	353/378	3150	Lauren Meeske	F	24	Denton	NE	00:36:09.55	01:37:33.26	00:57:09.38	14:33	03:10:52.20
3865	2523/2794	323/359	608	Adrien Spidell-Metcalf	F	40	Lincoln	NE	00:37:44.42	01:40:56.71	00:52:22.76	14:34	03:11:03.90
3866	2524/2794	405/450	3166	Caitlin Anderson	F	30	Lincoln	NE	00:37:12.73	01:42:05.07	00:51:46.37	14:34	03:11:04.18
3867	2525/2794	452/489	3759	Jessica Snowden	F	38	Elkhorn	NE	00:44:03.26	01:39:23.55	00:47:42.40	14:34	03:11:09.22
3868	2526/2794	38/46	892	Cathy Maddox	F	62	Lincoln	NE	00:38:48.37	01:41:44.31	00:50:47.05	14:35	03:11:19.74
3869	2527/2794	174/208	1203	Michelle Pieper	F	47	Lincoln	NE	00:38:49.12	01:41:44.46	00:50:47.40	14:35	03:11:20.98
3870	2528/2794	406/450	685	Jodi Garrelts	F	32	Kearney	NE	00:34:45.39	01:30:00.92	01:06:48.40	14:36	03:11:34.72
3871	2529/2794	434/477	3723	Paige Zoz	F	27	Omaha	NE	00:35:38.94			14:37	03:11:36.63
3872	2530/2794	435/477	3724	Alexandra Law	F	28	Lincoln	NE	00:35:38.78	01:42:11.88	00:53:45.99	14:37	03:11:36.66
3873	2531/2794	436/477	841	Laura Velez	F	27	Waterloo	NE	00:34:52.56	01:34:39.77	01:02:08.94	14:37	03:11:41.28
3874	2532/2794	453/489	1973	Jen Roeber	F	35	Lincoln	NE	00:38:59.91	01:37:39.16	00:55:16.83	14:38	03:11:55.90
3875	2533/2794	437/477	4208	Kayla Campbell	F	27	Lincoln	NE	00:44:06.80	01:47:28.58	00:40:27.60	14:39	03:12:02.98
3876	2534/2794	438/477	4371	Stephanie Schuelke	F	29	Waverly	NE	00:41:36.02	01:39:40.43	00:50:53.08	14:39	03:12:09.54
3877	2535/2794	324/359	4618	Tabi Zimmerman	F	43	Lincoln	NE	00:36:38.07	01:35:51.68	00:59:41.89	14:39	03:12:11.65
3878	2536/2794	454/489	4237	Sharalyn Clark	F	39	Omaha	NE	00:36:51.03	01:38:07.74	00:57:22.33	14:40	03:12:21.11
3879	2537/2794	407/450	782	Jennie Schmidt	F	31	Lincoln	NE	00:39:26.01	01:36:01.09	00:56:56.09	14:40	03:12:23.20
3880	2538/2794	408/450	2769	Amy Holiday	F	30	Omaha	NE	00:37:55.28	01:42:19.34	00:52:09.74	14:40	03:12:24.36
3881	2539/2794	455/489	1018	Megan Hollibaugh	F	35	Omaha	NE	00:39:13.84	01:43:03.94	00:50:20.01	14:41	03:12:37.80
3882	1343/1393	168/173	5483	Cameron Gross	M	27	Lincoln	NE	00:34:20.75	01:40:09.52	00:58:08.24	14:41	03:12:38.52
3883	2540/2794	439/477	3315	Karyn Gross	F	25	Lincoln	NE	00:34:24.87	01:40:08.45	00:58:08.24	14:41	03:12:41.57
3884	2541/2794	148/167	1101	Sandra Baumann	F	52	Pittstown	NJ	00:40:56.40	01:41:40.37	00:50:09.68	14:42	03:12:46.45
3885	2542/2794	409/450	3327	Elizabeth Hilpiper	F	32	Omaha	NE	00:37:30.11	01:41:38.49	00:53:40.96	14:42	03:12:49.57

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3886	2543/2794	149/167	4398	Deb Radenslaben	F	54	Cedar Bluffs	NE	00:39:44.85	01:40:11.07	00:53:03.46	14:43	03:12:59.40
3887	2544/2794	354/378	2744	Caitlin Cox	F	21	Lincoln	NE	00:42:12.11	01:42:05.74	00:48:47.23	14:43	03:13:05.09
3888	2545/2794	175/208	1071	Michelle Cox	F	47	Lincoln	NE	00:42:12.25	01:42:05.54	00:48:51.15	14:44	03:13:08.95
3889	2546/2794	325/359	3019	Amy Burns	F	41	Kearney	NE	00:34:28.79	01:40:50.87	00:57:54.71	14:44	03:13:14.38
3890	2547/2794	456/489	1262	Lyndsay Jo Foster-Arizola	F	35	Lincoln	NE	00:40:48.94	01:42:35.71	00:49:51.53	14:44	03:13:16.19
3891	2548/2794	457/489	1072	Maria Garcia	F	35	Lincoln	NE	00:40:49.13	01:42:35.91	00:49:51.99	14:44	03:13:17.04
3892	2549/2794	410/450	402	Bethany Barber	F	31	Lincoln	NE	00:39:24.82	01:39:13.12	00:54:48.97	14:45	03:13:26.91
3893	2550/2794	355/378	2058	Jen Yoder	F	22	Henderson	NE	00:39:25.09	01:39:12.84	00:54:49.03	14:45	03:13:26.97
3894	2551/2794	356/378	2532	Jacy Crawford	F	22	Hickman	NE	00:40:25.90	01:34:39.27	00:58:32.99	14:46	03:13:38.17
3895	2552/2794	357/378	4596	Jennifer Herting	F	20	Omaha	NE	00:40:36.97	01:42:33.93	00:50:27.91	14:46	03:13:38.82
3896	2553/2794	176/208	2745	Alicia Fechtmeister	F	48	Gretna	NE	00:40:00.93	01:42:22.39	00:51:24.27	14:46	03:13:47.60
3897	2554/2794	440/477	4308	Lindsey Badertscher	F	25	Neligh	NE	00:40:53.74	01:41:38.86	00:51:23.62	14:47	03:13:56.22
3898	2555/2794	441/477	3639	Devan Barnes	F	28	Arcadia	NE	00:38:54.80	01:45:23.67	00:49:46.05	14:48	03:14:04.53
3899	1344/1393	125/134	1643	Terry Powers	M	46	Lincoln	NE	00:42:40.44	01:43:27.75	00:48:07.69	14:49	03:14:15.88
3900	2556/2794	458/489	4579	Terri Bosnyak	F	35	Oklahoma City	OK	00:42:26.60	01:41:57.04	00:49:55.52	14:49	03:14:19.17
3901	2557/2794	459/489	4425	Bettina Horton	F	35	Oklahoma City	OK	00:42:26.00	01:41:54.40	00:50:03.39	14:49	03:14:23.80
3902	1345/1393	126/134	5019	Vern Gordon	M	48	Lincoln	NE	00:43:52.31	01:43:49.31	00:46:47.93	14:50	03:14:29.56
3903	1346/1393	17/19	4731	Aiden Havelka	M	12	Lincoln	NE	00:43:01.53	01:42:17.97	00:49:17.82	14:50	03:14:37.32
3904	2558/2794	177/208	4515	Christy Todd	F	45	Elkhorn	NE	00:40:18.59	01:41:48.03	00:52:32.55	14:50	03:14:39.18
3905	1347/1393	18/19	4765	Robert Reinsvold	M	12	Lincoln	NE	00:39:06.01	01:42:28.53	00:53:11.26	14:51	03:14:45.82
3906	1348/1393	105/106	6003	Patrick Reinsvold	M	51	Lincoln	NE	00:39:07.62	01:42:25.54	00:53:14.20	14:51	03:14:47.37
3907	1349/1393	79/81	6057	Thomas Swanson	M	58	Lincoln	NE	00:40:17.17	01:41:58.18	00:52:32.52	14:51	03:14:47.87
3908	2559/2794	326/359	825	Penny Havelka	F	41	Lincoln	NE	00:43:01.35	01:42:18.17	00:49:31.43	14:51	03:14:50.95
3909	2560/2794	327/359	1022	Brande Payne	F	40	Lincoln	NE	00:41:24.79	01:40:27.88	00:53:14.52	14:53	03:15:07.20
3910	2561/2794	328/359	698	Michelle Dameron	F	40	Hanover	MD	00:41:25.72	01:40:27.47	00:53:14.52	14:53	03:15:07.72
3911	2562/2794	411/450	3871	Katie Sawicki	F	30	Tulsa	OK	00:38:59.30	01:44:02.92	00:52:17.26	14:54	03:15:19.50
3912	2563/2794	329/359	6142	Laurie Eacker	F	44	Lincoln	NE	00:40:37.50	01:40:10.61	00:54:53.12	14:55	03:15:41.24
3913	2564/2794	460/489	4238	Samantha Antes	F	39	Omaha	NE	00:43:07.38	01:43:27.79	00:49:07.92	14:55	03:15:43.10
3914	2565/2794	412/450	4314	Nicole Kinnaman	F	33	Lincoln	NE	00:37:48.62	01:43:41.72	00:54:16.64	14:56	03:15:46.98
3915	2566/2794	358/378	4412	Lashell Hunter	F	23	Lincoln	NE	00:37:52.37	01:42:36.96	00:55:30.84	14:57	03:16:00.17
3916	1350/1393	247/250	5967	Brian Cook	M	39	Yukon	OK	00:43:06.95	01:44:19.56	00:48:34.09	14:57	03:16:00.60
3917	2567/2794	413/450	972	Rebekah Jessen	F	32	Bloomfield	NE	00:43:16.66	01:43:27.03	00:49:17.18	14:57	03:16:00.88
3918	1351/1393	127/134	5423	Jeff Hubbard	M	45	Lincoln	NE	00:41:28.39	01:43:14.62	00:51:28.07	14:57	03:16:11.08
3919	1352/1393	169/173	5587	Matthew Wilke	M	26	Lincoln	NE	00:36:12.99	01:37:46.00	01:02:16.79	14:58	03:16:15.78
3920	2568/2794	330/359	4364	Kari Goines	F	44	Edmond	OK	00:39:18.33	01:45:24.62	00:51:45.51	14:59	03:16:28.47



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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3921	2569/2794	359/378	4665	Jessica Heithoff	F	23	Elgin	NE	00:43:33.11	01:41:43.51	00:51:15.40	14:59	03:16:32.03
3922	2570/2794	360/378	2730	Brea Schrage	F	22	Omaha	NE	00:43:33.28	01:41:43.72	00:51:15.10	14:59	03:16:32.10
3923	2571/2794	461/489	1266	Stephanie Spencer	F	39	Papillion	NE	00:41:08.33	01:41:10.11	00:54:23.76	15:00	03:16:42.20
3924	2572/2794	86/89	3825	Taylor McCain	F	19	Papillion	NE	00:37:07.09	01:42:16.32	00:57:19.16	15:00	03:16:42.58
3925	2573/2794	414/450	976	Theresa Hansen	F	34	Crofton	NE	00:43:16.04	01:43:31.56	00:50:03.17	15:00	03:16:50.77
3926	2574/2794	442/477	605	Morgan Gerteisen	F	29	Eagle	NE	00:41:50.65	01:41:33.46	00:53:28.60	15:01	03:16:52.72
3927	1353/1393	128/134	5734	Edward Griffiths	M	46	Omaha	NE	00:40:41.10	01:42:22.52	00:53:49.82	15:01	03:16:53.45
3928	2575/2794	178/208	3534	Twila Hoferer	F	48	Lincoln	NE	00:43:29.40	01:40:07.38	00:53:20.41	15:01	03:16:57.20
3929	1354/1393	179/184	1995	John Tysdal	M	42	Omaha	NE	00:39:46.94	01:43:16.71	00:53:55.68	15:01	03:16:59.34
3930	2576/2794	179/208	3028	Konda Wacker	F	49	St Joseph	MO	00:42:57.45	01:39:42.96	00:54:18.98	15:01	03:16:59.39
3931	2577/2794	361/378	3380	Kendra Martin	F	23	Omaha	NE	00:41:24.28	01:40:11.39	00:55:28.66	15:02	03:17:04.34
3932	2578/2794	415/450	1225	Amanda Schroeder	F	31	Lincoln	NE	00:40:19.61	01:42:32.67	00:54:12.83	15:02	03:17:05.12
3933	2579/2794	180/208	1955	Kristine Strand	F	46	Lincoln	NE	00:41:35.29	01:40:09.34	00:55:27.38	15:02	03:17:12.02
3934	2580/2794	331/359	3824	Shelly Covert	F	44	Lincoln	NE	00:40:54.58	01:41:10.90	00:55:08.75	15:02	03:17:14.23
3935	2581/2794	462/489	4491	Kim Davis	F	38	Oberlin	KS	00:43:17.82	01:41:46.56	00:52:11.95	15:02	03:17:16.34
3936	2582/2794	87/89	2522	Olivia Willis	F	16	Lincoln	NE	00:39:01.67	01:44:08.32	00:54:06.36	15:02	03:17:16.36
3937	2583/2794	181/208	2971	Penni Mitchell	F	45	Fairbury	NE	00:44:25.86	01:46:48.99	00:46:04.72	15:03	03:17:19.57
3938	2584/2794	463/489	4288	Pamela Truscott	F	35	Sterling	NE	00:41:02.28	01:45:53.43	00:50:37.07	15:04	03:17:32.78
3939	2585/2794	362/378	4534	Kaleigh Lesiak	F	22	Lincoln	NE	00:38:33.39	01:43:15.50	00:55:46.93	15:04	03:17:35.82
3940	2586/2794	416/450	3141	Lori Moore	F	32	Lincoln	NE	00:45:42.42	01:44:30.57	00:47:29.05	15:04	03:17:42.04
3941	2587/2794	150/167	4320	Yvonne Reinsvold	F	51	Lincoln	NE	00:41:14.14	01:42:01.43	00:54:31.97	15:05	03:17:47.55
3942	2588/2794	332/359	4196	Becky Pecha	F	44	La Vista	NE	00:42:06.42	01:40:15.06	00:55:29.50	15:05	03:17:50.98
3943	1355/1393	50/53	1979	Doug Merriman	M	60	Lincoln	NE	00:38:49.34	01:40:12.76	00:58:49.00	15:05	03:17:51.11
3944	2589/2794	182/208	3400	Leanna Schlesiger	F	47	Hickman	NE	00:41:16.46	01:42:51.83	00:53:43.43	15:05	03:17:51.73
3945	2590/2794	183/208	4164	Teri King	F	47	Lincoln	NE	00:41:16.23	01:42:51.92	00:53:44.04	15:05	03:17:52.20
3946	2591/2794	464/489	1924	Valerie Emerson	F	35	Lincoln	NE	00:38:59.02	01:43:08.85	00:55:56.17	15:06	03:18:04.04
3947	2592/2794	333/359	1152	Shannon Branting	F	42	Lincoln	NE	00:44:34.12	01:44:16.81	00:49:27.55	15:07	03:18:18.49
3948	2593/2794	184/208	800	Angel Delgado	F	46	Lincoln	NE	00:44:33.95	01:44:15.97	00:49:28.90	15:07	03:18:18.83
3949	1356/1393	180/184	5813	Scott Tafoya	M	44	Papillion	NE	00:37:52.75	01:45:02.36	00:55:31.52	15:08	03:18:26.63
3950	2594/2794	334/359	4453	Lisa Tafoya	F	44	Papillion	NE	00:37:51.66	01:45:02.85	00:55:32.25	15:08	03:18:26.77
3951	2595/2794	335/359	2390	Alice Spence	F	43	Papillion	NE	00:37:50.10	01:45:05.26	00:55:38.17	15:08	03:18:33.54
3952	1357/1393	181/184	5469	Michael Spence	M	42	Papillion	NE	00:37:52.31	01:45:03.30	00:55:38.39	15:08	03:18:34.01
3953	2596/2794	443/477	2265	Olivia Faubel	F	25	Lincoln	NE	00:42:46.18	01:43:06.73	00:52:43.07	15:08	03:18:35.98
3954	2597/2794	185/208	4479	Emily Faubel	F	46	Lincoln	NE	00:42:45.80	01:43:06.90	00:52:43.27	15:08	03:18:35.98
3955	2598/2794	3/4	4447	Deb Fisher	F	73	Lincoln	NE	00:44:59.00	01:41:05.02	00:52:49.97	15:10	03:18:54.00

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3956	1358/1393	207/213	5613	Jacob Stoner	M	30	Lincoln	NE	00:36:52.31	01:48:37.24	00:53:26.90	15:10	03:18:56.45
3957	2599/2794	363/378	3838	Katie Howser	F	23	Lincoln	NE	00:36:54.82	01:48:36.78	00:53:27.00	15:10	03:18:58.61
3958	2600/2794	444/477	4672	Lauren Laferla	F	26	Omaha	NE	00:42:53.27	01:48:07.55	00:47:59.22	15:10	03:19:00.04
3959	2601/2794	364/378	2997	Gina Babcock	F	22	Lincoln	NE	00:45:55.60	01:51:14.05	00:41:53.14	15:11	03:19:02.80
3960	2602/2794	151/167	737	Kathy Shottenkirk	F	51	Lincoln	NE	00:43:20.65	01:43:16.02	00:52:26.58	15:11	03:19:03.25
3961	1359/1393	170/173	5972	Jonathan Nielsen	M	25	Lincoln	NE	00:38:33.28	01:43:03.32	00:57:31.98	15:11	03:19:08.58
3962	2603/2794	445/477	4761	Jordan Moller	F	26	Bellevue	NE	00:42:53.82	01:48:07.75	00:48:14.28	15:12	03:19:15.85
3963	2604/2794	417/450	3085	Laurie Miller	F	34	Lincoln	NE	00:43:59.08	01:46:00.54	00:49:21.22	15:12	03:19:20.85
3964	2605/2794	96/103	3087	Nancy Turtenwald	F	59	West Allis	WI	00:44:00.83	01:45:59.79	00:49:20.23	15:12	03:19:20.86
3965	2606/2794	186/208	4015	Angela Russell	F	46	Lebanon	IN	00:44:01.25	01:45:59.03	00:49:20.88	15:12	03:19:21.17
3966	2607/2794	97/103	4650	Deb Lenhoff	F	57	Lincoln	NE	00:40:41.66	01:44:26.38	00:54:20.67	15:13	03:19:28.71
3967	2608/2794	418/450	4227	Krista Heiden	F	31	Hickman	NE	00:45:42.55	01:45:53.06	00:48:11.02	15:14	03:19:46.64
3968	2609/2794	446/477	1240	Kendra Kapels	F	28	Columbus	NE	00:40:51.57	01:44:54.18	00:54:17.99	15:15	03:20:03.74
3969	1360/1393	121/122	6061	Tucker Busch	M	21	Omaha	NE	00:41:15.94	01:45:35.69	00:53:13.50	15:15	03:20:05.13
3970	2610/2794	365/378	4423	Madison Ritterbush	F	20	Omaha	NE	00:41:16.94	01:45:34.97	00:53:14.64	15:15	03:20:06.55
3971	2611/2794	447/477	3366	Abbi Raasch	F	27	Omaha	NE	00:45:05.93	01:43:44.08	00:51:37.98	15:17	03:20:28.00
3972	2612/2794	419/450	3389	Micaela Raasch	F	31	Omaha	NE	00:45:04.91	01:43:45.89	00:51:39.64	15:17	03:20:30.45
3973	2613/2794	187/208	4448	Jill Quinn	F	46	Lincoln	NE	00:44:59.42	01:41:29.17	00:54:02.00	15:17	03:20:30.60
3974	1361/1393	248/250	6080	Brandon Vetrovsky	M	36	Beatrice	NE	00:40:32.79	01:45:09.10	00:54:54.23	15:18	03:20:36.13
3975	1362/1393	249/250	6084	Matthew Huls	M	37	Lincoln	NE	00:40:33.82	01:45:09.08	00:54:53.82	15:18	03:20:36.73
3976	2614/2794	448/477	2712	Morgan Luebbe	F	26	Seward	NE	00:39:13.02	01:46:27.02	00:54:58.99	15:18	03:20:39.03
3977	2615/2794	188/208	4552	Tabatha Harders	F	48	Cairo	NE	00:40:59.74	01:43:28.79	00:56:11.51	15:18	03:20:40.06
3978	2616/2794	98/103	3236	Wendy Keele	F	57	Hastings	NE	00:46:12.07	01:49:53.58	00:44:52.06	15:19	03:20:57.72
3979	2617/2794	449/477	3234	Marcia Henline	F	28	North Platte	NE	00:46:12.08	01:49:53.79	00:44:52.68	15:19	03:20:58.55
3980	2618/2794	39/46	3142	Susan Moore	F	63	Lincoln	NE	00:45:42.77	01:44:33.83	00:50:47.14	15:20	03:21:03.75
3981	2619/2794	336/359	1222	Valerie Morris	F	44	Lincoln	NE	00:41:01.32	01:47:51.30	00:52:26.13	15:21	03:21:18.75
3982	2620/2794	152/167	1069	Cathy Clare	F	54	Lincoln	NE	00:38:15.49	01:47:35.84	00:55:29.92	15:21	03:21:21.26
3983	1363/1393	129/134	5669	Joey Torres	M	46	Bellevue	NE	00:47:28.81	01:43:25.80	00:50:26.92	15:21	03:21:21.53
3984	2621/2794	189/208	1122	Shauni Hutchinson	F	46	Unadilla	NE	00:45:24.83	01:46:46.80	00:49:19.94	15:22	03:21:31.57
3985	2622/2794	190/208	1100	Amy Schafer	F	46	Lincoln	NE	00:45:24.93	01:46:47.21	00:49:19.52	15:22	03:21:31.67
3986	1364/1393	208/213	1967	Nathan Hammon	M	34	Palmyra	NE	00:38:31.10	01:47:19.22	00:56:24.17	15:25	03:22:14.49
3987	2623/2794	465/489	3242	Lacy Meinke	F	38	Lincoln	NE	00:40:25.61	01:44:12.58	00:57:36.31	15:25	03:22:14.50
3988	2624/2794	420/450	835	Ashley Hammon	F	33	Palmyra	NE	00:38:32.63	01:47:16.72	00:56:25.24	15:25	03:22:14.60
3989	2625/2794	466/489	3469	Jennie Wood	F	35	Lincoln	NE	00:40:25.49	01:44:12.32	00:57:53.94	15:26	03:22:31.77
3990	2626/2794	450/477	4074	Laura Thomas	F	25	Omaha	NE	00:39:27.34	01:50:38.04	00:52:31.39	15:27	03:22:36.78

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3991	1365/1393	182/184	1696	Stephen Engel	M	42	Lincoln	NE	00:38:46.01	01:48:51.54	00:55:08.66	15:28	03:22:46.21
3992	2627/2794	467/489	3135	Kirstie Garnes	F	37	Lincoln	NE	00:38:46.33	01:48:52.78	00:55:08.54	15:28	03:22:47.66
3993	2628/2794	99/103	4601	Sharon Sewald	F	55	North Platte	NE	00:41:07.11	01:46:47.79	00:55:00.82	15:28	03:22:55.73
3994	2629/2794	451/477	1044	Kassandra Braaten	F	28	Lincoln	NE	00:43:43.46	01:58:16.81	00:41:05.45	15:29	03:23:05.72
3995	2630/2794	421/450	4259	Emily Scheibeler	F	31	Omaha	NE	00:42:17.77	01:45:28.43	00:55:23.54	15:29	03:23:09.74
3996	2631/2794	452/477	2803	Kali Effken	F	26	Cook	NE	00:45:08.77	01:58:00.84	00:40:00.31	15:29	03:23:09.92
3997	2632/2794	453/477	3845	Katie Hupka	F	25	Cook	NE	00:45:09.57	01:58:02.10	00:39:58.88	15:29	03:23:10.56
3998	2633/2794	422/450	516	Lesley Stangl	F	30	Blair	NE	00:37:18.80	01:40:49.96	01:05:05.53	15:30	03:23:14.30
3999	2634/2794	337/359	1107	Pam Rademacher	F	44	Lincoln	NE	00:41:26.10	01:46:47.10	00:55:02.43	15:30	03:23:15.64
4000	2635/2794	423/450	4231	Lindsay Crawford	F	33	Hickman	NE	00:45:42.06	01:45:54.03	00:51:41.15	15:30	03:23:17.25
4001	2636/2794	153/167	1087	Michelle Koszewski	F	53	Lincoln	NE	00:44:19.21	01:49:17.49	00:49:47.32	15:30	03:23:24.02
4002	2637/2794	191/208	3993	Kim Wilson	F	48	Lincoln	NE	00:44:19.52	01:49:16.52	00:49:48.00	15:30	03:23:24.04
4003	1366/1393	130/134	1934	Tony Menard	M	48	Lincoln	NE	00:47:14.14	01:46:18.51	00:49:55.15	15:31	03:23:27.81
4004	2638/2794	338/359	2109	Nora Spencer	F	41	Omaha	NE	00:49:44.32	01:44:18.58	00:49:25.17	15:31	03:23:28.08
4005	2639/2794	88/89	331	Luta Menard	F	16	Lincoln	NE	00:47:14.34	01:46:18.94	00:49:55.15	15:31	03:23:28.44
4006	2640/2794	454/477	2823	Monica Burke	F	28	Palisade	NE	00:42:55.09	01:48:32.67	00:52:08.25	15:31	03:23:36.01
4007	2641/2794	366/378	2129	Breanna Krutsinger	F	23	Humphrey	NE	00:33:35.24	01:50:18.97	00:59:45.11	15:32	03:23:39.32
4008	2642/2794	468/489	4025	Emily Gossard	F	39	Lincoln	NE	00:46:34.33	01:43:26.44	00:53:40.41	15:32	03:23:41.19
4009	2643/2794	455/477	1170	Lisa Crawford	F	29	Lavista	NE	00:41:21.14	01:47:39.95	00:54:41.82	15:32	03:23:42.92
4010	1367/1393	183/184	1945	Carl Franklin	M	44	Aurora	NE	00:41:20.85	01:47:39.79	00:54:42.75	15:32	03:23:43.39
4011	1368/1393	209/213	5784	Patrick Morehead	M	34	Lincoln	NE	00:44:39.28	01:46:29.23	00:52:40.82	15:32	03:23:49.34
4012	1369/1393	15/16	1970	Phil Tegeler	M	65	Lincoln	NE	00:41:37.34	01:45:26.35	00:57:24.04	15:35	03:24:27.74
4013	2644/2794	424/450	4602	Gina Tejral	F	34	La Vista	NE	00:41:28.49	01:48:41.02	00:54:26.88	15:36	03:24:36.40
4014	2645/2794	154/167	3026	Suzu Dunkleman	F	54	Bellevue	NE	00:42:09.03	01:44:05.17	00:58:28.33	15:36	03:24:42.54
4015	2646/2794	456/477	4103	Allie Schiltmeyer	F	26	Lincoln	NE	00:47:58.32	01:48:52.49	00:47:59.18	15:37	03:24:50.00
4016	2647/2794	469/489	1000	Molly Moller	F	37	Lincoln	NE	00:43:53.53	01:47:40.25	00:53:20.70	15:37	03:24:54.48
4017	2648/2794	339/359	1092	Heather Pederson	F	41	Lincoln	NE	00:44:07.31	01:47:31.96	00:53:23.12	15:38	03:25:02.40
4018	2649/2794	425/450	1094	Natasha Howard	F	32	Lincoln	NE	00:44:09.18	01:47:30.88	00:53:23.12	15:38	03:25:03.19
4019	2650/2794	457/477	2833	Jennifer Calvin	F	26	North Platte	NE	00:42:55.89	01:48:32.81	00:53:46.03	15:39	03:25:14.74
4020	2651/2794	192/208	896	Irene Williams	F	48	Lincoln	NE	00:42:38.13	01:47:55.48	00:54:42.37	15:39	03:25:16.00
4021	2652/2794	8/9	4063	Jeanen France	F	65	Lincoln	NE	00:43:16.35	01:47:30.04	00:54:33.90	15:39	03:25:20.29
4022	2653/2794	470/489	4496	Rikki Tucker	F	35	Kearney	NE	00:39:22.62	01:45:01.76	01:01:00.29	15:40	03:25:24.67
4023	2654/2794	9/9	1477	Lynn Treadway	F	66	Kearney	NE	00:43:20.18	01:48:33.68	00:53:35.27	15:40	03:25:29.14
4024	2655/2794	471/489	1008	Kisha Morland	F	35	North Platte	NE	00:44:29.68	01:49:43.07	00:51:33.92	15:41	03:25:46.68
4025	2656/2794	472/489	3828	Sara Andersen	F	39	Omaha	NE	00:42:06.82	01:47:57.20	00:55:47.87	15:42	03:25:51.90

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4026	2657/2794	340/359	1172	Karri Damratowski	F	40	Kearney	NE	00:45:16.45	01:48:02.79	00:52:40.65	15:42	03:25:59.90
4027	2658/2794	155/167	1317	Misty Jones-Long	F	52	Jessup	MD	00:45:29.62	01:48:19.50	00:52:40.69	15:45	03:26:29.82
4028	2659/2794	458/477	488	Kayla Morland	F	27	Omaha	NE	00:44:28.84	01:49:43.12	00:52:27.72	15:45	03:26:39.69
4029	2660/2794	426/450	3831	Jen Volkmer	F	32	Omaha	NE	00:42:19.30	01:49:12.09	00:55:17.89	15:46	03:26:49.29
4030	2661/2794	341/359	3782	Becky Retzlaff	F	44	Lincoln	NE	00:37:58.62	01:46:36.02	01:02:16.43	15:46	03:26:51.09
4031	2662/2794	427/450	930	Whitney Vessar	F	33	Omaha	NE	00:45:35.78	01:49:17.97	00:52:00.07	15:46	03:26:53.83
4032	2663/2794	342/359	1263	Shannon Steinmetz	F	41	Lincoln	NE	00:44:46.43	01:49:40.89	00:52:34.41	15:47	03:27:01.74
4033	2664/2794	428/450	1301	Rebecca Wardlaw	F	33	Waterloo	NE	00:45:34.55	01:50:05.69	00:51:24.55	15:47	03:27:04.80
4034	2665/2794	367/378	440	Alexandra Miller	F	24	Lincoln	NE	00:44:45.64	01:49:37.69	00:52:46.35	15:48	03:27:09.69
4035	1370/1393	171/173	4888	Randy Humphrey	M	26	Lincoln	NE	00:44:46.66	01:49:43.50	00:52:39.73	15:48	03:27:09.89
4036	2666/2794	459/477	2933	Janet Lopez	F	27	Sioux City	IA	00:38:19.47	01:48:28.09	01:00:25.64	15:48	03:27:13.20
4037	2667/2794	343/359	4282	Angela Zocholl	F	44	Lincoln	NE	00:48:23.80	01:48:35.32	00:50:25.92	15:49	03:27:25.05
4038	2668/2794	193/208	1289	Pam Pollman	F	49	Fairbury	NE	00:44:25.27	01:47:58.24	00:55:10.47	15:50	03:27:33.99
4039	2669/2794	368/378	5325	Amanda Meradith	F	23	Lincoln	NE	00:48:41.57	01:57:40.89	00:41:18.02	15:50	03:27:40.49
4040	2670/2794	473/489	556	Peggy Jones	F	38	Papillion	NE	00:45:18.69	01:48:03.09	00:54:21.25	15:50	03:27:43.03
4041	2671/2794	194/208	4403	Jodanne Hedrick	F	45	Council Bluffs	IA	00:45:19.34	01:48:02.27	00:54:26.92	15:51	03:27:48.54
4042	2672/2794	195/208	4643	Shelly Dowding	F	45	Lincoln	NE			00:59:57.84	15:52	03:28:02.24
4043	2673/2794	100/103	3325	Susan Moore	F	59	Lincoln	NE	00:49:27.81	01:48:47.59	00:49:50.63	15:52	03:28:06.04
4044	2674/2794	369/378	4480	Allie Fowler	F	22	Lincoln	NE	00:43:13.92	01:48:40.96	00:56:15.64	15:52	03:28:10.52
4045	2675/2794	370/378	2513	Ellen Homan	F	24	Omaha	NE	00:43:46.46	01:50:42.83	00:54:05.64	15:54	03:28:34.94
4046	2676/2794	460/477	4555	Katie Shanmugam	F	27	Omaha	NE	00:43:47.14	01:50:43.74	00:54:04.53	15:54	03:28:35.42
4047	2677/2794	40/46	4509	Lilly Blase	F	60	Lincoln	NE	00:49:43.73	01:48:48.12	00:50:05.85	15:54	03:28:37.71
4048	1371/1393	210/213	1962	Michael Kohel	M	33	Lincoln	NE	00:40:14.09	01:44:30.45	01:04:05.25	15:55	03:28:49.80
4049	2678/2794	9/10	3683	Elissa Miller	F	14	Lincoln	NE	00:42:27.40	01:49:30.78	00:57:00.15	15:56	03:28:58.34
4050	2679/2794	156/167	4328	Kelly Kunze	F	52	Palmer	NE	00:48:41.68	01:49:11.06	00:51:19.39	15:57	03:29:12.14
4051	2680/2794	196/208	1251	Cindy Doggett	F	49	Palmer	NE	00:48:41.90	01:49:09.80	00:51:20.55	15:57	03:29:12.25
4052	2681/2794	197/208	1207	Kimberly Bader	F	46	Saint Paul	NE	00:48:41.11	01:49:11.62	00:51:20.25	15:57	03:29:12.99
4053	2682/2794	429/450	4485	Jennifer Hicks	F	34	Bennington	NE	00:45:19.25	01:48:03.64	00:55:57.40	15:58	03:29:20.30
4054	2683/2794	344/359	4421	Tricia Hernandez	F	43	Omaha	NE	00:42:08.18	01:52:47.55	00:54:35.44	15:58	03:29:31.18
4055	1372/1393	16/16	1750	Richard Simmons	M	69	Lincoln	NE	00:46:26.27	01:48:48.12	00:54:24.83	15:59	03:29:39.22
4056	2684/2794	198/208	4649	Lisa Summers	F	47	Bellevue	NE	00:45:58.85	01:54:21.80	00:49:18.80	15:59	03:29:39.45
4057	2685/2794	371/378	4547	Ashley Parker	F	24	Papillion	NE	00:45:56.28	01:54:21.35	00:49:21.83	15:59	03:29:39.46
4058	2686/2794	199/208	4546	Tina Hern	F	45	Papillion	NE	00:45:59.45	01:54:23.41	00:49:17.35	15:59	03:29:40.22
4059	2687/2794	345/359	4592	Angie Ellis	F	42	York	NE	00:41:39.15	01:52:28.99	00:55:35.83	15:59	03:29:43.97
4060	1373/1393	19/19	5831	Calvin Butler	M	12	Lincoln	NE	00:42:55.35	01:50:13.80	00:56:38.91	16:00	03:29:48.07

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4061	2688/2794	101/103	1242	Vicki Valente	F	58	Lincoln	NE	00:46:34.41	01:49:12.57	00:54:17.15	16:01	03:30:04.13
4062	2689/2794	461/477	4503	Lindsay Ridlen	F	25	Kearney	NE	00:45:03.30	01:49:11.34	00:55:57.70	16:02	03:30:12.36
4063	2690/2794	462/477	4512	Sarah Nelson	F	26	Denton	NE	00:43:21.82	01:48:50.33	00:58:01.25	16:02	03:30:13.41
4064	2691/2794	463/477	4565	Ariana Falk	F	28	Park Forest	IL	00:45:51.55	01:47:20.36	00:57:06.56	16:02	03:30:18.48
4065	2692/2794	430/450	947	Brooke Vass	F	33	Lincoln	NE	00:41:53.33	01:50:35.06	00:57:56.65	16:03	03:30:25.05
4066	1374/1393	172/173	5860	Derek Dubas	M	25	Lincoln	NE	00:41:28.82	01:49:21.31	00:59:47.42	16:04	03:30:37.55
4067	2693/2794	431/450	3138	Crystal Bohling	F	30	Lincoln	NE	00:41:29.34	01:49:21.12	00:59:47.23	16:04	03:30:37.70
4068	2694/2794	372/378	2869	Madison Montanez	F	20	Lincoln	NE	00:38:10.98	01:49:05.03	01:03:23.70	16:04	03:30:39.71
4069	2695/2794	432/450	990	Nicole Henrichs	F	31	Lincoln	NE	00:43:57.25	01:50:57.89	00:55:47.56	16:04	03:30:42.70
4070	2696/2794	373/378	3969	Jessica Bollin	F	20	Lincoln	NE	00:44:20.69	01:51:38.60	00:54:44.53	16:04	03:30:43.83
4071	2697/2794	464/477	1288	Kirsten Jergensen	F	28	Lincoln	NE	00:45:11.31	01:52:10.24	00:53:32.25	16:05	03:30:53.80
4072	2698/2794	157/167	751	Kim Carter	F	50	Hershey	NE	00:42:26.55	01:46:41.58	01:01:54.04	16:05	03:31:02.17
4073	2699/2794	433/450	4531	Meghan O'Neill	F	34	Lincoln	NE	00:42:36.93	01:49:53.57	00:58:53.54	16:07	03:31:24.05
4074	2700/2794	465/477	3722	Ashely Christensen	F	25	Omaha	NE	00:44:59.22	01:53:10.52	00:54:05.83	16:11	03:32:15.58
4075	2701/2794	374/378	3721	Courtney Smith	F	24	Lincoln	NE	00:44:59.14	01:53:10.01	00:54:09.23	16:11	03:32:18.38
4076	2702/2794	375/378	2909	Taylor Lothson	F	21	Lincoln	NE	00:40:14.72	01:53:49.03	00:58:26.27	16:12	03:32:30.03
4077	2703/2794	158/167	6124	Susanne Blue	F	53	Lincoln	NE	00:44:22.60	01:52:11.25	00:56:13.58	16:13	03:32:47.43
4078	2704/2794	159/167	3492	Ann Parr	F	53	Lincoln	NE	00:44:21.37	01:52:11.80	00:56:14.55	16:13	03:32:47.74
4079	2705/2794	160/167	1085	Amy Arndt	F	52	Lincoln	NE			00:57:03.45	16:14	03:32:48.54
4080	2706/2794	4/4	3100	Jana Coffman	F	73	Omaha	NE	00:48:22.08	01:50:06.77	00:54:39.18	16:15	03:33:08.03
4081	1375/1393	4/4	5363	Fred Coffman	M	75	Omaha	NE	00:48:23.66	01:50:06.31	00:54:40.57	16:15	03:33:10.55
4082	2707/2794	474/489	4611	Melissa Marquez	F	39	Lincoln	NE	00:43:47.10	01:52:23.90	00:57:02.55	16:15	03:33:13.55
4083	2708/2794	346/359	4647	Shannon Hausner	F	40	Omaha	NE	00:46:21.77	01:51:28.32	00:56:11.35	16:19	03:34:01.44
4084	2709/2794	200/208	4527	Darci Anderson	F	48	Lincoln	NE	00:45:02.55	01:53:06.51	00:55:55.58	16:19	03:34:04.64
4085	2710/2794	434/450	499	Kellie Wulf	F	34	Lincoln	NE	00:44:24.93	01:45:25.35	01:04:48.37	16:22	03:34:38.65
4086	2711/2794	347/359	3064	Samantha Ryan	F	41	Omaha	NE	00:46:18.97	01:51:14.67	00:57:20.95	16:23	03:34:54.59
4087	2712/2794	435/450	4658	Erienne Schwarz	F	31	Lincoln	NE	00:45:56.66	01:51:27.41	00:57:32.41	16:23	03:34:56.48
4088	2713/2794	201/208	979	Gretchen Ritterling	F	46	Greenwood	NE	00:48:07.22	01:53:28.63	00:53:39.88	16:25	03:35:15.74
4089	2714/2794	466/477	4102	Kayce Potter	F	26	Lincoln	NE	00:47:59.14	01:51:37.39	00:55:42.44	16:25	03:35:18.97
4090	2715/2794	202/208	4461	Monica Lambert	F	47	Lincoln	NE	00:49:14.16	01:53:05.42	00:53:14.20	16:26	03:35:33.79
4091	1376/1393	131/134	1993	Kurt Mantonya	M	46	Lincoln	NE	00:46:01.35	01:50:28.09	00:59:09.30	16:27	03:35:38.75
4092	2716/2794	475/489	1368	Molly Holloway	F	37	Cortland	NE	00:47:49.35	01:54:07.30	00:53:46.89	16:27	03:35:43.55
4093	2717/2794	467/477	3938	Emily Kottwitz	F	27	Lincoln	NE	00:47:52.82	01:54:07.07	00:53:47.00	16:27	03:35:46.90
4094	2718/2794	348/359	4567	Linette Mccune	F	44	Ozawkie	KS	00:45:18.20	01:55:50.00	00:54:57.36	16:29	03:36:05.57
4095	2719/2794	436/450	5726	Ariel Smith	F	31	Lenexa	KS	00:58:06.16	01:44:19.36	00:53:50.34	16:29	03:36:15.86

# The Good Life Halfsy

November 6, 2016

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4096	1377/1393	173/173	5072	Nick Navarro	M	25	Bellevue	NE	00:42:27.33	01:56:37.05	00:57:18.56	16:30	03:36:22.94
4097	2720/2794	161/167	4260	Debbie Navarro	F	50	Bellevue	NE	00:42:28.20	01:56:36.05	00:57:20.27	16:30	03:36:24.52
4098	2721/2794	437/450	3894	Rachel Kunkle	F	33	Elkhorn	NE	00:44:38.83	01:53:08.67	00:59:01.81	16:32	03:36:49.31
4099	2722/2794	41/46	2365	J Carmichael	F	60	Lincoln	NE	00:48:13.37	01:47:08.78	01:01:43.56	16:33	03:37:05.71
4100	2723/2794	162/167	4624	Karla Fluent	F	52	Lincoln	NE	00:47:51.42	01:54:11.67	00:55:32.29	16:35	03:37:35.38
4101	1378/1393	33/33	5786	Ellis Clopton	M	19	Auburn	NE	00:49:33.12	01:55:42.88	00:52:19.98	16:35	03:37:35.98
4102	2724/2794	349/359	6082	Alea Woodward	F	43	Lincoln	NE	00:47:53.22			16:36	03:37:37.09
4103	2725/2794	438/450	5160	Jennifer Baumert	F	32	Elkhorn	NE	00:39:34.15	01:53:39.20	01:04:37.29	16:37	03:37:50.64
4104	2726/2794	350/359	4610	Angelique Keightley	F	44	Papillion	NE	00:46:46.60	01:54:32.77	00:56:40.44	16:37	03:37:59.81
4105	2727/2794	476/489	2704	Steffanie Triller Fry	F	35	Chicago	IL	00:40:43.38	01:50:37.32	01:06:39.30	16:37	03:38:00.01
4106	2728/2794	477/489	3788	Tina Kearney	F	38	Belleville	IL	00:40:43.99	01:50:37.32	01:06:39.01	16:37	03:38:00.32
4107	2729/2794	351/359	619	Stacy Zoucha	F	44	Omaha	NE	00:36:10.22	01:54:36.49	01:07:26.99	16:38	03:38:13.71
4108	2730/2794	352/359	4468	Christina Nevitt	F	42	Lincoln	NE	00:47:07.28	01:55:25.83	00:55:49.72	16:39	03:38:22.84
4109	2731/2794	163/167	1209	Kellie Kramer	F	54	Lincoln	NE	00:44:19.22	01:55:36.25	00:58:28.28	16:39	03:38:23.75
4110	2732/2794	353/359	940	Amy Kusek	F	44	Lincoln	NE	00:44:19.22	01:55:36.05	00:58:28.68	16:39	03:38:23.95
4111	2733/2794	203/208	4181	Dawn Stolzenburg	F	46	Lavista	NE	00:46:40.95	01:50:45.18	01:01:02.04	16:39	03:38:28.18
4112	1379/1393	132/134	5947	Bob Barrientos	M	47	Lavista	NE	00:46:41.38	01:50:44.64	01:01:02.69	16:39	03:38:28.72
4113	1380/1393	211/213	6117	Casen Beran	M	32	Walton	NE	00:44:07.86	01:53:17.91	01:01:11.37	16:40	03:38:37.15
4114	2734/2794	354/359	4490	Jennifer Hancock	F	40	Lincoln	NE	00:46:51.59	01:55:17.32	00:56:52.88	16:42	03:39:01.80
4115	2735/2794	204/208	4620	Tracy Knezevic	F	48	Lincoln	NE	00:46:51.87	01:55:16.88	00:56:53.87	16:42	03:39:02.63
4116	2736/2794	439/450	3864	Stephanie Novacek	F	31	Palmyra	NE	00:35:49.60	01:47:26.55	01:16:08.08	16:44	03:39:24.24
4117	2737/2794	89/89	2889	Rachel Perrson	F	19	Auburn	NE	00:49:23.58	01:55:41.84	00:54:46.98	16:46	03:39:52.41
4118	1381/1393	106/106	5247	Rich Clopton	M	51	Auburn	NE	00:49:33.44	01:55:43.83	00:54:36.99	16:46	03:39:54.27
4119	2738/2794	164/167	2871	Deb Clopton	F	51	Auburn	NE	00:49:26.43	01:55:41.98	00:54:46.55	16:46	03:39:54.96
4120	2739/2794	478/489	4676	Kara Creal	F	36	Lincoln	NE	00:52:03.29	01:53:10.32	00:55:18.25	16:49	03:40:31.86
4121	1382/1393	51/53	6105	Reed Priess	M	62	Lincoln	NE	00:52:03.81	01:53:10.37	00:55:18.09	16:49	03:40:32.28
4122	2740/2794	468/477	5909	Jessica Tubbs	F	29	Lincoln	NE	00:51:59.35			16:54	03:41:33.79
4123	2741/2794	440/450	1258	Renee Carter	F	31	Tecumseh	NE	00:51:05.64	01:56:01.79	00:54:32.16	16:54	03:41:39.59
4124	2742/2794	102/103	529	Jennifer James	F	59	Verdon	NE	00:51:04.85	01:56:01.09	00:54:35.32	16:54	03:41:41.26
4125	2743/2794	165/167	1068	Elaine Horn	F	53	Shubert	NE	00:51:06.17	01:56:00.46	00:54:34.67	16:54	03:41:41.31
4126	2744/2794	469/477	4600	Narges Attaie	F	26	Lincoln	NE	00:46:52.82	01:50:25.41	01:04:44.04	16:56	03:42:02.27
4127	1383/1393	80/81	6104	David Cassner	M	55	Lincoln	NE	00:44:28.32	01:53:22.44	01:04:20.47	16:56	03:42:11.24
4128	2745/2794	470/477	2639	Alexis Akers	F	26	Lincoln	NE	00:47:59.67	01:57:53.27	00:58:04.60	17:05	03:43:57.55
4129	1384/1393	122/122	5655	Michael Reinsvold	M	23	Lincoln	NE	00:41:54.69	01:56:17.33	01:06:06.45	17:06	03:44:18.47
4130	2746/2794	10/10	2043	Lauren Reinsvold	F	10	Lincoln	NE	00:41:57.37	01:56:16.93	01:06:05.90	17:06	03:44:20.20

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4131	1385/1393	81/81	1827	Scott Hale	M	55	Parker	CO	00:48:22.79	01:57:25.81	00:58:32.31	17:06	03:44:20.91
4132	2747/2794	355/359	4633	Stacia Weaver	F	43	Omaha	NE	00:47:09.21	01:57:31.07	00:59:43.01	17:07	03:44:23.30
4133	2748/2794	42/46	2988	Sandy Kroeker	F	61	Henderson	NE	00:48:26.70	01:57:24.67	00:58:33.06	17:07	03:44:24.44
4134	2749/2794	471/477	3002	Jessica Kroeker	F	29	Omaha	NE	00:48:26.52	01:57:24.87	00:58:33.32	17:07	03:44:24.72
4135	2750/2794	205/208	1210	Angelia Onuoha	F	47	Lincoln	NE	00:46:08.55	01:58:21.26	01:00:22.42	17:09	03:44:52.24
4136	1386/1393	133/134	1731	Vino Rodriguez	M	47	Lincoln	NE	00:46:07.09	01:58:29.57	01:00:16.89	17:09	03:44:53.55
4137	2751/2794	441/450	4022	Katie Barrett Todd	F	33	Lincoln	NE	00:49:46.11	01:57:19.82	00:58:47.59	17:13	03:45:53.53
4138	2752/2794	479/489	4021	Leanne Masters	F	38	Lincoln	NE	00:49:47.34	01:57:20.82	00:58:46.26	17:13	03:45:54.43
4139	2753/2794	480/489	3897	Stephenie Belding	F	35	Beatrice	NE	00:43:40.33	01:55:57.57	01:06:20.40	17:14	03:45:58.30
4140	1387/1393	52/53	5949	Paul Pettit	M	60	Lincoln	NE	00:52:08.21	01:54:07.20	01:00:56.95	17:19	03:47:12.37
4141	1388/1393	212/213	5547	Jonathon Pettit	M	31	Omaha	NE	00:52:08.54	01:54:07.65	01:00:57.60	17:20	03:47:13.80
4142	1389/1393	250/250	6102	Ryan Dodds	M	35	San Antonio	TX	00:49:48.16	01:56:25.70	01:01:00.37	17:20	03:47:14.24
4143	2754/2794	442/450	2481	Amber Dodds	F	32	San Antonio	TX	00:49:48.77	01:56:27.22	01:00:58.79	17:20	03:47:14.79
4144	2755/2794	43/46	4543	Patty Pettit	F	61	Lincoln	NE	00:49:49.35	01:56:28.90	01:00:56.72	17:20	03:47:14.98
4145	2756/2794	44/46	4435	Colleen Andrews	F	64	Lincoln	NE	00:48:06.36	02:00:16.44	01:00:09.58	17:26	03:48:32.39
4146	2757/2794	443/450	4661	Aryn Bartley	F	33	Friend	NE	00:49:12.35	01:59:13.40	01:00:27.06	17:27	03:48:52.82
4147	2758/2794	481/489	4513	Melinda Soerjawitaka	F	35	Lincoln	NE	00:44:31.21	02:02:27.16	01:02:36.72	17:30	03:49:35.10
4148	2759/2794	444/450	4510	Stefanie Urbom	F	31	Lincoln	NE	00:44:30.58	02:02:25.23	01:02:40.74	17:30	03:49:36.56
4149	2760/2794	445/450	4604	Vanessa Sladek	F	32	Friend	NE	00:49:12.28	01:59:12.10	01:01:12.45	17:30	03:49:36.83
4150	2761/2794	356/359	4340	Lakesha Nash	F	40	Lincoln	NE	00:51:31.13	01:59:09.03	00:59:14.90	17:32	03:49:55.06
4151	2762/2794	166/167	652	Kay Blase	F	54	Milford	NE	00:54:07.37	01:59:32.61	00:56:31.83	17:33	03:50:11.81
4152	2763/2794	103/103	674	Joyve Imig	F	57	Seward	NE	00:54:08.60	01:59:32.66	00:56:32.30	17:33	03:50:13.57
4153	2764/2794	167/167	1031	Cathy Couch	F	51	Seward	NE	00:54:09.78	01:59:32.12	00:56:33.12	17:33	03:50:15.03
4154	2765/2794	446/450	921	Helen Paus	F	34	Lincoln	NE	00:50:44.73	02:00:19.05	00:59:20.74	17:34	03:50:24.52
4155	2766/2794	45/46	1004	Dianne Axlund	F	64	Lincoln	NE	00:50:45.46	02:00:18.71	00:59:20.75	17:34	03:50:24.93
4156	2767/2794	482/489	4625	Melissa Butler	F	37	Lincoln	NE	00:51:43.24	02:01:08.61	00:58:16.53	17:37	03:51:08.39
4157	2768/2794	472/477	4504	Christina Meyer	F	25	Oneill	NE	00:43:23.32	01:59:44.00	01:08:33.46	17:40	03:51:40.79
4158	2769/2794	376/378	2415	Taylor Wiese	F	22	Omaha	NE	00:46:42.93	02:06:17.91	00:58:45.46	17:40	03:51:46.31
4159	2770/2794	206/208	4654	Toni Heimes	F	47	Lincoln	NE	00:52:09.43	02:00:49.24	00:59:26.01	17:43	03:52:24.68
4160	2771/2794	473/477	3083	Sam Gans-King	F	26	Lincoln	NE			01:16:07.64	17:45	03:52:41.84
4161	2772/2794	46/46	1116	Lonnie Conley	F	61	Omaha	NE	00:45:12.31	01:59:28.77	01:08:42.71	17:48	03:53:23.81
4162	2773/2794	474/477	5471	Jen Fichtner	F	26	Omaha	NE	00:49:34.74	02:03:59.42	00:59:54.03	17:48	03:53:28.19
4163	2774/2794	357/359	4660	Christina Huie	F	41	Omaha	NE	00:41:05.58	02:04:12.53	01:08:40.48	17:50	03:53:58.61
4164	2775/2794	447/450	4133	Jessica Brauer	F	30	Lincoln	NE	00:51:07.44	02:08:43.45	00:54:12.39	17:51	03:54:03.28
4165	2776/2794	448/450	1076	Katie Bringewatt	F	34	Kearney	NE	00:52:59.08	02:00:00.88	01:01:18.59	17:52	03:54:18.56

# The Good Life Halfsy

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## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4166	2777/2794	449/450	4156	Kimberly Peterson	F	33	Lincoln	NE	00:51:31.39	02:01:04.83	01:01:42.59	17:52	03:54:18.82
4167	2778/2794	483/489	1315	Karen Mast	F	39	Kearney	NE	00:53:02.10	02:00:04.09	01:01:12.77	17:52	03:54:18.96
4168	2779/2794	484/489	1313	Mandy Bonney-Heermann	F	39	Lincoln	NE	00:47:44.19	02:01:51.53	01:06:59.85	18:02	03:56:35.58
4169	1390/1393	213/213	5752	Zack Tubbs	M	31	Lincoln	NE	01:07:52.50	01:57:47.95	00:51:45.66	18:06	03:57:26.11
4170	1391/1393	134/134	6101	Brad Richarz	M	46	Omaha	NE	00:51:49.02	02:03:50.16	01:01:53.12	18:07	03:57:32.31
4171	2780/2794	207/208	3433	Cymmie Richarz	F	47	Omaha	NE	00:51:45.14	02:03:54.10	01:01:53.09	18:07	03:57:32.34
4172	1392/1393	53/53	6083	Dave Young	M	61	Falls City	NE	00:51:46.80	02:05:34.65	01:01:10.25	18:11	03:58:31.71
4173	2781/2794	485/489	4411	Kendra Koch	F	38	Lincoln	NE	00:52:36.09	02:05:22.85	01:01:00.61	18:13	03:58:59.55
4174	2782/2794	486/489	5162	Cindy Bertelsen	F	37	Gretna	NE	00:52:35.31	02:05:22.74	01:01:01.95	18:13	03:59:00.01
4175	2783/2794	208/208	1322	Ann Blunt	F	47	Grand Island	NE	00:49:50.29	02:04:58.15	01:04:23.11	18:14	03:59:11.56
4176	2784/2794	487/489	2697	Andrea Padilla-Rosas	F	37	La Vista	NE			00:58:38.49	18:15	03:59:26.07
4177	2785/2794	358/359	1976	Jamie Ryder	F	40	Ralston	NE	00:53:25.39	02:07:07.00	00:58:54.00	18:15	03:59:26.39
4178	2786/2794	377/378	690	Carmen Petersen	F	23	Lincoln	NE	00:44:17.10	02:13:53.11	01:02:33.82	18:21	04:00:44.04
4179	2787/2794	359/359	4521	Andrea Clausen	F	44	Lincoln	NE	00:48:23.38	02:03:10.59	01:09:11.52	18:21	04:00:45.50
4180	2788/2794	475/477	3476	Marissa Milone	F	25	Omaha	NE	00:46:42.04	02:07:28.45	01:07:13.44	18:24	04:01:23.94
4181	2789/2794	450/450	4437	Ashley Stutzman	F	30	Overland Park	KS	00:48:31.73	02:01:19.69	01:11:36.52	18:25	04:01:27.96
4182	2790/2794	476/477	4613	Katherine Lichtas	F	28	Reeds Spring	MO	00:48:32.65	02:01:19.85	01:11:37.06	18:25	04:01:29.57
4183	2791/2794	488/489	4458	Anastasia Wagner	F	37	Elkhorn	NE	00:49:53.91	02:07:51.88	01:04:41.39	18:29	04:02:27.18
4184	1393/1393	184/184	6074	Patrick Wagner	M	42	Elkhorn	NE	00:49:49.74	02:07:54.43	01:04:43.39	18:29	04:02:27.56
4185	2792/2794	378/378	4523	Alexandria Irvine	F	24	Lincoln	NE	00:51:07.40	02:08:43.27	01:04:14.31	18:37	04:04:04.99
4186	2793/2794	477/477	4489	Jessica Thompson	F	29	Kearney	NE	00:50:39.22	02:11:02.83	01:08:32.05	19:05	04:10:14.10
4187	2794/2794	489/489	6075	Kerry Larsen	F	39	Fremont	NE	00:59:47.13	02:26:05.50	01:02:45.00	20:29	04:28:37.63