

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	17/628	1/116	15	Kristen Toppin	F	33	Waterloo	IA	6:51	00:21:45.16	00:21:18.79
2	27/628	2/116	531	Kaci Maire	F	33	Cedar Rapids	IA	7:05	00:22:06.50	00:22:01.85
3	31/628	1/55	64	Katie Longlett	F	42	Wilton	IA	7:08	00:22:17.04	00:22:10.83
4	33/628	2/55	619	Brooke Heuer	F	41	Waterloo	IA	7:09	00:22:17.65	00:22:13.24
5	35/628	3/116	643	Amanda Johnson	F	31	Waterloo	IA	7:14	00:22:59.41	00:22:29.51
6	37/628	4/116	225	Melissa Summers	F	32	Waterloo	IA	7:18	00:22:58.66	00:22:42.80
7	43/628	1/23	524	Ciara Gallen	F	18	Waterloo	IA	7:23	00:23:05.61	00:22:57.66
8	45/628	5/116	277	Nikki Rasmussen	F	31	Goldfield	IA	7:25	00:24:13.00	00:23:03.11
9	46/628	2/23	360	Alivia See	F	15	Evansdale	IA	7:27	00:23:14.72	00:23:09.46
10	51/628	6/116	95	Jess Brownell	F	33	Waterloo	IA	7:30	00:23:37.24	00:23:20.18
11	55/628	7/116	176	Emily Noland	F	37	Waterloo	IA	7:32	00:23:28.66	00:23:24.51
12	58/628	3/55	174	Mindy Ackerman	F	49	Readlyn	IA	7:32	00:24:23.93	00:23:26.76
13	62/628	1/54	658	Brenda Hill	F	58	Louisville	KY	7:35	00:23:39.06	00:23:35.01
14	65/628	4/55	146	Liz Winter	F	41	Jesup	IA	7:36	00:23:50.41	00:23:38.98
15	67/628	3/23	439	Victoria Knight	F	16	Waterloo	IA	7:37	00:23:44.38	00:23:41.76
16	70/628	8/116	569	Erin Becker	F	34	Waterloo	IA	7:42	00:24:22.41	00:23:56.24
17	71/628	4/23	447	Madison Tieskotter	F	15	Waterloo	IA	7:45	00:24:11.80	00:24:06.53
18	72/628	5/55	317	Robyn Rodenburgh	F	43	Waterloo	IA	7:49	00:25:18.66	00:24:19.12
19	80/628	2/54	634	Bev Diercks	F	59	Waterloo	IA	7:55	00:25:11.84	00:24:38.61
20	85/628	9/116	550	Megan Smith	F	35	Evanston	IL	8:01	00:25:13.41	00:24:57.56
21	87/628	10/116	149	Carrie Flesher	F	37	Dubuque	IA	8:02	00:27:23.01	00:24:58.62
22	88/628	1/26	151	Eva Flesher	F	4	Dubuque	IA	8:02	00:27:22.80	00:24:58.85
23	93/628	5/23	329	Lillian Sassmann	F	14	Fredericksburg	IA	8:05	00:25:15.66	00:25:08.75
24	99/628	11/116	313	Lauren Aboud	F	33	Coralville	IA	8:10	00:25:24.62	00:25:22.61
25	101/628	1/75	183	Jennifer Woods	F	21	Vass	NC	8:12	00:25:56.89	00:25:29.69
26	110/628	12/116	219	Christina Custer	F	30	Lenox	IA	8:19	00:27:12.45	00:25:51.48
27	111/628	6/23	462	Melody Kremer	F	15	Independence	IA	8:20	00:26:01.99	00:25:54.09
28	114/628	6/55	55	Sunshine Yang	F	42	Cedar Falls	IA	8:20	00:26:09.49	00:25:56.36
29	115/628	13/116	663	Amy Miene	F	36	Waterloo	IA	8:20	00:26:15.98	00:25:56.45
30	116/628	3/54	35	Mary Steffensmeier	F	56	Waterloo	IA	8:21	00:26:04.63	00:25:58.97
31	117/628	14/116	270	Andrea Schmit	F	31	Waterloo	IA	8:23	00:26:38.49	00:26:02.98
32	122/628	15/116	306	Amanda Bernard	F	39	Waterloo	IA	8:26	00:26:17.41	00:26:12.35
33	124/628	7/23	40	Gina Schilling	F	19	Evansdale	IA	8:26	00:26:36.44	00:26:14.83
34	125/628	4/54	470	Stephanie Huff	F	54	Waterloo	IA	8:28	00:26:43.38	00:26:20.52
35	129/628	2/75	78	Jessica Gerholdt	F	27	Waterloo	IA	8:30	00:28:09.93	00:26:25.77
36	134/628	8/23	639	Maeve Maher	F	17	Winterset	IA	8:32	00:28:18.08	00:26:33.68
37	135/628	5/54	120	Cindy Weyland	F	59	Gilbertville	IA	8:33	00:26:41.12	00:26:35.47
38	137/628	3/75	413	Kendall Moorehead	F	23	Waterloo	IA	8:34	00:26:54.36	00:26:38.14
39	138/628	16/116	296	Theresa Wood	F	38	Davenport	IA	8:34	00:26:52.66	00:26:38.55
40	141/628	17/116	88	Heather Harms	F	31	Allison	IA	8:36	00:27:20.76	00:26:44.46
41	143/628	4/75	37	Jenn McCalley	F	25	Dubuque	IA	8:40	00:27:02.04	00:26:55.83
42	146/628	5/75	546	Kristen Roed	F	21	Waterloo	IA	8:44	00:27:22.60	00:27:09.30
43	147/628	6/75	118	Matrasa Maae	F	26	Waterloo	IA	8:44	00:27:33.91	00:27:09.78
44	149/628	7/75	457	Alivia Passet	F	27	Des Moines	IA	8:45	00:27:23.66	00:27:11.55
45	151/628	6/54	624	Kristin Kratz	F	50	Apple Valley	MN	8:45	00:28:06.27	00:27:13.61
46	155/628	9/23	565	Reagan Lindsay	F	16	Waterloo	IA	8:49	00:27:37.84	00:27:24.74
47	157/628	7/55	207	Bridgette Skinner	F	46	Jesup	IA	8:51	00:27:39.88	00:27:29.87
48	158/628	8/55	21	Susan Eisenbacher	F	46	Waterloo	IA	8:54	00:28:03.83	00:27:41.17
49	159/628	18/116	119	Onyotse Agbese	F	32	Waterloo	IA	8:54	00:28:12.41	00:27:41.21
50	160/628	8/75	474	Mary Khan	F	24	Parkersburg	IA	8:55	00:27:59.16	00:27:43.74

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Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
51	161/628	19/116	631	Tara Raymond	F	37	Waterloo	IA	8:55	00:28:12.01	00:27:43.85
52	162/628	20/116	601	Jamsmine Eastn	F	33	La Porte City	IA	8:55	00:28:04.03	00:27:43.87
53	163/628	9/75	583	Trulyanna Galloway	F	24	Waterloo	IA	8:55	00:27:51.66	00:27:43.91
54	165/628	21/116	446	Jessica Ryan	F	38	Independence	IA	8:55	00:29:18.80	00:27:44.19
55	166/628	22/116	471	Jennifer Thornton	F	32	Cedar Falls	IA	8:57	00:27:59.66	00:27:50.88
56	167/628	23/116	401	Jill Lange	F	35	La Porte City	IA	8:57	00:28:00.57	00:27:51.35
57	171/628	7/54	34	Jennifer Barry	F	52	Dunedin	FL	8:59	00:28:13.01	00:27:55.13
58	174/628	24/116	263	Stephanie Kane	F	31	Cedar Falls	IA	8:59	00:28:30.33	00:27:57.51
59	181/628	10/75	322	Jessi Sorensen	F	26	Fredericksburg	IA	9:02	00:28:13.01	00:28:05.62
60	182/628	25/116	226	Chasity Vajgrt	F	32	Grimes	IA	9:04	00:28:48.91	00:28:10.75
61	185/628	26/116	340	Katelind Lenz	F	35	Osage	IA	9:08	00:30:11.10	00:28:24.61
62	186/628	27/116	533	Joan Diver	F	34	Montclair	NJ	9:09	00:30:34.89	00:28:25.75
63	190/628	28/116	252	Jesse Lahmann	F	33	Cedar Falls	IA	9:14	00:29:20.84	00:28:41.68
64	194/628	29/116	89	Amy Knoll	F	36	Waterloo	IA	9:17	00:29:11.41	00:28:50.85
65	198/628	11/75	587	Susan Vanasse	F	27	Waterloo	IA	9:19	00:29:21.66	00:28:57.99
66	201/628	12/75	314	Lauren Fitzgerald	F	24	Dyersville	IA	9:20	00:29:41.41	00:29:01.78
67	202/628	13/75	371	Sarah Eggena	F	27	Waterloo	IA	9:20	00:30:02.41	00:29:02.85
68	203/628	30/116	479	Brooke Schrage	F	38	Cedar Falls	IA	9:23	00:30:52.11	00:29:09.49
69	205/628	9/55	608	Gina Naas	F	45	Nevada	MO	9:24	00:29:48.66	00:29:13.36
70	206/628	31/116	247	Meredith Steggerda	F	30	El Paso	TX	9:24	00:29:59.32	00:29:13.51
71	207/628	32/116	651	Jennifer Gallmeyer	F	30	Waterloo	IA	9:25	00:30:06.86	00:29:17.41
72	208/628	10/23	94	Isabella Schoo	F	13	Waterloo	IA	9:26	00:29:28.81	00:29:19.40
73	209/628	2/26	169	Olivia Demuth	F	10	Waterloo	IA	9:26	00:29:30.83	00:29:20.98
74	210/628	8/54	384	Kris Keller	F	52	Cedar Falls	IA	9:27	00:30:14.36	00:29:23.52
75	211/628	9/54	626	Darcy Nikocajson	F	53	Waterloo	IA	9:28	00:30:20.42	00:29:27.55
76	212/628	33/116	251	Stephanie Chamberlin	F	38	Evansdale	IA	9:29	00:29:37.91	00:29:29.34
77	213/628	14/75	424	Chloe Walbruch	F	26	Minneapolis	MN	9:29	00:31:30.41	00:29:30.77
78	216/628	10/55	51	Angie White	F	43	Cedar Falls	IA	9:30	00:30:46.82	00:29:33.66
79	217/628	34/116	541	Angel Chamberlin	F	39	Waterloo	IA	9:31	00:29:42.86	00:29:34.29
80	218/628	11/55	47	Traci Hewitt	F	48	Waterloo	IA	9:31	00:30:46.01	00:29:34.89
81	219/628	35/116	578	Katy Delagardelle	F	30	Waterloo	IA	9:31	00:30:03.60	00:29:35.44
82	220/628	15/75	290	Hannah Macumber	F	23	Waterloo	IA	9:31	00:29:50.96	00:29:37.05
83	221/628	12/55	575	Julie Mcentire	F	47	Saint Louis	MO	9:32	00:31:54.29	00:29:37.97
84	222/628	13/55	436	Angela Westlund	F	45	Delano	MN	9:32	00:31:54.90	00:29:39.49
85	224/628	10/54	368	De Radke	F	54	Cedar Falls	IA	9:33	00:32:00.20	00:29:42.22
86	225/628	14/55	301	Lisa Senne	F	47	Independence	IA	9:35	00:30:23.90	00:29:49.01
87	226/628	36/116	141	Alisa Engelhardt	F	39	Waterloo	IA	9:36	00:31:03.41	00:29:52.29
88	227/628	11/54	116	Joanne Bohl	F	52	Humboldt	SD	9:36	00:30:42.77	00:29:52.35
89	229/628	16/75	253	Heather Jackson	F	29	Waterloo	IA	9:39	00:31:37.85	00:29:59.96
90	230/628	12/54	76	Lucy Breuer	F	52	Waterloo	IA	9:39	00:30:18.63	00:30:00.14
91	232/628	15/55	192	Erin Jordan	F	44	Iowa City	IA	9:41	00:30:18.23	00:30:07.06
92	234/628	11/23	168	Lainey Demuth	F	13	Waterloo	IA	9:42	00:30:19.16	00:30:09.31
93	239/628	13/54	57	Sandy Ferguson	F	58	Cedar Falls	IA	9:46	00:30:43.66	00:30:22.24
94	240/628	1/22	139	Sandi Brennan	F	62	Waterloo	IA	9:46	00:30:49.16	00:30:22.58
95	242/628	37/116	678	Veronica Salazar	F	35	Waterloo	IA	9:47	00:30:44.59	00:30:24.44
96	244/628	38/116	476	Michelle Davis	F	35	Waterloo	IA	9:49	00:31:35.60	00:30:30.20
97	247/628	12/23	255	Pennelope Ferrel	F	13	Cedar Falls	IA	9:50	00:30:54.36	00:30:35.87
98	250/628	17/75	160	Jessica Mahnesmith	F	29	Cedar Falls	IA	9:52	00:30:52.11	00:30:40.68
99	252/628	18/75	287	Julie Ambrose	F	27	Waterloo	IA	9:54	00:31:19.56	00:30:47.73
100	253/628	19/75	532	Maggie Mason	F	29	Elkader	IA	9:54	00:32:06.41	00:30:47.87

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101	255/628	39/116	248	Nina Forcier	F	38	Waterloo	IA	9:57	00:31:23.83	00:30:56.43
102	256/628	40/116	269	Kristi Klatt	F	30	Waterloo	IA	9:59	00:31:40.90	00:31:03.34
103	257/628	41/116	629	Sarah Akin	F	30	West Des Moines	IA	9:59	00:31:40.49	00:31:03.83
104	258/628	20/75	414	Chayse Jaspering	F	23	La Porte City	IA	10:00	00:31:21.39	00:31:05.38
105	260/628	14/54	475	Holly Jongedyk	F	54	Parkersburg	IA	10:03	00:31:28.87	00:31:14.13
106	263/628	21/75	435	Anna Demgen	F	22	Buffalo	MN	10:06	00:32:24.41	00:31:23.24
107	266/628	42/116	602	Beth Greene	F	39	Fairfax	IA	10:07	00:32:57.10	00:31:28.67
108	271/628	15/54	480	Kori Cramer	F	50	Ames	IA	10:11	00:32:55.44	00:31:40.29
109	274/628	22/75	553	Brittany Potts	F	25	Cedar Rapids	IA	10:12	00:31:57.14	00:31:42.57
110	276/628	16/55	230	Lynette Telleen	F	46	Waverly	IA	10:12	00:32:23.15	00:31:43.99
111	278/628	23/75	307	Melissa Fernau	F	29	Waterloo	IA	10:14	00:32:03.84	00:31:50.56
112	279/628	24/75	527	Rachel Traeger	F	23	Cedar Falls	IA	10:19	00:33:50.65	00:32:04.75
113	280/628	3/26	299	Adalynn Kane	F	9	Fairbank	IA	10:20	00:32:24.56	00:32:06.91
114	282/628	25/75	188	Bryanna Mongan	F	22	Waterloo	IA	10:20	00:34:14.24	00:32:08.41
115	284/628	16/54	560	Elgean Brandenburg	F	52	Hiawatha	IA	10:20	00:33:24.16	00:32:09.09
116	285/628	17/55	622	Julie Bushman	F	49	Cedar Rapids	IA	10:21	00:33:24.87	00:32:09.71
117	286/628	4/26	298	Kennedy Kane	F	12	Fairbank	IA	10:21	00:32:29.41	00:32:12.36
118	287/628	26/75	632	Cassie Elliott	F	25	Ames	IA	10:21	00:32:24.57	00:32:12.45
119	288/628	27/75	126	Ariana Gremmels Olson	F	23	Ankeny	IA	10:22	00:32:53.41	00:32:14.22
120	289/628	18/55	65	Becky Riess	F	42	Wiltonlton	IA	10:24	00:33:22.16	00:32:19.57
121	290/628	19/55	597	Jana Qualls	F	40	Waterloo	IA	10:24	00:33:02.12	00:32:20.82
122	292/628	43/116	233	Malinda Hostetler	F	37	Cedar Falls	IA	10:24	00:32:42.07	00:32:21.50
123	293/628	2/22	229	Mary Dunlay	F	60	Waterloo	IA	10:25	00:32:57.25	00:32:24.84
124	295/628	13/23	489	Lauren Kimball	F	16	Buckingham	IA	10:27	00:33:13.54	00:32:31.13
125	296/628	28/75	115	Karley Anderson	F	22	Allison	IA	10:28	00:33:59.40	00:32:33.74
126	297/628	20/55	490	Amy Kimball	F	45	Buckingham	IA	10:29	00:33:17.38	00:32:35.08
127	298/628	14/23	175	Isabelle Noland	F	13	Waterloo	IA	10:30	00:32:49.66	00:32:39.80
128	300/628	44/116	562	Chelsie Knudsvig	F	37	Waterloo	IA	10:32	00:33:11.30	00:32:44.11
129	302/628	45/116	92	Trisha Schoo	F	33	Waterloo	IA	10:35	00:33:32.62	00:32:53.69
130	303/628	3/22	4	Mary Cusack	F	64	Edwardsville	IL	10:35	00:33:29.57	00:32:54.26
131	305/628	29/75	321	Sarah Kelleher	F	28	Waukee	IA	10:36	00:33:56.55	00:32:57.87
132	307/628	30/75	143	Samantha Skaar	F	28	Cedar Falls	IA	10:38	00:34:04.41	00:33:05.31
133	308/628	46/116	320	Toni Kelleher	F	30	Indianola	IA	10:39	00:34:05.11	00:33:06.02
134	309/628	21/55	347	Sue Jurgensen	F	49	Westgate	IA	10:39	00:34:06.91	00:33:07.81
135	310/628	22/55	318	Pamela Ryan	F	49	Waterloo	IA	10:41	00:33:43.66	00:33:14.18
136	312/628	47/116	500	Jess Pecenka	F	35	Waterloo	IA	10:43	00:34:12.40	00:33:18.29
137	315/628	15/23	199	Baylee Lehmann	F	13	Cedar Falls	IA	10:45	00:34:34.66	00:33:24.57
138	316/628	48/116	379	Sara St. John	F	37	Winterset	IA	10:45	00:33:58.92	00:33:25.87
139	317/628	49/116	570	Hillery Malcom	F	38	Cedar Falls	IA	10:45	00:35:12.92	00:33:26.82
140	319/628	5/26	604	Piper Greene	F	7	Fairfax	IA	10:46	00:34:45.57	00:33:27.65
141	321/628	31/75	330	Morgan Pike	F	28	Waterloo	IA	10:47	00:33:40.52	00:33:30.65
142	324/628	50/116	609	Darci Nagel	F	35	Grundy Center	IA	10:49	00:33:53.41	00:33:37.57
143	325/628	51/116	364	Joanna Moroz	F	34	Cedar Falls	IA	10:49	00:33:49.23	00:33:37.57
144	326/628	6/26	345	Laura O'Bryon	F	12	Cedar Falls	IA	10:49	00:33:45.38	00:33:38.00
145	327/628	4/22	579	Nancy Shell	F	66	Waterloo	IA	10:50	00:34:02.25	00:33:39.97
146	328/628	17/54	591	Jean Pfeiffer	F	56	Waterloo	IA	10:50	00:33:57.36	00:33:40.46
147	329/628	52/116	466	Tiffany Timm	F	33	Waterloo	IA	10:51	00:34:34.91	00:33:45.76
148	330/628	16/23	386	Cate Rasmussen	F	13	Waterloo	IA	10:54	00:34:03.42	00:33:53.61
149	331/628	53/116	335	Lindsey Leseman	F	32	Waterloo	IA	10:54	00:34:03.07	00:33:54.70
150	335/628	32/75	507	Paige Hansen	F	28	Waterloo	IA	10:58	00:36:05.06	00:34:06.91

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151	338/628	33/75	228	Kelly Rosin	F	29	Ankeny	IA	11:00	00:35:05.67	00:34:12.39
152	339/628	34/75	59	Sommer Amdor	F	29	Waterloo	IA	11:00	00:36:42.47	00:34:12.92
153	340/628	23/55	566	Kim Brustkern	F	42	Waterloo	IA	11:02	00:34:49.22	00:34:19.31
154	342/628	54/116	536	Marie Therese Diver	F	39	Montclair	NJ	11:04	00:36:35.15	00:34:25.82
155	343/628	35/75	325	Kelcie Loughren	F	22	Cedar Falls	IA	11:05	00:35:28.16	00:34:26.59
156	344/628	55/116	534	Angela Diver	F	36	Montclair	NJ	11:05	00:36:34.94	00:34:26.64
157	345/628	56/116	399	Renee Koloc	F	31	Raymond	IA	11:07	00:35:43.18	00:34:32.69
158	346/628	36/75	613	Sarah Anderson	F	26	Marshalltown	IA	11:07	00:36:18.91	00:34:32.82
159	350/628	18/54	44	Becky Eserhaut	F	52	Muscatine	IA	11:11	00:35:10.12	00:34:46.12
160	352/628	57/116	518	Hilary Nelson	F	31	Waterloo	IA	11:12	00:35:38.09	00:34:50.43
161	353/628	19/54	83	Nancy Bishop	F	50	Ottumwa	IA	11:13	00:36:58.10	00:34:53.11
162	355/628	58/116	164	Gina Jordan-Burg	F	37	Waterloo	IA	11:14	00:35:14.66	00:34:55.14
163	356/628	24/55	288	Jill Aalderks	F	43	Cedar Falls	IA	11:14	00:36:07.91	00:34:55.35
164	357/628	5/22	43	Terry Hartsock	F	64	Muscatine	IA	11:17	00:35:29.16	00:35:05.51
165	358/628	7/26	200	Taytem Lehmann	F	11	Cedar Falls	IA	11:18	00:36:16.41	00:35:08.41
166	359/628	20/54	501	Michelle Arneson Havenstrite	F	50	Nashua	IA	11:19	00:36:16.27	00:35:10.86
167	360/628	59/116	198	Nichole Lehmann	F	37	Cedar Falls	IA	11:21	00:36:27.62	00:35:16.72
168	362/628	60/116	523	Catherine Shafer	F	33	Waterloo	IA	11:22	00:36:09.66	00:35:20.90
169	363/628	61/116	469	Michelle Crippen	F	34	Cedar Falls	IA	11:24	00:35:56.58	00:35:28.18
170	364/628	37/75	98	Mollie Meyerhoff	F	27	Waterloo	IA	11:27	00:36:01.63	00:35:34.84
171	365/628	62/116	332	Lynda Bohlmann	F	34	Cedar Falls	IA	11:28	00:37:01.15	00:35:39.55
172	366/628	25/55	30	Chrissy Kimball	F	40	Waterloo	IA	11:29	00:36:54.05	00:35:41.69
173	367/628	63/116	499	Jami Mallen	F	30	Waterloo	IA	11:34	00:38:19.12	00:35:57.21
174	369/628	64/116	423	Jennifer Gibbs	F	37	Waterloo	IA	11:37	00:36:25.20	00:36:06.91
175	370/628	65/116	144	Kara Ungs	F	33	Cedar Falls	IA	11:37	00:36:36.38	00:36:07.50
176	372/628	38/75	563	Hollie Smith	F	29	Waterloo	IA	11:43	00:37:41.57	00:36:24.28
177	374/628	66/116	1	Constance Robinson	F	37	Waterloo	IA	11:44	00:38:10.80	00:36:29.00
178	376/628	26/55	209	Monica Fitzgerald	F	42	Urbandale	IA	11:57	00:38:47.66	00:37:10.20
179	377/628	67/116	266	Erica Schafer	F	39	Cedar Falls	IA	11:59	00:37:36.52	00:37:14.90
180	378/628	27/55	426	Christine Guevara	F	40	Cedar Falls	IA	11:59	00:38:18.67	00:37:15.25
181	379/628	39/75	558	Kayla Shea	F	29	Waterloo	IA	12:03	00:37:40.56	00:37:27.48
182	380/628	68/116	309	Christina Charlton	F	35	Waterloo	IA	12:04	00:38:08.97	00:37:32.46
183	381/628	40/75	667	Tara Murphy	F	28	Cedar Falls	IA	12:06	00:38:43.67	00:37:36.51
184	382/628	28/55	107	Kristi Anderson	F	46	Allison	IA	12:06	00:39:06.05	00:37:37.04
185	384/628	69/116	333	Brandi Austin	F	36	Knoxville	IA	12:07	00:40:00.46	00:37:41.30
186	385/628	41/75	513	Laura Vanroekel	F	29	Waterloo	IA	12:09	00:38:43.10	00:37:46.94
187	386/628	29/55	353	Monica Blakeman	F	40	Readlyn	IA	12:11	00:38:02.91	00:37:53.99
188	387/628	70/116	240	Megan Hix	F	31	Waterloo	IA	12:12	00:38:42.48	00:37:56.07
189	388/628	21/54	363	Deb Schmitz	F	56	Cedar Falls	IA	12:13	00:39:41.35	00:37:57.72
190	389/628	71/116	310	Tara Bosnic	F	34	Waterloo	IA	12:16	00:38:22.17	00:38:09.47
191	390/628	72/116	281	Julie Richmond	F	38	Waterloo	IA	12:16	00:39:43.59	00:38:09.64
192	391/628	6/22	492	Stefanie Porta	F	64	Marion	IA	12:18	00:38:43.71	00:38:15.87
193	395/628	42/75	559	Camille Burkle	F	28	Cedar Falls	IA	12:22	00:38:40.47	00:38:27.34
194	396/628	17/23	394	Claire Schaefer	F	16	Waterloo	IA	12:24	00:39:31.60	00:38:33.56
195	399/628	7/22	649	Dana Varney	F	60	Waterloo	IA	12:25	00:40:20.69	00:38:36.53
196	402/628	22/54	406	Mary Beth Walbruch	F	57	Savage	MN	12:42	00:41:28.91	00:39:29.27
197	404/628	23/54	158	Kristy Borchardt	F	54	Waterloo	IA	12:43	00:41:19.00	00:39:30.65
198	405/628	30/55	244	Renee Cole	F	49	Iowa City	IA	12:44	00:41:04.96	00:39:35.32
199	406/628	8/26	647	Tylar Nemmers	F	11	Olin	IA	12:44	00:42:02.70	00:39:35.61
200	407/628	31/55	80	Kierstan Stoll-Nemmers	F	45	Elizabethtown	NC	12:44	00:42:03.92	00:39:36.83

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
201	409/628	73/116	554	Whitney Hoppe	F	32	Waterloo	IA	12:48	00:40:59.12	00:39:46.47
202	410/628	43/75	650	Amanda Roquet	F	26	Waterloo	IA	12:48	00:40:59.52	00:39:46.86
203	411/628	74/116	106	Kari Russler	F	36	Center Point	IA	12:48	00:40:44.42	00:39:49.07
204	412/628	8/22	165	Carol Seehusen	F	70	Allison	IA	12:49	00:40:25.58	00:39:50.70
205	413/628	75/116	543	Annie Alvarado	F	30	Waterloo	IA	12:49	00:40:13.81	00:39:51.41
206	414/628	44/75	45	Christina Tafolla	F	24	Cedar Falls	IA	12:52	00:41:21.65	00:39:59.02
207	415/628	24/54	582	Pat Zarate	F	58	Waterloo	IA	12:54	00:42:10.84	00:40:07.17
208	417/628	76/116	465	Amy Larsen	F	39	Waterloo	IA	12:58	00:42:06.98	00:40:18.22
209	418/628	9/26	267	Lana Schafer	F	11	Cedar Falls	IA	13:00	00:40:48.44	00:40:26.29
210	419/628	45/75	274	Anna Schultz	F	28	Raymond	IA	13:03	00:42:01.28	00:40:33.73
211	420/628	32/55	520	April Doyle	F	40	Evansdale	IA	13:04	00:42:50.58	00:40:37.72
212	421/628	77/116	284	Jennifer Merfeld	F	38	Steamboat Rock	IA	13:06	00:42:56.41	00:40:43.78
213	422/628	46/75	669	Mackenzie Eidenborg	F	28	Cedar Falls	IA	13:08	00:42:47.13	00:40:48.32
214	423/628	47/75	445	Bethany Christensen	F	26	Reinbeck	IA	13:08	00:42:47.13	00:40:48.51
215	425/628	78/116	129	Katie Buchter	F	34	Davenport	IA	13:09	00:42:29.39	00:40:52.99
216	426/628	10/26	204	Roya Akers	F	8	Blue Grass	IA	13:09	00:42:30.17	00:40:54.32
217	427/628	11/26	132	Evie Buchter	F	5	Davenport	IA	13:11	00:42:30.82	00:40:58.09
218	428/628	25/54	623	Dana Kelly	F	50	Waterloo	IA	13:11	00:41:54.02	00:41:00.52
219	430/628	48/75	272	Abigail Norgren	F	29	Evansdale	IA	13:13	00:42:32.85	00:41:04.94
220	431/628	9/22	472	Elizabeth Bartimus	F	60	Decatur	IL	13:15	00:41:22.44	00:41:11.60
221	432/628	33/55	79	Shawn Sanders	F	45	Elizabethtown	NC	13:17	00:43:47.57	00:41:16.66
222	434/628	34/55	503	Elizabeth Kayser	F	41	Jesup	IA	13:18	00:42:08.00	00:41:19.41
223	435/628	12/26	648	Hayden Pumphrey	F	11	Olin	IA	13:18	00:43:48.17	00:41:20.52
224	436/628	35/55	416	Abbey Abbott	F	40	Coralville	IA	13:20	00:42:38.11	00:41:28.70
225	437/628	79/116	355	Tricia Paar	F	31	Waterloo	IA	13:21	00:43:16.92	00:41:31.03
226	438/628	36/55	84	Karla Renken	F	43	Waverly	IA	13:21	00:43:20.66	00:41:31.06
227	439/628	49/75	99	Sydney Roth	F	21	Cedar Falls	IA	13:22	00:41:34.41	00:41:34.41
228	441/628	26/54	389	Lezlie Bowers	F	51	Waterloo	IA	13:24	00:42:36.41	00:41:39.20
229	444/628	13/26	131	Marley Buchter	F	9	Davenport	IA	13:30	00:43:56.67	00:41:59.69
230	446/628	50/75	178	Emily Asche	F	21	Waverly	IA	13:31	00:43:56.42	00:42:00.67
231	447/628	80/116	366	Amanda Mckee	F	33	Cedar Falls	IA	13:31	00:44:18.83	00:42:00.68
232	448/628	81/116	450	Morgan Crawford	F	36	Waterloo	IA	13:34	00:44:08.87	00:42:11.07
233	449/628	14/26	598	Adeline Ryan	F	9	Waterloo	IA	13:36	00:43:37.64	00:42:15.63
234	451/628	82/116	170	Allison Ryan	F	31	Waterloo	IA	13:37	00:43:41.88	00:42:19.06
235	452/628	27/54	127	Suzanne Swanson	F	57	Waverly	IA	13:38	00:44:15.41	00:42:21.75
236	453/628	10/22	369	Patty Rausa	F	64	Waterloo	IA	13:44	00:43:19.36	00:42:42.45
237	454/628	83/116	412	Rhonda McBride	F	39	Waterloo	IA	13:44	00:44:08.67	00:42:43.01
238	455/628	11/22	29	Carla Lown	F	64	Waterloo	IA	13:47	00:44:57.37	00:42:49.49
239	456/628	37/55	159	Lisa Frame	F	49	Fairbank	IA	13:47	00:43:46.76	00:42:49.75
240	457/628	51/75	677	Allyson Moen	F	26	Waverly	IA	13:51	00:43:48.38	00:43:04.83
241	458/628	52/75	331	Abbie Fitzgerald	F	27	Maquoketa	IA	13:52	00:43:48.58	00:43:05.03
242	459/628	15/26	636	Erin Foley	F	10	Chicago	IL	14:05	00:45:16.64	00:43:48.04
243	460/628	16/26	662	Caera Owens	F	12	Harwood Heights	IL	14:07	00:45:19.91	00:43:52.15
244	462/628	38/55	108	Jaime Henning	F	42	Waverly	IA	14:10	00:45:00.16	00:44:03.37
245	463/628	28/54	125	Beth Olson	F	56	Waverly	IA	14:13	00:44:54.54	00:44:13.24
246	466/628	84/116	504	Katie Niedert	F	33	Evansdale	IA	14:18	00:45:18.27	00:44:28.48
247	467/628	18/23	502	Kamryn Kayser	F	15	Jesup	IA	14:19	00:45:17.66	00:44:29.14
248	468/628	29/54	328	Jana Grant	F	53	Waterloo	IA	14:19	00:45:47.41	00:44:31.26
249	469/628	85/116	521	Darci Gilson	F	31	Independence	IA	14:19	00:45:22.10	00:44:31.44
250	470/628	86/116	315	Kayley Grant	F	30	West Des Moines	IA	14:19	00:45:47.72	00:44:31.65

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
251	471/628	12/22	136	Marilyn Mcmillan	F	62	Olathe	KS	14:24	00:45:33.70	00:44:44.94
252	472/628	87/116	535	Grainne Diver	F	38	Montclair	NJ	14:28	00:47:06.17	00:44:57.67
253	473/628	88/116	537	Renate Laine	F	35	Montclair	NJ	14:28	00:47:06.17	00:44:58.50
254	474/628	89/116	495	Andrea Watkinson	F	33	Central City	IA	14:28	00:46:55.89	00:44:59.33
255	475/628	30/54	375	Mary Lynch	F	57	Chicago	IL	14:28	00:47:04.91	00:44:59.43
256	476/628	90/116	640	Amanda Rusk	F	35	Waterloo	IA	14:29	00:45:32.29	00:45:00.39
257	477/628	13/22	154	Cindy Freeman	F	61	Mcallen	TX	14:29	00:47:01.16	00:45:01.01
258	478/628	91/116	14	Kathryn Block	F	36	Mankato	MN	14:29	00:46:13.28	00:45:01.13
259	479/628	53/75	454	Lindsey Downing	F	28	Waterloo	IA	14:29	00:46:24.24	00:45:02.03
260	480/628	39/55	215	Jennifer Thurm	F	43	Waterloo	IA	14:30	00:46:41.69	00:45:03.61
261	481/628	31/54	496	Pamela Delagardelle	F	57	Cedar Falls	IA	14:31	00:46:57.31	00:45:07.16
262	482/628	92/116	90	Dana Graveman	F	33	Elk Run Heights	IA	14:35	00:47:02.36	00:45:20.78
263	484/628	40/55	372	Tara Rapien	F	47	Denver	IA	14:38	00:45:59.49	00:45:28.30
264	485/628	32/54	2	Karen Sackett	F	53	Waverly	IA	14:43	00:47:35.27	00:45:45.27
265	486/628	19/23	373	Anya Rapien	F	13	Denver	IA	14:44	00:46:19.77	00:45:48.19
266	487/628	93/116	497	Nessa Tevis	F	37	Independence	IA	14:46	00:46:43.91	00:45:53.26
267	488/628	54/75	239	Lauren Hix	F	29	Waterloo	IA	14:46	00:46:38.87	00:45:53.97
268	489/628	33/54	391	Chelley Pratt	F	50	Waterloo	IA	14:52	00:48:26.17	00:46:12.89
269	490/628	34/54	184	Gwen Bramlet-Hecker	F	51	Waterloo	IA	14:53	00:47:57.98	00:46:15.08
270	491/628	35/54	24	Jaculin Coyle	F	57	Cross Plains	WI	14:54	00:47:44.41	00:46:18.29
271	494/628	36/54	361	Louise Hague	F	58	Saint Charles	IL	15:04	00:48:28.17	00:46:49.28
272	495/628	55/75	362	Lizzie Kelly	F	27	Cedar Falls	IA	15:04	00:48:28.22	00:46:50.76
273	496/628	94/116	294	Sara Baber	F	32	Waterloo	IA	15:05	00:49:01.40	00:46:51.87
274	497/628	37/54	365	Angela Woods	F	55	Waterloo	IA	15:07	00:47:40.76	00:47:00.94
275	500/628	56/75	27	Christina Hatfield	F	29	North Liberty	IA	15:11	00:49:00.17	00:47:11.60
276	502/628	95/116	18	Amanda Weber	F	36	Cedar Falls	IA	15:12	00:48:49.76	00:47:14.34
277	504/628	96/116	517	Rebecca Baum	F	33	Waterloo	IA	15:22	00:48:33.31	00:47:44.77
278	505/628	17/26	519	Addisyn Perry	F	6	Waterloo	IA	15:22	00:48:33.10	00:47:45.82
279	508/628	38/54	50	Yvonne Kenworthy	F	53	Cedar Rapids	IA	15:23	00:49:50.70	00:47:48.55
280	509/628	57/75	525	Erin Creger	F	24	Waterloo	IA	15:23	00:48:45.92	00:47:50.58
281	510/628	39/54	3	Deb Kressley	F	59	Waterloo	IA	15:30	00:48:39.23	00:48:09.56
282	511/628	40/54	404	Laura Hanson	F	57	Washburn	IA	15:33	00:48:46.72	00:48:21.81
283	512/628	14/22	588	Ginny Sundquist	F	63	Waterloo	IA	15:34	00:48:46.92	00:48:22.20
284	513/628	41/54	68	Beverly Burke	F	57	Walker	IA	15:39	00:49:46.40	00:48:39.64
285	514/628	42/54	211	Julie Harn	F	51	Waterloo	IA	15:39	00:50:14.44	00:48:39.83
286	517/628	15/22	172	Kay Marie Bullock	F	65	Sebring	FL	15:46	00:50:25.57	00:49:01.16
287	519/628	41/55	56	Kimberly Bahr	F	43	Waterloo	IA	15:50	00:50:19.89	00:49:11.68
288	522/628	97/116	256	Ashley Ferrel	F	36	Cedar Falls	IA	15:54	00:51:10.42	00:49:26.34
289	524/628	58/75	319	Kassie Walton	F	28	Cedar Falls	IA	15:57	00:50:53.67	00:49:36.17
290	525/628	59/75	316	Aubrey Grant	F	23	Des Moines	IA	15:58	00:50:53.92	00:49:36.77
291	526/628	42/55	69	Renee Levi	F	47	Walker	IA	16:07	00:51:12.49	00:50:04.68
292	527/628	43/54	217	Carrie Taylor	F	53	Evansdale	IA	16:09	00:51:11.41	00:50:12.53
293	528/628	44/54	237	Candy Bidler Hurley	F	52	Johnston	IA	16:10	00:50:59.26	00:50:15.72
294	529/628	20/23	452	Lydia Parkhurst	F	13	Waterloo	IA	16:10	00:51:06.80	00:50:15.97
295	530/628	45/54	62	Amy Hetheron	F	53	Waterloo	IA	16:10	00:50:59.26	00:50:16.11
296	531/628	43/55	453	Kori Parkhurst	F	43	Waterloo	IA	16:10	00:51:07.17	00:50:16.33
297	533/628	44/55	264	Kay Reidy	F	48	Independence	IA	16:12	00:51:09.02	00:50:20.11
298	534/628	45/55	419	Kim Reidy	F	44	Independence	IA	16:12	00:51:08.82	00:50:21.10
299	536/628	98/116	61	Hanna Nuss	F	30	Waterloo	IA	16:16	00:53:22.66	00:50:34.26
300	537/628	60/75	58	Kelly Jans	F	26	Dike	IA	16:16	00:53:24.47	00:50:34.44

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
301	538/628	21/23	577	Nadira Packard	F	13	Waterloo	IA	16:16	00:52:47.92	00:50:34.86
302	539/628	99/116	576	Nicole Packard	F	37	Waterloo	IA	16:17	00:52:48.92	00:50:36.28
303	543/628	61/75	482	Morgan Zuck	F	27	Jesup	IA	16:29	00:52:30.42	00:51:15.35
304	544/628	46/55	481	Tara Westpfahl	F	49	Jesup	IA	16:29	00:52:30.63	00:51:15.47
305	546/628	18/26	138	Madison Hames	F	7	Ankeny	IA	16:39	00:52:06.53	00:51:45.62
306	547/628	100/116	137	Ellen Hames	F	33	Ankeny	IA	16:39	00:52:06.67	00:51:45.75
307	548/628	62/75	409	Lindsay Gustafson	F	29	Cedar Falls	IA	16:39	00:53:43.57	00:51:46.41
308	549/628	47/55	592	Ann Gogerty	F	48	Waterloo	IA	16:39	00:52:07.53	00:51:46.72
309	550/628	46/54	238	Connie Hix	F	59	Waterloo	IA	16:43	00:52:44.42	00:51:59.26
310	551/628	63/75	657	Allie Budensiek	F	26	Waterloo	IA	16:45	00:53:00.11	00:52:03.32
311	552/628	64/75	661	Mackenzie Horbach	F	27	Waterloo	IA	16:45	00:53:00.16	00:52:03.37
312	553/628	48/55	342	Roxanne O'Bryon	F	44	Cedar Falls	IA	16:57	00:54:54.91	00:52:41.03
313	554/628	65/75	571	Hailee Boleyn	F	23	Waterloo	IA	16:57	00:54:08.92	00:52:42.58
314	555/628	66/75	572	Kayla Boleyn	F	25	Waterloo	IA	16:58	00:54:09.14	00:52:43.47
315	557/628	101/116	485	Val Bovy	F	32	Dike	IA	16:58	00:55:34.89	00:52:45.27
316	558/628	47/54	625	Denise Hanson	F	51	Waterloo	IA	16:59	00:53:58.57	00:52:49.11
317	561/628	48/54	397	Marisa Dolan	F	59	Cedar Falls	IA	17:02	00:53:33.39	00:52:57.26
318	562/628	49/55	674	Carrie Schaefer	F	40	Waterloo	IA	17:03	00:54:33.92	00:52:59.11
319	564/628	16/22	370	Rose Quirk	F	61	Waterloo	IA	17:04	00:53:34.61	00:53:02.21
320	565/628	17/22	539	Barb Cook	F	67	Waterloo	IA	17:04	00:53:34.92	00:53:02.50
321	566/628	19/26	628	Maggie Skubal	F	10	Washburn	IA	17:04	00:54:04.03	00:53:03.88
322	567/628	49/54	75	Lisa Skubal	F	54	Waterloo	IA	17:05	00:54:04.85	00:53:04.93
323	568/628	102/116	74	Bridgitte Duffy	F	37	Cedar Falls	IA	17:05	00:54:02.17	00:53:06.27
324	569/628	103/116	73	Amber Mann	F	32	Cedar Falls	IA	17:05	00:54:02.23	00:53:07.08
325	571/628	50/55	190	Jennifer Browne	F	43	Uffcott		17:14	00:55:04.63	00:53:33.15
326	572/628	67/75	53	Robyn Neil	F	21	Denver	IA	17:14	00:55:05.45	00:53:33.55
327	573/628	50/54	25	Robbie Espinosa	F	57	Las Vegas	NV	17:14	00:55:04.42	00:53:33.75
328	574/628	104/116	443	Kayla Funk	F	31	Waterloo	IA	17:28	00:55:37.42	00:54:16.85
329	575/628	18/22	163	Jane Shea	F	66	Waterloo	IA	17:32	00:55:38.13	00:54:28.88
330	576/628	105/116	186	Julie Jones	F	38	Evansdale	IA	17:42	00:55:42.92	00:55:00.41
331	577/628	51/55	187	Rebecca Terrones	F	47	Waterloo	IA	17:42	00:55:43.41	00:55:00.51
332	578/628	19/22	179	Noreen Wiegmann	F	60	Bristow	IA	17:50	00:56:00.67	00:55:26.76
333	579/628	106/116	234	Emily Dimberio	F	38	Plano	TX	17:51	00:56:01.54	00:55:28.38
334	580/628	51/54	681	Erin Meya	F	52	Waterloo	IA	17:51	00:58:37.48	00:55:28.82
335	581/628	52/54	682	Cuss Christensen	F	50	Waterloo	IA	17:51	00:58:38.41	00:55:29.07
336	583/628	107/116	357	Allison Shea	F	31	Evansdale	IA	18:22	00:58:23.26	00:57:05.13
337	584/628	108/116	654	Randi Slaughter	F	38	Waterloo	IA	18:31	00:59:25.92	00:57:33.87
338	586/628	109/116	430	Ellen Heuer	F	34	Waterloo	IA	18:35	00:59:16.17	00:57:44.52
339	587/628	110/116	458	Amanda Arp	F	38	Waterloo	IA	18:35	00:59:16.24	00:57:44.84
340	588/628	20/22	54	Debra Henn	F	67	Evansdale	IA	18:35	00:58:55.15	00:57:45.25
341	589/628	20/26	673	Lydia Gleason	F	8	Denver	IA	18:38	00:59:57.41	00:57:54.91
342	590/628	111/116	218	Sarah Sanboeuf	F	33	Waterloo	IA	18:40	00:58:20.66	00:58:01.75
343	591/628	21/22	242	Deb Murphy	F	67	Waterloo	IA	18:41	00:58:22.42	00:58:03.09
344	592/628	53/54	437	Becky Audet	F	58	Navarre	FL	18:41	00:58:55.15	00:58:04.22
345	593/628	68/75	241	Kelli Read	F	24	Parkersburg	IA	18:56	01:01:03.02	00:58:49.86
346	594/628	69/75	245	Lauren Schryver	F	26	Waterloo	IA	18:56	01:01:04.64	00:58:51.49
347	595/628	21/26	679	Aidee Salazar	F	11	Waterloo	IA	19:04	00:59:37.79	00:59:17.19
348	597/628	22/26	671	Adalyn Gleason	F	10	Denver	IA	19:13	01:01:46.07	00:59:42.53
349	599/628	112/116	70	Michelle Stravers	F	33	West Des Moines	IA	19:13	01:01:13.66	00:59:43.51
350	601/628	70/75	32	Rachel Jaynes	F	26	Cedar Falls	IA	19:13	01:01:25.78	00:59:45.03

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
351	603/628	52/55	72	Tabi Weber	F	44	Windsor Heights	IA	19:14	01:01:15.40	00:59:46.25
352	604/628	113/116	104	Shay Caley	F	37	Denver	IA	19:14	01:01:47.11	00:59:47.25
353	606/628	53/55	388	Raynel Greiner	F	49	Lisbon	IA	19:16	01:02:10.87	00:59:52.69
354	607/628	71/75	448	Mckenzie Mccall	F	26	Polk City	IA	19:32	01:03:14.16	01:00:44.41
355	608/628	54/55	250	Ann Mccall	F	47	Iowa Falls	IA	19:34	01:03:17.64	01:00:47.72
356	609/628	55/55	249	Angela Long	F	49	Reinbeck	IA	19:36	01:03:22.77	01:00:54.12
357	610/628	114/116	336	Jessie Ott	F	33	Waterloo	IA	19:36	01:03:32.91	01:00:55.60
358	611/628	23/26	338	Joanie Ott	F	5	Waterloo	IA	19:38	01:03:33.09	01:01:01.70
359	612/628	115/116	292	Jessica Stanley	F	35	Waverly	IA	19:51	01:03:57.87	01:01:43.34
360	613/628	54/54	276	Julie Simmons	F	57	Cedar Falls	IA	19:58	01:04:30.52	01:02:04.90
361	614/628	24/26	561	Raegan Camenzind	F	6	Cedar Falls	IA	20:09	01:03:31.07	01:02:38.82
362	615/628	72/75	449	Caitlin Waszgis	F	29	La Vista	NE	20:09	01:03:30.87	01:02:39.04
363	616/628	22/22	197	Debra Donnelly	F	65	Cedar Falls	IA	20:11	01:03:34.41	01:02:43.48
364	617/628	73/75	505	Presley Kerber	F	28	Sherman	IL	20:12	01:05:07.64	01:02:47.81
365	618/628	25/26	676	Kari Kerber	F	7	Cedar Falls	IA	20:14	01:05:16.34	01:02:54.02
366	619/628	74/75	206	Hali Simmons	F	25	Cedar Falls	IA	20:17	01:05:28.36	01:03:03.35
367	620/628	22/23	427	Carolina Guevara	F	17	Cedar Falls	IA	20:23	01:04:44.93	01:03:20.89
368	621/628	26/26	358	Olivia Schellhorn	F	11	Evansdale	IA	20:24	01:04:45.16	01:03:25.61
369	625/628	23/23	425	Cristina Guevara	F	19	Cedar Falls	IA	20:36	01:05:24.41	01:04:00.76
370	627/628	116/116	463	Ajeh Agbese	F	34	Waterloo	IA	20:47	01:06:51.41	01:04:36.76
371	628/628	75/75	271	Katie Kern	F	26	Waterloo	IA	20:55	01:07:08.59	01:04:59.45



# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	1/628	1/66	305	Brandon Underwood	M	34	Waterloo	IA	5:40	00:17:41.77	00:17:39.13
2	2/628	1/40	508	Shane Manning	M	27	Waterloo	IA	5:51	00:18:18.04	00:18:12.98
3	3/628	1/29	359	Cody Samuelson	M	19	Waterloo	IA	5:54	00:18:22.41	00:18:21.02
4	4/628	2/40	87	Aaron O'Leary	M	23	Waterloo	IA	5:57	00:18:32.66	00:18:30.84
5	5/628	1/40	400	Jorge Marquez	M	48	Cedar Falls	IA	6:07	00:19:04.12	00:19:01.69
6	6/628	2/29	574	Jez Rodriguez	M	16	Waterloo	IA	6:17	00:19:42.08	00:19:33.49
7	7/628	3/29	302	Ian Lucas	M	15	Gilbertville	IA	6:25	00:22:03.85	00:19:58.02
8	8/628	4/29	440	Nicholas Knight	M	17	Waterloo	IA	6:26	00:20:02.12	00:20:00.20
9	9/628	2/66	278	Joel Rasmussen	M	33	Goldfield	IA	6:27	00:20:10.16	00:20:05.01
10	10/628	5/29	195	Jordan Tovar	M	16	Elk Run Heights	IA	6:29	00:20:18.55	00:20:10.15
11	11/628	2/40	265	Mike Klaas	M	41	Waterloo	IA	6:29	00:20:14.50	00:20:10.64
12	12/628	6/29	236	Ian Hurley	M	13	Johnston	IA	6:31	00:20:17.66	00:20:15.84
13	13/628	3/40	405	Michael Benitez	M	23	Waterloo	IA	6:44	00:21:22.05	00:20:56.27
14	14/628	7/29	610	Kaclan Eilers	M	14	Waterloo	IA	6:46	00:21:04.99	00:21:03.17
15	15/628	3/66	130	Mike Buchter	M	39	Davenport	IA	6:47	00:21:17.78	00:21:05.63
16	16/628	4/40	552	Eric Gogola	M	21	Cedar Falls	IA	6:49	00:21:59.91	00:21:11.79
17	18/628	8/29	538	Cadin Herrmann	M	15	Evansdale	IA	6:52	00:21:22.05	00:21:20.23
18	19/628	4/66	668	Cam Keecan	M	30	Glasgow		6:55	00:21:34.91	00:21:30.84
19	20/628	9/29	567	Ridge Van Daele	M	18	Hudson	IA	6:58	00:21:42.91	00:21:40.69
20	21/628	10/29	344	Collin O'Bryon	M	14	Cedar Falls	IA	6:59	00:21:50.86	00:21:43.93
21	22/628	1/30	593	Steve Johnson	M	63	Waterloo	IA	7:00	00:22:03.03	00:21:45.77
22	23/628	3/40	642	Michael Pothast	M	49	Waterloo	IA	7:02	00:21:57.91	00:21:51.61
23	24/628	4/40	109	Bob McMullen	M	45	Waterloo	IA	7:03	00:23:55.33	00:21:55.49
24	25/628	11/29	123	Brayden Bohnsack	M	13	La Porte City	IA	7:04	00:22:01.41	00:21:58.78
25	26/628	5/40	421	Kyle Kiel	M	28	Cedar Falls	IA	7:04	00:22:15.41	00:21:59.54
26	28/628	12/29	438	Caleb Kremer	M	19	Independence	IA	7:05	00:22:03.41	00:22:02.45
27	29/628	5/66	275	Zachary Norgren	M	32	Elk Run Heights	IA	7:07	00:22:25.41	00:22:08.50
28	30/628	1/31	630	Dave Moore	M	52	Coralville	IA	7:07	00:22:35.12	00:22:09.76
29	32/628	6/40	545	Brandon Alvarado	M	29	Waterloo	IA	7:08	00:22:26.00	00:22:11.26
30	34/628	5/40	13	Adam Myers	M	45	Evansdale	IA	7:10	00:22:28.44	00:22:18.63
31	36/628	2/31	641	Brent Denning	M	53	Cedar Falls	IA	7:15	00:22:40.82	00:22:34.10
32	38/628	6/66	468	Tony Means	M	39	Hudson	IA	7:18	00:24:36.13	00:22:43.25
33	39/628	6/40	67	Quinn Riess	M	42	Wiltonton	IA	7:18	00:22:49.75	00:22:43.32
34	40/628	7/66	568	Aaron Becker	M	34	Waterloo	IA	7:21	00:23:31.91	00:22:50.83
35	41/628	7/40	283	Willie Rhoads	M	23	Cedar Rapids	IA	7:21	00:22:55.16	00:22:52.00
36	42/628	2/30	81	Mark Zimmer	M	62	Independence	IA	7:22	00:23:06.64	00:22:54.54
37	44/628	13/29	584	Holtor Galloway	M	19	Waterloo	IA	7:24	00:23:08.16	00:23:01.44
38	47/628	14/29	460	Andrew Tracy	M	15	Waterloo	IA	7:28	00:23:54.32	00:23:12.19
39	48/628	8/40	606	Tyler Laftus	M	21	Waterloo	IA	7:29	00:23:23.91	00:23:16.94
40	49/628	9/40	605	Jorden Fing	M	26	Waterloo	IA	7:29	00:23:24.91	00:23:17.94
41	50/628	3/31	153	Greg Johnson	M	54	Waterloo	IA	7:30	00:23:40.66	00:23:19.22
42	52/628	8/66	672	Jared Smith	M	37	Tama	IA	7:31	00:23:47.16	00:23:22.01
43	53/628	9/66	10	Stiofñ O Fearail	M	30	Reinbeck	IA	7:31	00:23:57.57	00:23:22.87
44	54/628	10/66	11	Daithi O Ruaidh	M	30	Reinbeck	IA	7:31	00:23:57.57	00:23:24.16
45	56/628	10/40	556	Ryan Begemann	M	27	Cedar Falls	IA	7:32	00:23:39.47	00:23:24.82
46	57/628	1/21	670	Bryce Noland	M	10	Waterloo	IA	7:32	00:23:28.91	00:23:25.49
47	59/628	11/66	522	Josh Arickx	M	36	Waterloo	IA	7:33	00:24:46.85	00:23:29.13
48	60/628	11/40	415	Kody Kibe	M	26	La Porte City	IA	7:33	00:23:46.16	00:23:29.76
49	61/628	12/66	312	Dan Rhodes	M	34	Hiawatha	IA	7:34	00:23:32.15	00:23:30.77
50	63/628	2/21	196	Edward Lin	M	12	Cedar Falls	IA	7:35	00:24:07.11	00:23:35.93

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
51	64/628	7/40	343	James O'Bryon	M	48	Cedar Falls	IA	7:36	00:23:44.38	00:23:36.82
52	66/628	13/66	140	Matthew Engelhardt	M	38	Waterloo	IA	7:36	00:24:16.65	00:23:39.50
53	68/628	3/30	201	Bob Schmit	M	62	Waterloo	IA	7:37	00:23:57.16	00:23:42.61
54	69/628	12/40	254	Joshua Hendricks	M	27	Dubuque	IA	7:39	00:25:32.16	00:23:46.87
55	73/628	14/66	291	Paul Foster	M	35	Cedar Falls	IA	7:49	00:24:32.41	00:24:20.00
56	74/628	15/66	660	Danny Landick	M	30	Waterloo	IA	7:51	00:26:09.66	00:24:25.00
57	75/628	4/31	216	Monty Beal	M	56	West Liberty	IA	7:51	00:24:52.66	00:24:26.01
58	76/628	5/31	232	Lynn Telleen	M	51	Waverly	IA	7:53	00:24:37.35	00:24:30.19
59	77/628	16/66	528	Thomas Hess	M	38	Waterloo	IA	7:54	00:25:11.16	00:24:33.21
60	78/628	13/40	473	Paul Lichty	M	25	Hudson	IA	7:54	00:25:13.89	00:24:33.46
61	79/628	17/66	498	John Mallen	M	30	Waterloo	IA	7:54	00:26:56.16	00:24:33.83
62	81/628	8/40	408	Jason Kurtz	M	43	Denver	IA	7:58	00:25:47.37	00:24:46.01
63	82/628	15/29	510	Aidan Mcdermott	M	15	Cedar Rapids	IA	7:58	00:24:47.47	00:24:46.08
64	83/628	6/31	148	Stacy Jackson	M	54	Waterloo	IA	8:00	00:25:02.90	00:24:52.88
65	84/628	18/66	145	Matt Ungs	M	36	Cedar Falls	IA	8:00	00:25:24.21	00:24:53.88
66	86/628	19/66	152	Eric Becker	M	35	Dubuque	IA	8:02	00:27:22.80	00:24:58.42
67	89/628	14/40	581	Tirzah Galloway	M	26	Waterloo	IA	8:02	00:25:06.66	00:25:00.34
68	90/628	9/40	402	Cory Lange	M	41	La Porte City	IA	8:03	00:25:11.64	00:25:00.80
69	91/628	10/40	308	Jason Lahmann	M	46	Tripoli	IA	8:05	00:26:14.16	00:25:06.97
70	92/628	20/66	341	Kaya Tolon	M	39	Ames	IA	8:05	00:25:11.64	00:25:07.59
71	94/628	3/21	231	Hunter Telleen	M	10	Waverly	IA	8:06	00:25:12.87	00:25:10.45
72	95/628	16/29	487	Andrew Kimball	M	13	Buckingham	IA	8:06	00:25:28.67	00:25:12.64
73	96/628	11/40	488	Eric Kimball	M	46	Buckingham	IA	8:06	00:25:28.89	00:25:12.87
74	97/628	17/29	617	Vito Massa	M	16	Waterloo	IA	8:07	00:27:08.16	00:25:15.28
75	98/628	7/31	456	Brian Donnelly	M	58	Cedar Rapids	IA	8:08	00:25:30.66	00:25:16.76
76	100/628	12/40	191	Tom Jordan	M	44	Iowa City	IA	8:11	00:25:38.41	00:25:27.36
77	102/628	15/40	182	Elliot Suiter	M	22	Johnston	IA	8:12	00:25:56.89	00:25:29.90
78	103/628	8/31	664	Jeff Smith	M	58	Elk Run Heights	IA	8:12	00:25:42.41	00:25:31.00
79	104/628	9/31	86	Joe Peters	M	50	Monroe	WI	8:13	00:26:34.63	00:25:34.29
80	105/628	21/66	222	Joshua Dahlen	M	31	Waterloo	IA	8:13	00:26:09.67	00:25:34.36
81	106/628	13/40	22	Joe Edwards	M	43	Waterloo	IA	8:16	00:26:02.40	00:25:43.50
82	107/628	18/29	665	Sam Patterson	M	15	Rowley	IA	8:16	00:27:19.54	00:25:43.70
83	108/628	16/40	540	Norberto Leyva	M	25	Waterloo	IA	8:18	00:26:15.38	00:25:48.39
84	109/628	22/66	444	Jason Funk	M	35	Waterloo	IA	8:19	00:26:16.91	00:25:51.36
85	112/628	14/40	599	Derek Boeldt	M	45	Waterloo	IA	8:20	00:27:01.85	00:25:54.93
86	113/628	17/40	590	Benjamin Nimeskern	M	23	Waterloo	IA	8:20	00:26:04.22	00:25:56.03
87	118/628	4/30	611	Mike Craft	M	69	La Porte City	IA	8:24	00:27:00.16	00:26:06.26
88	119/628	18/40	422	Matt Wiebke	M	29	Waterloo	IA	8:24	00:27:07.91	00:26:08.39
89	120/628	15/40	155	Adam Wittmayer	M	41	Waterloo	IA	8:25	00:26:27.56	00:26:09.46
90	121/628	16/40	459	Matt Tracy	M	42	Waterloo	IA	8:26	00:26:55.36	00:26:12.22
91	123/628	17/40	39	Dennis Schilling	M	42	Evansdale	IA	8:26	00:26:35.41	00:26:14.62
92	126/628	23/66	150	Shane Flesher	M	38	Dubuque	IA	8:29	00:28:46.91	00:26:21.90
93	127/628	24/66	162	Jesus Ramirez Jr	M	33	Cedar Falls	IA	8:29	00:28:14.65	00:26:22.80
94	128/628	25/66	542	Kyle Charles	M	31	Des Moines	IA	8:29	00:27:35.81	00:26:24.05
95	130/628	18/40	286	Brian Jacobsen	M	47	Dunkerton	IA	8:30	00:27:33.16	00:26:25.78
96	131/628	19/40	607	Keesan Marrassa	M	23	Waterloo	IA	8:31	00:26:36.66	00:26:29.09
97	132/628	20/40	451	Joshua Carlo	M	24	Iowa City	IA	8:32	00:27:11.42	00:26:30.98
98	133/628	5/30	156	Stephen Miller	M	66	Edwardsville	IL	8:32	00:27:10.91	00:26:31.92
99	136/628	10/31	656	Nicholas Thome	M	58	Louisville	KY	8:34	00:26:41.32	00:26:37.47
100	139/628	26/66	491	Wes Gardner	M	36	La Porte City	IA	8:36	00:27:20.16	00:26:43.74

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
101	140/628	11/31	102	Vincent Barnes	M	51	Waterloo	IA	8:36	00:27:09.41	00:26:43.85
102	142/628	27/66	227	Thomas Rosin	M	31	Ankeny	IA	8:39	00:27:45.98	00:26:54.15
103	144/628	21/40	420	Tyler Thomas	M	26	Waterloo	IA	8:40	00:27:02.16	00:26:55.99
104	145/628	28/66	185	David Frisch	M	31	Independence	IA	8:42	00:27:32.67	00:27:02.76
105	148/628	29/66	551	Joshua Smith	M	35	Evanston	IL	8:44	00:27:32.13	00:27:10.51
106	150/628	12/31	180	John Joiner	M	52	Ames	IA	8:45	00:27:53.30	00:27:12.15
107	152/628	30/66	350	Joe McBride	M	38	Waterloo	IA	8:46	00:28:16.48	00:27:15.57
108	153/628	6/30	530	Stan Hemesath	M	60	Waterloo	IA	8:47	00:28:24.41	00:27:18.27
109	154/628	22/40	644	Enes Kuduzovic	M	27	Waterloo	IA	8:49	00:27:34.16	00:27:24.01
110	156/628	4/21	441	James Knight	M	11	Waterloo	IA	8:50	00:27:30.30	00:27:27.49
111	164/628	31/66	385	Timothy Verheyen	M	34	Cedar Falls	IA	8:55	00:28:09.93	00:27:44.17
112	168/628	5/21	367	Ethan Mckee	M	11	Cedar Falls	IA	8:58	00:28:12.66	00:27:54.15
113	169/628	32/66	637	Bryce Gonalez	M	38	Des Moines	IA	8:59	00:29:38.91	00:27:54.80
114	170/628	19/40	493	Loren Marlette	M	48	Charles City	IA	8:59	00:28:18.08	00:27:54.93
115	172/628	6/21	616	Tino Massa	M	12	Waterloo	IA	8:59	00:29:49.76	00:27:57.09
116	173/628	33/66	262	Shaun Kane	M	32	Cedar Falls	IA	8:59	00:28:30.41	00:27:57.36
117	175/628	7/30	7	Richard Robert	M	60	Charles City	IA	9:00	00:28:04.24	00:27:58.56
118	176/628	13/31	352	Mike Murphy	M	52	Decorah	IA	9:01	00:28:42.41	00:28:01.00
119	177/628	34/66	96	Andrew Isley	M	34	Independence	IA	9:01	00:29:07.84	00:28:01.26
120	178/628	19/29	403	Caleb McGuffey	M	15	La Porte City	IA	9:01	00:28:13.83	00:28:03.91
121	179/628	7/21	675	Sawyer Schaefer	M	12	Waterloo	IA	9:02	00:29:28.66	00:28:04.00
122	180/628	14/31	85	David Peters	M	58	Omaha	NE	9:02	00:29:04.16	00:28:04.03
123	183/628	35/66	557	Warren Kaaihue	M	36	Waterloo	IA	9:07	00:28:50.99	00:28:20.65
124	184/628	23/40	393	Jack Schaefer	M	20	Waterloo	IA	9:07	00:29:23.91	00:28:21.75
125	187/628	36/66	645	Dejan Popovic	M	30	Waterloo	IA	9:09	00:28:38.02	00:28:27.40
126	188/628	8/30	114	James Davies	M	67	Allison	IA	9:13	00:29:57.89	00:28:39.24
127	189/628	9/30	555	Robert Cooper	M	64	Chicago	IL	9:13	00:28:58.11	00:28:39.43
128	191/628	15/31	142	John Skaar	M	51	Cedar Falls	IA	9:14	00:29:42.24	00:28:43.36
129	192/628	37/66	16	Paul Toppin	M	37	Waterloo	IA	9:15	00:30:09.08	00:28:44.64
130	193/628	24/40	432	Kyle Leininger	M	21	Waterloo	IA	9:15	00:29:45.90	00:28:47.15
131	195/628	20/40	147	Kyle Winter	M	41	Jesup	IA	9:17	00:30:42.91	00:28:51.76
132	196/628	25/40	36	Gregory Garrido	M	27	Waterloo	IA	9:19	00:29:02.38	00:28:57.52
133	197/628	26/40	586	Cody Vanasse	M	28	Waterloo	IA	9:19	00:29:21.66	00:28:57.69
134	199/628	16/31	82	William Bishop	M	55	Ottumwa	IA	9:20	00:31:05.77	00:29:00.28
135	200/628	38/66	77	Jason Mohorne	M	39	Waterloo	IA	9:20	00:30:41.91	00:29:01.37
136	204/628	17/31	323	Tod Elliott	M	51	Sumner	IA	9:23	00:29:26.16	00:29:11.74
137	214/628	20/29	580	Sean Radke	M	14	Waterloo	IA	9:30	00:31:49.82	00:29:30.99
138	215/628	21/40	48	Sean Hewitt	M	49	Waterloo	IA	9:30	00:30:43.58	00:29:32.92
139	223/628	39/66	311	Slobodan Bosnic	M	32	Waterloo	IA	9:33	00:29:54.16	00:29:41.47
140	228/628	40/66	261	Eddie Fischer	M	32	Waterloo	IA	9:37	00:30:45.91	00:29:53.87
141	231/628	18/31	282	Aaron Hawbaker	M	51	Cedar Falls	IA	9:41	00:31:48.43	00:30:05.62
142	233/628	8/21	193	Leo Jordan	M	9	Iowa City	IA	9:41	00:30:18.02	00:30:07.19
143	235/628	41/66	614	Steve Langmaren	M	32	Marshalltown	IA	9:44	00:32:02.22	00:30:16.02
144	236/628	19/31	612	Pete Browne	M	50	Hornell	NY	9:44	00:32:03.64	00:30:16.31
145	237/628	20/31	194	Trevor Harrison	M	55	Cedar Falls	IA	9:45	00:31:08.21	00:30:20.08
146	238/628	21/31	280	Marty Stoakes	M	54	Waterloo	IA	9:45	00:31:08.17	00:30:20.47
147	241/628	22/40	208	Tom Skinner	M	47	Jesup	IA	9:47	00:30:35.70	00:30:24.29
148	243/628	42/66	486	Keith Steimel	M	37	Waterloo	IA	9:48	00:31:23.16	00:30:29.01
149	245/628	43/66	477	Matt Davis	M	32	Waterloo	IA	9:49	00:31:35.95	00:30:31.55
150	246/628	9/21	349	Phoenix Shipman	M	12	Waterloo	IA	9:50	00:30:37.91	00:30:34.66

# ShamRock N Run 5K

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5K

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
151	248/628	10/30	595	Dan Gogerty	M	69	Waterloo	IA	9:51	00:30:50.16	00:30:37.90
152	249/628	10/21	161	Cooper Mahnesmith	M	6	Cedar Falls	IA	9:51	00:30:51.29	00:30:39.13
153	251/628	22/31	173	Lon Pluckhahn	M	50	Marion	IA	9:53	00:31:46.58	00:30:45.00
154	254/628	44/66	97	Cory Hartmann	M	34	Independence	IA	9:55	00:31:55.32	00:30:49.81
155	259/628	45/66	573	Curtis Shaw	M	39	Waterloo	IA	10:02	00:31:21.16	00:31:10.89
156	261/628	11/30	113	Donald Kramer	M	67	Waterloo	IA	10:03	00:31:59.59	00:31:15.44
157	262/628	27/40	526	Jackson Traeger	M	23	Cedar Falls	IA	10:03	00:33:02.30	00:31:15.81
158	264/628	11/21	354	Adam Blakeman	M	11	Readlyn	IA	10:06	00:31:33.16	00:31:24.24
159	265/628	21/29	585	Declan Smith	M	18	Waterloo	IA	10:07	00:33:46.00	00:31:27.99
160	267/628	22/29	442	James Randolph	M	18	Lynwood	IL	10:07	00:33:45.80	00:31:28.89
161	268/628	23/29	376	John White	M	18	Chicago	IL	10:08	00:33:46.16	00:31:29.63
162	269/628	12/30	135	Jim Mcmillan	M	66	Olathe	KS	10:10	00:32:24.15	00:31:37.74
163	270/628	46/66	268	Nick Roe	M	32	Waterloo	IA	10:11	00:32:30.64	00:31:39.62
164	272/628	47/66	548	Ryan Paulson	M	34	Waterloo	IA	10:11	00:31:53.68	00:31:40.39
165	273/628	48/66	223	Josue Carmona	M	32	Waterloo	IA	10:12	00:32:14.65	00:31:41.49
166	275/628	23/40	596	Nick Elliott	M	44	Waterloo	IA	10:12	00:32:25.17	00:31:43.89
167	277/628	13/30	383	Darwin Ramker	M	70	Waverly	IA	10:13	00:32:18.90	00:31:46.69
168	281/628	28/40	189	Nick Glotfelty	M	23	Waterloo	IA	10:20	00:34:14.04	00:32:07.38
169	283/628	14/30	620	Chip Clark	M	61	Coggon	IA	10:20	00:33:24.05	00:32:08.80
170	291/628	23/31	111	Tom Sinnott	M	52	Waterloo	IA	10:24	00:32:59.41	00:32:21.25
171	294/628	24/29	374	Jimmy Lynch	M	18	Chicago	IL	10:27	00:33:46.00	00:32:30.84
172	299/628	49/66	683	Rob Nichols	M	31	Waterloo	IA	10:32	00:32:43.66	00:32:43.66
173	301/628	50/66	93	Oliver Schoo	M	32	Waterloo	IA	10:35	00:33:32.82	00:32:53.18
174	304/628	15/30	31	Rik Anderson	M	67	Fort Myers	FL	10:36	00:34:21.07	00:32:56.19
175	306/628	24/31	134	Dan Takle	M	54	Hudson	IA	10:37	00:35:07.68	00:33:00.80
176	311/628	24/40	133	Steve Hubbard	M	46	Waverly	IA	10:42	00:34:27.66	00:33:14.85
177	313/628	12/21	603	Jonas Greene	M	11	Fairfax	IA	10:43	00:34:37.80	00:33:19.67
178	314/628	51/66	166	Scott Demuth	M	38	Waterloo	IA	10:45	00:34:03.87	00:33:24.05
179	318/628	25/40	544	Robert Rodgers li	M	43	Cedar Falls	IA	10:46	00:35:12.92	00:33:27.24
180	320/628	29/40	351	Jonny Martin	M	28	Waterloo	IA	10:46	00:34:14.66	00:33:28.64
181	322/628	25/31	659	Michael Henry	M	52	Marion	AR	10:47	00:35:13.16	00:33:33.02
182	323/628	16/30	621	Jed Becker	M	68	Cresco	IA	10:49	00:34:50.65	00:33:37.00
183	332/628	26/31	235	Brian Hurley	M	52	Johnston	IA	10:54	00:34:31.91	00:33:54.76
184	333/628	30/40	289	Caleb Krapfl	M	25	Cedar Falls	IA	10:55	00:34:11.79	00:33:56.88
185	334/628	17/30	103	J Guldner	M	64	Salt Lake City	UT	10:57	00:34:17.75	00:34:04.24
186	336/628	52/66	378	Corey St. John	M	39	Winterset	IA	10:58	00:34:39.16	00:34:06.95
187	337/628	26/40	91	Ethan Magee	M	41	Elk Run Heights	IA	11:00	00:35:53.54	00:34:11.38
188	341/628	27/40	297	Mick Kane	M	43	Fairbank	IA	11:04	00:34:43.11	00:34:25.45
189	347/628	25/29	418	Quinn Abbott	M	13	Coralville	IA	11:08	00:35:32.83	00:34:38.31
190	348/628	18/30	128	John Parry	M	64	Waverly	IA	11:09	00:36:00.62	00:34:39.02
191	349/628	53/66	633	Brande Miller	M	39	Waterloo	IA	11:10	00:34:46.37	00:34:43.12
192	351/628	31/40	455	Keith Downing	M	28	Waterloo	IA	11:12	00:36:11.58	00:34:49.98
193	354/628	54/66	356	Matthew Schellhorn	M	30	Evansdale	IA	11:13	00:36:13.42	00:34:53.26
194	361/628	55/66	666	Cody Woodey	M	33	Cedar Falls	IA	11:22	00:36:25.91	00:35:20.01
195	368/628	26/29	594	Aiden Balk	M	15	Waterloo	IA	11:36	00:37:52.79	00:36:03.40
196	371/628	28/40	411	Aaron Pryor	M	47	Nolanville	TX	11:40	00:36:59.52	00:36:15.37
197	373/628	32/40	38	Collin Mccalley	M	26	Dubuque	IA	11:43	00:36:33.92	00:36:26.99
198	375/628	56/66	60	Adam Amdor	M	37	Waterloo	IA	11:53	00:39:24.70	00:36:56.79
199	383/628	29/40	334	Bil Austin	M	46	Knoxville	IA	12:07	00:40:00.66	00:37:40.41
200	392/628	19/30	224	Stephen Noga	M	63	Maryville	IL	12:19	00:40:11.16	00:38:17.26

# ShamRock N Run 5K

August 3, 2019

5K

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
201	393/628	30/40	417	Peter Abbott	M	43	Coralville	IA	12:19	00:39:27.32	00:38:18.26
202	394/628	20/30	390	Jeff Bowers	M	64	Waterloo	IA	12:22	00:39:19.66	00:38:26.60
203	397/628	33/40	46	Nic Stewart	M	27	Cedar Falls	IA	12:24	00:39:56.42	00:38:33.60
204	398/628	27/31	392	Jim Schaefer	M	52	Waterloo	IA	12:25	00:39:33.63	00:38:35.58
205	400/628	13/21	638	Joseph Gonzalez	M	9	Des Moines	IA	12:26	00:40:23.14	00:38:39.03
206	401/628	57/66	646	Keith Pumphrail	M	33	Mechanicsville	IA	12:27	00:41:14.91	00:38:42.10
207	403/628	28/31	157	Carl Borchardt	M	51	Waterloo	IA	12:42	00:41:19.16	00:39:30.20
208	408/628	21/30	112	Joel Cooper	M	67	Cedar Falls	IA	12:45	00:41:37.56	00:39:38.54
209	416/628	31/40	66	Brad Longlett	M	49	Wilton	IA	12:55	00:41:25.11	00:40:10.69
210	424/628	34/40	653	Klay Krager	M	27	Waterloo	IA	13:08	00:42:47.13	00:40:48.94
211	429/628	35/40	564	Damian Garcia	M	27	Cedar Falls	IA	13:13	00:43:01.41	00:41:04.51
212	433/628	14/21	549	Leo Ullom	M	6	Waterloo	IA	13:17	00:42:06.91	00:41:18.77
213	440/628	36/40	100	Matthew Reynolds	M	26	Cedar Falls	IA	13:23	00:41:36.16	00:41:36.16
214	442/628	27/29	464	Simon Larsen	M	16	Waterloo	IA	13:24	00:43:27.68	00:41:39.32
215	443/628	32/40	122	Michael Smith	M	48	La Porte City	IA	13:29	00:42:04.34	00:41:55.55
216	445/628	37/40	177	Matthew Parry	M	23	Waverly	IA	13:31	00:43:56.30	00:42:00.39
217	450/628	58/66	220	Nick Custer	M	32	Lenox	IA	13:37	00:44:12.12	00:42:18.46
218	461/628	33/40	635	David Foley	M	46	Chicago	IL	14:09	00:45:28.16	00:44:00.00
219	464/628	15/21	494	Everett Watkinson	M	5	Cedar Falls	IA	14:17	00:46:15.50	00:44:25.09
220	465/628	38/40	124	Blake Louscher	M	26	Des Moines	IA	14:18	00:45:16.64	00:44:28.10
221	483/628	22/30	410	Jim Reidy	M	77	Waterloo	IA	14:36	00:45:45.67	00:45:22.60
222	492/628	29/31	23	James Coyle	M	58	Cross Plains	WI	14:54	00:47:44.41	00:46:19.00
223	493/628	34/40	243	Gregory Cole	M	49	Iowa City	IA	14:56	00:47:56.37	00:46:26.96
224	498/628	59/66	26	Sam Kilgore	M	33	North Liberty	IA	15:10	00:48:59.57	00:47:09.97
225	499/628	35/40	19	Aaron Weber	M	44	Cedar Falls	IA	15:11	00:48:48.54	00:47:10.88
226	501/628	28/29	214	Ryan Harn	M	14	Waterloo	IA	15:11	00:48:29.42	00:47:12.62
227	503/628	23/30	514	Joe Ryan	M	65	Oskaloosa	IA	15:17	00:48:32.68	00:47:31.10
228	506/628	60/66	516	Dustin Baum	M	33	Waterloo	IA	15:22	00:48:33.31	00:47:46.02
229	507/628	24/30	49	Gregory Morud	M	64	Cedar Rapids	IA	15:22	00:49:48.16	00:47:46.27
230	515/628	36/40	212	Mike Harn	M	42	Waterloo	IA	15:41	00:50:16.86	00:48:44.21
231	516/628	25/30	171	Jack Bullock	M	68	Sebring	FL	15:46	00:50:23.94	00:48:59.88
232	518/628	61/66	295	Nate Downs	M	36	Waterloo	IA	15:47	00:49:04.03	00:49:04.03
233	520/628	16/21	258	Harrison Ferrel	M	6	Cedar Falls	IA	15:51	00:51:00.92	00:49:16.84
234	521/628	17/21	259	Voight Ferrel	M	4	Cedar Falls	IA	15:54	00:51:09.17	00:49:25.09
235	523/628	37/40	257	Peter Ferrel	M	44	Cedar Falls	IA	15:55	00:51:12.09	00:49:27.43
236	532/628	29/29	213	Michael Harn	M	16	Waterloo	IA	16:11	00:51:50.88	00:50:18.22
237	535/628	38/40	210	Tim Fitzgerald	M	42	Urbandale	IA	16:14	00:52:09.54	00:50:26.90
238	540/628	39/40	63	Nick Jans	M	29	Waterloo	IA	16:17	00:53:25.08	00:50:36.43
239	541/628	26/30	483	Jay Ginther	M	73	Waterloo	IA	16:18	00:54:26.62	00:50:38.74
240	542/628	27/30	117	Pat Bohl	M	70	Humboldt	SD	16:21	00:50:49.66	00:50:49.66
241	545/628	62/66	652	Adam Gallmeyer	M	38	Waterloo	IA	16:36	00:52:51.35	00:51:36.29
242	556/628	63/66	484	Brent Bovy	M	35	Dike	IA	16:58	00:55:30.56	00:52:43.66
243	559/628	28/30	627	Don Denkinger	M	82	Waterloo	IA	17:00	00:53:59.77	00:52:50.92
244	560/628	29/30	433	Dan True	M	63	Blue Grass	IA	17:01	00:53:31.91	00:52:54.77
245	563/628	30/30	600	Matt Hutchings	M	69	Waterloo	IA	17:03	00:54:03.91	00:53:00.08
246	570/628	18/21	260	Dexter Ferrel	M	11	Cedar Falls	IA	17:08	00:53:33.60	00:53:15.10
247	582/628	30/31	407	Dan Walbruch	M	57	Savage	MN	17:57	00:57:51.91	00:55:47.97
248	585/628	64/66	655	Bryan Slaughter	M	34	Waterloo	IA	18:31	00:59:26.42	00:57:34.36
249	596/628	19/21	680	Javer Martinez	M	11	Waterloo	IA	19:07	00:59:46.07	00:59:25.27
250	598/628	39/40	467	Ryan Caley	M	40	Denver	IA	19:13	01:01:46.90	00:59:43.00

# ShamRock N Run 5K

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5K

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
251	600/628	65/66	33	Jacob Jaynes	M	31	Cedar Falls	IA	19:13	01:01:25.98	00:59:44.40
252	602/628	20/21	105	Jameson Caley	M	9	Denver	IA	19:14	01:01:45.87	00:59:45.82
253	605/628	31/31	387	Rick Greiner	M	53	Lisbon	IA	19:15	01:02:10.66	00:59:51.50
254	622/628	21/21	339	Bear Ott	M	4	Waterloo	IA	20:29	01:06:11.16	01:03:39.76
255	623/628	66/66	337	Derek Ott	M	32	Waterloo	IA	20:35	01:06:29.39	01:03:57.74
256	624/628	40/40	429	Luis Armando Gonzalez	M	22	Cedar Falls	IA	20:36	01:05:25.16	01:04:00.50
257	626/628	40/40	428	Blas Guevara	M	45	Cedar Falls	IA	20:36	01:05:25.07	01:04:02.44