

ShamRock N Run 5K

August 7, 2021

Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	1/187	1/1	440	Jay Mixdorf	M	22	Waterloo	IA	5:09	00:16:03.70	00:16:02.03
2	2/187	1/28	415	Joe Fribburger	M	22	Waterloo	IA	5:14	00:16:21.14	00:16:18.67
3	3/187	1/23	430	Carson Rygh	M	18	Lake Mills	IA	5:26	00:16:57.89	00:16:55.20
4	4/187	2/23	20	Andrew Congdon	M	17	Waterloo	IA	5:47	00:18:05.45	00:17:59.52
5	5/187	3/23	23	Andrew Tracy	M	17	Waterloo	IA	6:00	00:18:42.98	00:18:38.74
6	6/187	4/23	17	Ian Hurley	M	15	Johnston	IA	6:09	00:19:10.57	00:19:08.08
7	7/187	2/28	36	Douglas Kennedy	M	25	Waterloo	IA	6:14	00:19:25.19	00:19:22.10
8	1/225	1/1	30	Kylie Kelchen	F	23	Iowa City	IA	6:16	00:19:31.70	00:19:29.22
9	8/187	3/28	437	Cody Samnelson	M	21	Waterloo	IA	6:20	00:19:44.20	00:19:42.53
10	9/187	5/23	21	Ian Lucas	M	17	Gilbertville	IA	6:23	00:19:54.95	00:19:50.83
11	10/187	4/28	401	Eric Gogola	M	23	Cedar Falls	IA	6:24	00:20:02.69	00:19:55.76
12	11/187	6/23	276	Derek Olive	M	17	Waterloo	IA	6:25	00:20:03.46	00:19:56.98
13	12/187	7/23	361	Collin O'bryon	M	16	Cedar Falls	IA	6:32	00:20:30.70	00:20:18.98
14	13/187	1/34	143	Mike Klaas	M	43	Waterloo	IA	6:33	00:20:25.62	00:20:23.14
15	2/225	1/72	297	Kristen Toppin	F	35	Waterloo	IA	6:34	00:20:34.36	00:20:27.22
16	14/187	2/34	145	David Knock	M	44	Cedar Falls	IA	6:41	00:20:52.42	00:20:45.94
17	15/187	5/28	442	Abraham Kern	M	24	Traer	IA	6:41	00:21:06.65	00:20:46.77
18	16/187	8/23	387	Noah Backes	M	16	Cedar Falls	IA	6:41	00:20:58.09	00:20:47.27
19	3/225	1/38	299	Melissa Vega	F	27	Postville	IA	6:41	00:20:53.63	00:20:48.93
20	17/187	9/23	391	Layton Ritter	M	17	Waterloo	IA	6:49	00:21:17.95	00:21:12.02
21	18/187	6/28	337	Zachary Fischels	M	24	Cedar Falls	IA	6:51	00:21:21.83	00:21:18.94
22	19/187	7/28	435	Mitchell Wolff	M	27	Waterloo	IA	6:52	00:21:27.30	00:21:20.37
23	20/187	1/34	55	Keegan Morrissey	M	30	Cedar Falls	IA	6:53	00:21:28.73	00:21:24.83
24	21/187	10/23	25	Christian Kremer	M	19	Independence	IA	6:53	00:21:31.56	00:21:26.04
25	22/187	1/36	414	Davve Thoma	M	53	Waterloo	IA	6:55	00:21:32.70	00:21:30.43
26	23/187	11/23	383	Brady Dean	M	14	Cedar Falls	IA	6:56	00:21:43.70	00:21:35.43
27	24/187	2/34	107	Colin Luce	M	38	Tinley Park	IL	6:58	00:21:53.68	00:21:41.41
28	25/187	12/23	392	Benjamin Ritter	M	14	Waterloo	IA	6:59	00:21:52.08	00:21:43.29
29	4/225	1/47	350	Brooke Heuer	F	43	Waterloo	IA	7:00	00:21:55.93	00:21:47.34
30	26/187	3/34	121	Shane Flesher	M	40	Dubuque	IA	7:03	00:22:04.65	00:21:56.38
31	27/187	13/23	12	Liam Mcgrane	M	14	Cedar Falls	IA	7:07	00:22:15.95	00:22:07.53
32	28/187	3/34	109	Matt Ungs	M	38	Cedar Falls	IA	7:10	00:22:30.38	00:22:16.91
33	29/187	4/34	362	Dan Petersen	M	32	Cedar Falls	IA	7:11	00:22:25.13	00:22:21.43
34	30/187	14/23	11	James Knight	M	13	Waterloo	IA	7:13	00:22:31.95	00:22:27.25
35	31/187	4/34	171	Bob McMullen	M	47	Waterloo	IA	7:15	00:23:55.79	00:22:33.83
36	32/187	5/34	275	Ryan Dupuy	M	32	Waterloo	IA	7:17	00:22:42.70	00:22:38.80
37	33/187	6/34	313	Bradley Dunlay	M	32	Waterloo	IA	7:17	00:22:47.82	00:22:40.08
38	34/187	7/34	338	Josh Arickx	M	38	Waterloo	IA	7:19	00:23:14.70	00:22:46.18
39	35/187	1/8	9	Hunter Telleen	M	12	Waverly	IA	7:22	00:23:04.46	00:22:53.64
40	36/187	8/34	329	Dan Luce	M	32	West Des Moines	IA	7:23	00:23:11.36	00:22:58.38
41	37/187	9/34	68	Dean Arrowsmith	M	32	Chicago	IL	7:24	00:23:15.41	00:23:00.27
42	38/187	5/34	173	Mark Wall	M	47	Waterloo	IA	7:24	00:23:09.72	00:23:00.31
43	5/225	2/47	147	Katie Longlett	F	44	Wilton	IA	7:24	00:23:16.63	00:23:01.49
44	6/225	2/72	298	Melissa Summers	F	34	Waterloo	IA	7:25	00:24:17.28	00:23:02.67
45	39/187	6/34	293	Adam Gallmeyer	M	40	Waterloo	IA	7:30	00:23:46.67	00:23:20.00
46	40/187	10/34	443	John Mallen	M	32	Janesville	IA	7:31	00:24:41.04	00:23:22.13
47	41/187	7/34	120	Matthew Engelhardt	M	40	Waterloo	IA	7:33	00:23:48.29	00:23:28.61
48	42/187	1/23	261	Russell Potratz	M	65	Cedar Falls	IA	7:33	00:23:36.30	00:23:28.93
49	43/187	2/23	429	Steve Jihson	M	65	Cedar Falls	IA	7:34	00:23:41.40	00:23:31.18
50	44/187	3/23	260	Mark Zimmer	M	64	Independence	IA	7:36	00:23:45.95	00:23:39.62
51	45/187	2/36	219	Jeff Carnes	M	56	Durant	IA	7:37	00:24:01.28	00:23:42.06
52	46/187	8/34	139	Ryan Frost	M	42	Waterloo	IA	7:37	00:24:08.15	00:23:42.08

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53	7/225	3/72	112	Carrie Flesher	F	39	Dubuque	IA	7:38	00:23:52.95	00:23:45.21
54	8/225	3/47	294	Kelli Holmes	F	44	Waterloo	IA	7:39	00:25:00.45	00:23:48.30
55	47/187	3/36	318	Scott Kaye	M	55	Piqua	OH	7:42	00:24:09.57	00:23:55.47
56	48/187	4/36	360	James O'bryon	M	50	Cedar Falls	IA	7:42	00:24:17.89	00:23:57.17
57	49/187	15/23	446	Jonas Greene	M	13	Fairfax	IA	7:42	00:24:08.37	00:23:57.40
58	50/187	5/36	183	David Congdon	M	50	Waterloo	IA	7:44	00:24:22.70	00:24:03.02
59	51/187	11/34	335	Tom Ralston	M	36	Waterloo	IA	7:45	00:25:10.45	00:24:06.24
60	52/187	8/28	328	Erik Wolf	M	25	Central City	IA	7:45	00:24:11.70	00:24:06.80
61	53/187	6/36	347	Douglas Clark	M	56	Grundy Center	IA	7:45	00:24:19.30	00:24:06.84
62	9/225	4/47	319	Carrie Kaye	F	47	Piqua	OH	7:45	00:24:21.54	00:24:07.44
63	54/187	7/36	436	Jim O'Laughlin	M	55	Cedar Falls	IA	7:49	00:24:38.20	00:24:19.98
64	55/187	4/23	277	Bob Schmit	M	64	Waterloo	IA	7:53	00:24:53.07	00:24:29.89
65	56/187	2/8	381	Cooper Dean	M	11	Cedar Falls	IA	7:54	00:24:49.17	00:24:33.70
66	57/187	8/36	221	Marty Stoakes	M	56	Waterloo	IA	7:55	00:24:43.65	00:24:35.83
67	58/187	9/34	449	Eric Kimball	M	48	Buckingham	IA	7:56	00:25:38.05	00:24:41.60
68	59/187	12/34	69	Jesse Coughlin	M	32	Waverly	IA	7:56	00:24:45.90	00:24:41.93
69	60/187	9/28	357	Nick Nemmers	M	26	Cedar Falls	IA	7:59	00:25:46.38	00:24:48.67
70	61/187	10/28	402	David Thielen	M	27	Cedar Rapids	IA	7:59	00:25:47.40	00:24:49.91
71	62/187	10/34	129	Brennan Dolan	M	41	Polk City	IA	8:01	00:25:37.95	00:24:55.48
72	63/187	11/34	366	Joshua Collins	M	42	Waterloo	IA	8:02	00:25:50.64	00:24:57.67
73	10/225	5/47	125	Jessica Ryan	F	40	Independence	IA	8:03	00:25:35.83	00:25:02.13
74	11/225	2/38	44	Jaclyn Stoakes	F	27	La Porte City	IA	8:07	00:25:27.11	00:25:14.40
75	12/225	6/47	169	Amy Dobbels Conlin	F	47	Cedar Falls	IA	8:09	00:25:29.35	00:25:20.13
76	64/187	3/8	382	Cole Dean	M	11	Cedar Falls	IA	8:09	00:25:37.20	00:25:21.86
77	65/187	12/34	424	Matt Harrington	M	44	Des Moines	IA	8:10	00:25:45.70	00:25:24.46
78	66/187	13/34	177	Jason Lahmann	M	48	Tripoli	IA	8:13	00:26:05.69	00:25:33.19
79	67/187	9/36	208	Lynn Telleen	M	53	Waverly	IA	8:14	00:25:56.13	00:25:37.07
80	68/187	5/23	312	Michael Craft	M	71	La Porte City	IA	8:15	00:26:18.10	00:25:40.71
81	69/187	14/34	149	Quinn Riess	M	44	Wilton	IA	8:16	00:25:58.38	00:25:42.62
82	70/187	16/23	18	Gavin Peters	M	15	Evansdale	IA	8:16	00:26:54.95	00:25:44.01
83	71/187	10/36	189	Steven Oaks	M	50	Waterloo	IA	8:17	00:26:01.24	00:25:44.73
84	13/225	3/38	35	Taylor Pingel	F	24	Cedar Falls	IA	8:17	00:26:08.52	00:25:45.34
85	72/187	11/28	305	Austin Sink	M	27	Wilton	IA	8:18	00:26:06.30	00:25:49.71
86	14/225	4/72	89	Mallory Shepard	F	35	Cedar Falls	IA	8:18	00:26:08.12	00:25:50.16
87	15/225	7/47	405	Jessica Knock	F	44	Waterloo	IA	8:21	00:26:56.65	00:25:57.72
88	73/187	12/28	334	Jordan Cooper	M	27	Waterloo	IA	8:21	00:27:12.92	00:25:57.95
89	74/187	15/34	142	Don Miller	M	42	Cedar Falls	IA	8:22	00:26:29.65	00:26:02.57
90	75/187	13/34	311	Eric Becker	M	37	Jersey City	NJ	8:30	00:26:31.96	00:26:24.72
91	16/225	5/72	71	Molly Quamme	F	32	Raymond	IA	8:30	00:26:51.76	00:26:27.33
92	76/187	14/34	408	Ryan Mcgrane	M	36	Waterloo	IA	8:31	00:27:32.78	00:26:27.83
93	77/187	6/23	400	Lynn Trask	M	60	Cedar Falls	IA	8:32	00:26:41.83	00:26:30.81
94	78/187	13/28	41	Michael Krempges	M	26	Waterloo	IA	8:32	00:26:54.41	00:26:30.83
95	17/225	6/72	66	Morgan Winkelman	F	31	Waterloo	IA	8:32	00:26:49.20	00:26:31.35
96	18/225	8/47	159	Robyn Rodenburgh	F	45	Waterloo	IA	8:32	00:26:59.69	00:26:31.37
97	79/187	14/28	310	Garrett Wolf	M	23	Central City	IA	8:32	00:26:39.79	00:26:33.07
98	80/187	11/36	211	John Joiner	M	54	Ames	IA	8:35	00:27:01.20	00:26:42.75
99	81/187	12/36	322	Bert Reising	M	50	Oelwein	IA	8:35	00:27:41.11	00:26:43.19
100	82/187	13/36	210	Brian Hurley	M	54	Johnston	IA	8:36	00:27:01.70	00:26:44.70
101	83/187	16/34	394	Kyle Curry	M	47	Saint Paul	MN	8:37	00:27:01.92	00:26:48.84
102	84/187	15/34	395	Jason Wilson	M	30	Jacksonville	NC	8:39	00:27:22.70	00:26:54.38
103	85/187	7/23	248	Larry Frost	M	61	Waterloo	IA	8:40	00:27:22.23	00:26:56.36
104	86/187	16/34	74	Joshua Dahlen	M	33	Waterloo	IA	8:40	00:28:23.70	00:26:56.59

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105	19/225	7/72	81	Abbey Trickey	F	34	Manhattan	KS	8:40	00:27:07.22	00:26:56.59
106	87/187	17/34	98	Justin Speakar	M	36	Cedar Falls	IA	8:41	00:27:09.24	00:27:00.65
107	88/187	17/23	10	Adam Blakeman	M	13	Readlyn	IA	8:42	00:27:13.70	00:27:03.23
108	89/187	17/34	133	Corey St. John	M	41	Winterset	IA	8:42	00:28:11.45	00:27:04.01
109	20/225	1/8	6	Dublin Mcgrane	F	10	Cedar Falls	IA	8:42	00:27:13.20	00:27:04.78
110	90/187	14/36	188	Loren Marlette	M	50	Charles City	IA	8:44	00:27:23.45	00:27:08.50
111	21/225	8/72	104	Angel Peters	F	37	Evansdale	IA	8:44	00:28:21.91	00:27:08.51
112	22/225	4/38	314	Mariana Vega	F	29	Postville	IA	8:44	00:27:32.78	00:27:08.53
113	91/187	18/34	152	Gabriel Benson	M	45	Waterloo	IA	8:44	00:27:35.01	00:27:09.36
114	92/187	19/34	126	Jake Schrader	M	40	Waterloo	IA	8:45	00:28:01.70	00:27:11.38
115	93/187	8/23	270	James Davies	M	69	Allison	IA	8:45	00:27:59.59	00:27:11.95
116	94/187	15/28	28	Tylen Burrow	M	22	West Union	IA	8:49	00:28:24.15	00:27:23.77
117	95/187	15/36	206	John Skaar	M	53	Cedar Falls	IA	8:49	00:27:46.60	00:27:24.25
118	23/225	9/47	161	Angie White	F	45	Cedar Falls	IA	8:49	00:28:22.93	00:27:24.62
119	24/225	1/36	186	Traci Hewitt	F	50	Waterloo	IA	8:50	00:28:25.95	00:27:28.03
120	25/225	10/47	158	Erin Mcgrane	F	45	Cedar Falls	IA	8:50	00:27:37.64	00:27:28.85
121	26/225	5/38	42	Jenn McCalley	F	27	Dubuque	IA	8:52	00:27:44.34	00:27:33.12
122	96/187	16/28	441	Chris Hale	M	23	Waterloo	IA	8:56	00:28:04.05	00:27:46.82
123	97/187	20/34	168	Nick Arendt	M	47	Waterloo	IA	9:01	00:29:13.45	00:28:02.22
124	98/187	18/34	296	Paul Toppin	M	39	Waterloo	IA	9:04	00:28:18.87	00:28:11.10
125	99/187	16/36	184	Erik Gosnell	M	50	Cedar Falls	IA	9:05	00:29:23.42	00:28:14.13
126	100/187	21/34	172	Matthew Verbraken	M	47	Waterloo	IA	9:05	00:30:02.63	00:28:16.00
127	101/187	17/36	231	Kevin Weber	M	57	Hudson	IA	9:06	00:28:34.10	00:28:17.30
128	27/225	2/36	399	Teri Trask	F	57	Cedar Falls	IA	9:06	00:28:27.39	00:28:17.38
129	28/225	3/36	223	Janet Weber	F	56	Hudson	IA	9:07	00:28:23.94	00:28:20.98
130	29/225	9/72	106	Amy Knoll	F	38	Waterloo	IA	9:09	00:30:14.38	00:28:26.73
131	30/225	2/8	412	Cecila Ewersmann	F	9	Normandy	MO	9:10	00:29:04.45	00:28:29.72
132	102/187	9/23	251	Richard Robert	M	62	Charles City	IA	9:10	00:28:49.11	00:28:30.04
133	31/225	10/72	409	Madeline Mcgrane	F	35	Waterloo	IA	9:10	00:29:36.45	00:28:31.11
134	103/187	4/8	431	Payton Piller-Siech	M	9	Bettendorf	IA	9:11	00:28:38.18	00:28:32.71
135	104/187	19/34	113	Chris Hartman	M	39	Waterloo	IA	9:11	00:28:41.40	00:28:32.81
136	32/225	11/72	410	Carrie Ewersmann	F	37	Normandy	MO	9:11	00:29:18.70	00:28:32.90
137	105/187	22/34	448	Chris Kimball	M	45	Waterloo	IA	9:12	00:28:52.80	00:28:36.22
138	106/187	23/34	288	Lee Homeister	M	46	Waterloo	IA	9:12	00:29:12.95	00:28:36.98
139	107/187	24/34	180	Brian Jacobsen	M	49	Dunkerton	IA	9:15	00:29:19.70	00:28:46.71
140	33/225	11/47	138	April Doyle	F	42	Cedar Falls	IA	9:16	00:29:03.45	00:28:48.98
141	34/225	12/72	70	Jennifer Gallmeyer	F	32	Waterloo	IA	9:18	00:29:22.70	00:28:54.47
142	108/187	18/36	236	Steven Brown	M	59	Cedar Rapids	IA	9:19	00:30:08.11	00:28:59.63
143	109/187	20/34	79	Nick Roe	M	34	Waterloo	IA	9:20	00:30:11.36	00:29:00.25
144	110/187	25/34	182	Mark Sloppy	M	49	Marshalltown	IA	9:21	00:29:53.45	00:29:04.17
145	35/225	13/72	341	Crystal Weber	F	39	Raymond	IA	9:21	00:29:57.97	00:29:04.25
146	36/225	12/47	155	Stacey Hurt	F	45	Cedar Falls	IA	9:21	00:29:53.08	00:29:04.63
147	111/187	17/28	306	Ben Grundhauser	M	24	Eden Prairie	MN	9:21	00:29:25.20	00:29:06.10
148	37/225	6/38	307	Anna Demgen	F	24	Buffalo	MN	9:22	00:29:25.85	00:29:06.77
149	38/225	14/72	73	Kristi Roe	F	32	Waterloo	IA	9:22	00:30:20.49	00:29:08.54
150	39/225	13/47	447	Beth Greene	F	41	Fairfax	IA	9:23	00:29:31.13	00:29:09.42
151	40/225	15/72	86	Emily Perry	F	35	Chicago	IL	9:23	00:29:37.26	00:29:10.57
152	41/225	14/47	144	Lori Beckman	F	44	Waterloo	IA	9:24	00:29:31.13	00:29:13.29
153	112/187	19/36	222	Dan Takle	M	56	Hudson	IA	9:25	00:29:45.35	00:29:17.65
154	113/187	26/34	122	Joe McBride	M	40	Waterloo	IA	9:26	00:29:41.45	00:29:18.68
155	114/187	10/23	255	Jim Wheelan	M	63	Cedar Falls	IA	9:29	00:30:33.88	00:29:28.33
156	115/187	18/28	45	Jordan Finger	M	28	Waterloo	IA	9:32	00:29:44.00	00:29:40.00

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157	116/187	5/8	7	Jaiden Finger	M	11	Waterloo	IA	9:32	00:29:43.54	00:29:40.06
158	42/225	15/47	178	Lynette Telleen	F	48	Waverly	IA	9:36	00:30:32.87	00:29:52.21
159	43/225	1/8	444	Annalise Gilbert	F	14	Cedar Falls	IA	9:37	00:30:05.68	00:29:53.42
160	117/187	18/23	388	Benjamin Backes	M	14	Cedar Falls	IA	9:37	00:30:05.28	00:29:53.52
161	118/187	20/36	212	Michael Murphy	M	54	Decorah	IA	9:40	00:30:25.35	00:30:04.65
162	44/225	16/72	316	Jennifer Schmitt	F	39	Chatfield	MN	9:43	00:30:51.95	00:30:12.32
163	45/225	7/38	333	Chloe Walbruch	F	28	Minneapolis	MN	9:44	00:31:18.19	00:30:15.23
164	46/225	17/72	353	Jasmyne Green	F	31	Waterloo	IA	9:46	00:31:23.20	00:30:23.48
165	47/225	18/72	291	Ashley Oæbrien	F	31	Wapello	IA	9:47	00:31:19.95	00:30:24.07
166	119/187	21/34	115	Jesse Rhoades	M	39	Hudson	IA	9:48	00:30:58.45	00:30:29.09
167	48/225	8/38	398	Sophie Shultz	F	25	Iowa City	IA	9:48	00:31:13.26	00:30:29.71
168	120/187	19/28	423	Tyler Nichols	M	20	Waterloo	IA	9:49	00:30:41.59	00:30:30.57
169	121/187	11/23	262	Tom Strub	M	65	Cedar Falls	IA	9:49	00:31:02.20	00:30:33.05
170	49/225	19/72	63	Alicia Rogers	F	31	Waterloo	IA	9:51	00:31:50.78	00:30:36.59
171	50/225	9/38	434	Jordan Smoldt	F	28	Waterloo	IA	9:53	00:31:07.95	00:30:42.99
172	122/187	22/34	76	Slobodan Bosnic	M	34	Waterloo	IA	9:53	00:31:28.08	00:30:43.50
173	51/225	2/8	19	Emily Hubbard	F	16	Waverly	IA	9:53	00:31:27.88	00:30:44.15
174	52/225	4/36	241	Lynn Kerber	F	59	Sherman	IL	9:54	00:31:45.69	00:30:46.77
175	53/225	20/72	315	Dayna Walchak	F	36	Onalaska	WI	9:54	00:31:27.68	00:30:47.43
176	54/225	1/15	247	Sandy Ferguson	F	60	Cedar Falls	IA	9:55	00:31:17.92	00:30:49.60
177	55/225	5/36	215	Lisa Carnes	F	55	Durant	IA	9:57	00:31:49.56	00:30:54.95
178	56/225	21/72	279	Ashley Westphal	F	35	Evansdale	IA	9:57	00:31:01.10	00:30:56.00
179	57/225	16/47	427	Dawn Helrichs	F	42	Waterloo	IA	9:59	00:31:13.94	00:31:01.68
180	58/225	22/72	61	Jamie Pfeiffer	F	31	Waterloo	IA	10:00	00:31:49.69	00:31:04.29
181	123/187	21/36	204	Robert Hendrickson	M	53	Elkader	IA	10:01	00:32:50.29	00:31:09.84
182	59/225	23/72	375	Lisa Dixon	F	39	Tripoli	IA	10:01	00:31:43.45	00:31:10.16
183	60/225	24/72	56	Sommer Amdor	F	31	Waterloo	IA	10:03	00:31:39.26	00:31:13.80
184	61/225	25/72	117	Sara St. John	F	39	Winterset	IA	10:06	00:32:35.94	00:31:23.38
185	62/225	2/15	264	Mary Cusack	F	66	Edwardsville	IL	10:06	00:31:40.19	00:31:25.47
186	124/187	22/36	224	William Bishop	M	57	Ottumwa	IA	10:07	00:32:18.94	00:31:25.97
187	63/225	3/15	256	Sandi Brennan	F	64	Waterloo	IA	10:09	00:31:41.88	00:31:32.26
188	64/225	10/38	48	Sarah Eggena	F	29	Waterloo	IA	10:15	00:32:16.94	00:31:53.21
189	125/187	12/23	425	Dan Franke	M	60	Janesville	IA	10:16	00:32:48.68	00:31:56.72
190	126/187	19/23	15	Quinn Abbott	M	15	Coralville	IA	10:20	00:32:46.19	00:32:07.75
191	65/225	11/38	47	Matrasa Maae	F	28	Waterloo	IA	10:21	00:32:23.51	00:32:09.81
192	127/187	27/34	176	Steve Hubbard	M	48	Waverly	IA	10:21	00:32:54.94	00:32:10.94
193	66/225	17/47	428	Gina Nass	F	47	Las Vegas	MO	10:23	00:33:28.64	00:32:17.31
194	67/225	18/47	130	Alisa Engelhardt Smith	F	41	Waterloo	IA	10:26	00:32:45.41	00:32:25.19
195	68/225	4/15	278	Mary Dunlay	F	62	Waterloo	IA	10:27	00:33:19.69	00:32:30.62
196	69/225	26/72	92	Tara Bosnic	F	36	Waterloo	IA	10:30	00:33:22.77	00:32:38.39
197	70/225	19/47	287	Shani Homeister	F	45	Waterloo	IA	10:31	00:33:24.00	00:32:42.30
198	71/225	3/8	418	Emma Hickman	F	19	Waterloo	IA	10:38	00:33:07.53	00:33:03.02
199	72/225	12/38	33	Emily Nichols	F	23	Romeoville	IL	10:45	00:33:35.69	00:33:24.68
200	73/225	13/38	426	Hailey Franke	F	27	Janesville	IA	10:45	00:34:17.94	00:33:26.43
201	128/187	23/36	213	Tom Sinnott	M	54	Waterloo	IA	10:46	00:33:49.94	00:33:30.06
202	74/225	5/15	364	Bridget Krempqes	F	61	Independence	IA	10:49	00:34:23.85	00:33:37.89
203	129/187	24/36	193	Sean Hewitt	M	51	Waterloo	IA	10:49	00:34:37.19	00:33:38.48
204	130/187	20/28	340	Zhen Li	M	24	Waterloo	IA	10:52	00:34:46.94	00:33:46.76
205	75/225	20/47	175	Susan Eisenbacher	F	48	Waterloo	IA	10:52	00:34:29.32	00:33:48.22
206	131/187	28/34	153	Joe Edwards	M	45	Waterloo	IA	10:53	00:34:29.69	00:33:48.99
207	132/187	13/23	272	Larry Hamm	M	73	Des Moines	IA	10:53	00:34:52.10	00:33:51.89
208	133/187	23/34	303	David Gravlin	M	34	Ames	IA	10:54	00:34:35.62	00:33:52.70

ShamRock N Run 5K

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Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
209	76/225	27/72	302	Linsey Gravlin	F	34	Ames	IA	10:54	00:34:35.19	00:33:52.98
210	77/225	6/15	252	Sue Ball	F	63	Waterloo	IA	10:54	00:34:03.69	00:33:53.73
211	134/187	24/34	59	Tyler Mcconville	M	31	Verona	WI	10:56	00:34:36.19	00:33:59.63
212	78/225	21/47	119	Pamela Bascom	F	40	Independence	IA	10:59	00:34:41.69	00:34:07.79
213	79/225	28/72	374	Amanda Fesenmeyer	F	32	Janesville	IA	10:59	00:34:33.80	00:34:08.14
214	135/187	25/34	373	Evan Fesenmeyer	M	36	Janesville	IA	10:59	00:34:33.59	00:34:08.38
215	80/225	29/72	420	Katherine Frank	F	31	Earlham	IA	10:59	00:35:07.69	00:34:10.19
216	81/225	22/47	141	Chrissy Kimball	F	42	Waterloo	IA	11:00	00:34:28.12	00:34:11.14
217	82/225	14/38	369	Morgan Shultz	F	24	Cedar Falls	IA	11:00	00:35:13.37	00:34:13.65
218	136/187	14/23	271	Darwin Ramker	M	72	Waverly	IA	11:02	00:34:55.13	00:34:19.18
219	137/187	20/23	393	Ivan Li	M	17	Waterloo	IA	11:03	00:35:20.10	00:34:20.37
220	83/225	6/36	192	Julie Bushman	F	51	Cedar Rapids	IA	11:10	00:35:03.67	00:34:42.14
221	84/225	30/72	91	Kara Ungs	F	35	Cedar Falls	IA	11:13	00:35:06.19	00:34:52.68
222	138/187	25/36	220	Mike Schulte	M	56	Cedar Rapids	IA	11:14	00:35:59.44	00:34:54.30
223	85/225	23/47	376	Amber Greiman	F	40	Waterloo	IA	11:16	00:35:35.52	00:35:00.41
224	86/225	31/72	114	Stephanie Koenen	F	39	Waterloo	IA	11:16	00:36:44.44	00:35:00.47
225	87/225	24/47	389	Brenda Engel	F	43	Hudson	IA	11:16	00:35:35.69	00:35:00.76
226	139/187	15/23	265	J Guldner	M	66	Salt Lake City	UT	11:16	00:35:17.86	00:35:02.39
227	140/187	6/8	4	Charlie Souder	M	9	Rudd	IA	11:18	00:35:43.94	00:35:07.38
228	141/187	21/28	49	Eric Harbaugh	M	29	Waterloo	IA	11:19	00:36:24.40	00:35:10.00
229	88/225	15/38	39	Allissa Clauson	F	26	Waterloo	IA	11:19	00:36:24.61	00:35:10.89
230	89/225	16/38	363	Leah Soukup	F	23	Washington	IA	11:20	00:35:39.55	00:35:14.51
231	90/225	17/38	354	Alyssa Erickson	F	25	Cedar Falls	IA	11:21	00:35:31.87	00:35:16.30
232	91/225	32/72	75	Sara Baber	F	34	Waterloo	IA	11:22	00:36:57.69	00:35:20.72
233	142/187	16/23	320	Jed Becker	M	70	Cresco	IA	11:27	00:36:43.89	00:35:36.46
234	92/225	18/38	292	Megan Maas	F	26	Cedar Falls	IA	11:28	00:35:54.40	00:35:39.07
235	93/225	33/72	52	Jillian Dansdill	F	30	Waterloo	IA	11:30	00:36:22.44	00:35:44.85
236	94/225	7/36	205	Sandra Pelzer	F	53	Emmetsburg	IA	11:32	00:36:46.69	00:35:52.73
237	143/187	26/34	286	Cody Woodley	M	35	Cedar Falls	IA	11:34	00:37:23.46	00:35:57.97
238	144/187	27/34	108	Chris Swanson	M	38	Union	IA	11:35	00:37:44.94	00:36:01.73
239	95/225	25/47	433	Abbey Kelchen	F	40	Waterloo	IA	11:40	00:37:27.19	00:36:16.28
240	96/225	26/47	339	Emily Dvorak	F	42	Iowa City	IA	11:40	00:37:27.69	00:36:16.76
241	145/187	29/34	131	Brandon Miller	M	41	Ottawa	IL	11:42	00:36:27.69	00:36:23.59
242	97/225	27/47	148	Becky Riess	F	44	Wilton	IA	11:43	00:37:21.61	00:36:25.75
243	146/187	22/28	438	Julian Harrington	M	20	West Union	IA	11:43	00:36:47.44	00:36:25.98
244	147/187	23/28	453	Steffen Hoey	M	23	Waterloo	IA	11:44	00:37:11.70	00:36:29.19
245	98/225	19/38	370	Lucy Walbruch	F	25	Savage	MN	11:45	00:37:34.69	00:36:30.79
246	99/225	20/38	371	Annamarie Moline	F	25	Savage	MN	11:45	00:37:34.61	00:36:33.21
247	148/187	17/23	263	Jeff Bowers	M	66	Waterloo	IA	11:46	00:37:31.69	00:36:36.24
248	100/225	28/47	137	Monica Blakeman	F	42	Readlyn	IA	11:47	00:36:50.69	00:36:39.03
249	149/187	28/34	384	Ryan Paulson	M	36	Waterloo	IA	11:48	00:36:57.44	00:36:40.02
250	101/225	29/47	396	Laura Lord	F	44	Marion	IA	11:49	00:37:38.91	00:36:44.16
251	150/187	24/28	390	Connor Grann	M	25	Cedar Falls	IA	11:50	00:37:19.69	00:36:47.73
252	102/225	21/38	348	Cally Niess	F	27	Osage	IA	11:50	00:37:19.79	00:36:48.14
253	103/225	30/47	123	Florence Miller	F	40	Cedar Falls	IA	11:58	00:38:41.44	00:37:11.23
254	104/225	34/72	419	Michelle Russell	F	38	Earlham	IA	11:58	00:37:35.19	00:37:13.47
255	105/225	22/38	439	Charley Stinespring	F	20	West Union	IA	12:00	00:37:39.50	00:37:17.57
256	106/225	23/38	349	Mckaylee Palmer	F	23	Waterloo	IA	12:00	00:37:50.49	00:37:18.63
257	107/225	31/47	154	Audra Hiebert	F	45	Prairie City	IA	12:03	00:39:16.94	00:37:28.23
258	108/225	35/72	64	Betsy Ross	F	31	Cedar Falls	IA	12:06	00:38:23.11	00:37:37.64
259	109/225	24/38	40	Kelsie Dahlen	F	26	Waterloo	IA	12:09	00:39:12.42	00:37:46.21
260	110/225	32/47	174	Kristi Anderson	F	48	Allison	IA	12:12	00:38:49.89	00:37:55.47

ShamRock N Run 5K

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Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
261	111/225	25/38	336	Janelle Saucer	F	22	Cedar Falls	IA	12:14	00:38:56.38	00:38:02.80
262	112/225	33/47	140	Christine Guevara	F	42	Cedar Falls	IA	12:20	00:39:43.85	00:38:20.64
263	151/187	30/34	163	Chad Souder	M	46	Rudd	IA	12:24	00:39:13.61	00:38:33.98
264	113/225	7/15	259	Charlotte Strub	F	64	Cedar Falls	IA	12:24	00:39:09.94	00:38:34.42
265	114/225	4/8	14	Josephine Sullivan	F	14	Lenexa	KS	12:31	00:40:01.32	00:38:54.94
266	152/187	26/36	207	John Sullivan	M	53	Lenexa	KS	12:32	00:40:03.15	00:38:56.77
267	115/225	36/72	356	Stephanie Buls	F	31	Evansdale	IA	12:32	00:39:12.42	00:38:56.85
268	116/225	8/36	230	Joleyne Kramer	F	57	Hudson	IA	12:32	00:40:42.13	00:38:58.16
269	153/187	27/36	240	Brian Kerber	M	59	Sherman	IL	12:35	00:40:28.53	00:39:08.17
270	117/225	34/47	136	Abbey Abbott	F	42	Coralville	IA	12:37	00:39:55.93	00:39:13.83
271	118/225	37/72	285	Tara Woodley	F	30	Cedar Falls	IA	12:45	00:41:03.60	00:39:38.93
272	119/225	38/72	380	Annie Alvarado	F	32	Waterloo	IA	12:45	00:40:49.93	00:39:39.72
273	154/187	7/8	411	Michael Ewersmann	M	11	Normandy	MO	12:54	00:40:54.19	00:40:07.31
274	120/225	35/47	160	Jennifer Thurm	F	45	Waterloo	IA	12:56	00:40:27.69	00:40:13.22
275	121/225	39/72	432	Melissa Siech	F	37	Waterloo	IA	13:00	00:40:30.91	00:40:25.44
276	122/225	5/8	397	Evella Close	F	17	Jesup	IA	13:02	00:40:54.44	00:40:30.71
277	123/225	9/36	194	Sue Jurgensen	F	51	Sumner	IA	13:02	00:40:54.67	00:40:31.47
278	124/225	10/36	406	Mariane Clark	F	52	Waterloo	IA	13:06	00:41:51.43	00:40:42.95
279	155/187	28/36	407	Corey Clark	M	56	Waterloo	IA	13:06	00:41:51.91	00:40:43.69
280	156/187	31/34	151	Peter Abbott	M	45	Coralville	IA	13:09	00:41:33.85	00:40:51.95
281	125/225	40/72	102	Emily Infante	F	37	Naperville	IL	13:18	00:41:32.82	00:41:20.75
282	126/225	11/36	421	Amy Gadbbow	F	50	Earlham	IA	13:19	00:42:21.43	00:41:24.23
283	127/225	12/36	235	Janell Bradley	F	59	Wadena	IA	13:28	00:42:27.04	00:41:53.15
284	128/225	13/36	416	Cathy Daly	F	59	Waterloo	IA	13:33	00:43:40.92	00:42:07.44
285	129/225	3/8	413	Lucy Ewersmann	F	7	Normandy	MO	13:37	00:42:54.22	00:42:18.91
286	130/225	4/8	326	Lillian Champion	F	8	Calumet	MI	13:37	00:42:55.63	00:42:21.15
287	131/225	8/15	377	Mary Lou Mercier	F	67	Calumet	MI	13:41	00:43:23.04	00:42:33.56
288	132/225	14/36	200	Nancy Bishop	F	52	Ottumwa	IA	13:42	00:43:27.08	00:42:34.11
289	157/187	29/36	196	Brad Longlett	M	51	Wilton	IA	13:42	00:43:31.13	00:42:36.71
290	158/187	29/34	352	Andrew Nielsen	M	32	Waterloo	IA	13:46	00:43:05.38	00:42:48.15
291	159/187	32/34	134	Travis Stainbrook	M	41	Waterloo	IA	13:47	00:43:59.59	00:42:49.50
292	133/225	15/36	232	Cindy Haines	F	58	Waterloo	IA	13:50	00:44:54.92	00:43:01.70
293	134/225	16/36	202	Lezlie Bowers	F	53	Waterloo	IA	13:51	00:43:57.37	00:43:02.15
294	135/225	41/72	80	Ellie Rogaczewski	F	34	Waterloo	IA	13:56	00:45:03.26	00:43:19.27
295	136/225	42/72	118	Nessa Tevis	F	39	Independence	IA	13:57	00:44:05.43	00:43:21.43
296	160/187	21/23	284	John Pouch	M	14	Orion	IL	14:05	00:45:13.93	00:43:45.71
297	137/225	43/72	323	Morgan Crawford	F	38	Waterloo	IA	14:07	00:45:09.68	00:43:54.05
298	138/225	6/8	454	Journey Shipman	F	17	Waterloo	IA	14:11	00:45:23.78	00:44:06.72
299	161/187	22/23	455	Phoenix Shipman	M	14	Waterloo	IA	14:11	00:45:23.78	00:44:06.93
300	139/225	44/72	88	Sarah Sanboeuf	F	35	Cedar Falls	IA	14:15	00:44:24.10	00:44:17.17
301	162/187	30/34	87	Dusty Sanboeuf	M	35	Cedar Falls	IA	14:15	00:44:24.10	00:44:17.77
302	163/187	31/34	281	Cory Kats	M	31	Sioux Center	IA	14:16	00:45:07.93	00:44:20.49
303	140/225	45/72	67	Kelsey Winkey	F	31	Cedar Falls	IA	14:16	00:45:07.53	00:44:20.68
304	141/225	46/72	54	Lexy Kraayenbrink	F	30	Cedar Falls	IA	14:16	00:45:07.68	00:44:20.71
305	164/187	30/36	283	Nick Seibert	M	59	Orion	IL	14:19	00:45:59.88	00:44:31.95
306	142/225	47/72	365	Amy Kroblin	F	34	Waterloo	IA	14:26	00:46:28.90	00:44:51.89
307	143/225	36/47	181	Michelle Pleggenkuhle	F	49	Sumner	IA	14:32	00:45:49.93	00:45:09.71
308	144/225	17/36	185	Jenny Gruber	F	50	Sumner	IA	14:32	00:45:50.16	00:45:11.13
309	145/225	48/72	457	Brandy Luna	F	36	Denver	IA	14:32	00:46:59.30	00:45:11.84
310	146/225	49/72	65	Laura Van Roekel	F	31	Waterloo	IA	14:37	00:46:50.38	00:45:26.54
311	165/187	32/34	330	Ryan Roe	M	38	Davenport	IA	14:38	00:46:41.06	00:45:28.32
312	147/225	37/47	132	Heather Neil	F	41	Denver	IA	14:43	00:47:15.93	00:45:46.54

ShamRock N Run 5K

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Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
313	148/225	26/38	32	Robyn Neil	F	23	Denver	IA	14:44	00:47:16.58	00:45:46.87
314	166/187	18/23	268	Joe Ryan	M	67	Oskaloosa	IA	14:45	00:47:14.96	00:45:51.51
315	149/225	5/8	8	Lily Souder	F	11	Rudd	IA	14:54	00:46:55.43	00:46:18.71
316	150/225	38/47	164	Tricia Souder	F	46	Rudd	IA	14:54	00:46:55.66	00:46:19.52
317	167/187	19/23	245	James Coyle	M	60	Cross Plains	WI	14:58	00:47:52.69	00:46:32.13
318	151/225	18/36	237	Jaculin Coyle	F	59	Cross Plains	WI	14:58	00:47:52.68	00:46:32.21
319	152/225	6/8	3	Myka Charlton	F	9	Waterloo	IA	15:11	00:47:44.99	00:47:11.91
320	153/225	50/72	100	Christina Charlton	F	37	Waterloo	IA	15:11	00:47:44.93	00:47:12.44
321	154/225	7/8	5	Kallie Wilson	F	9	Waterloo	IA	15:11	00:47:44.93	00:47:13.07
322	155/225	51/72	99	Mindy Wilson	F	36	Waterloo	IA	15:12	00:47:44.93	00:47:14.57
323	156/225	9/15	266	Carla Lown	F	66	Waterloo	IA	15:12	00:48:53.35	00:47:14.88
324	157/225	19/36	239	Laura Hanson	F	59	Waterloo	IA	15:12	00:47:23.43	00:47:15.44
325	158/225	52/72	324	Lauren Lueneburg	F	34	Sussex	WI	15:13	00:48:08.55	00:47:17.82
326	159/225	53/72	83	Heather Gallivan	F	35	Waterloo	IA	15:13	00:48:10.37	00:47:17.90
327	160/225	54/72	111	Sarah Diesburg	F	39	Cedar Falls	IA	15:13	00:48:09.93	00:47:17.99
328	161/225	55/72	325	Erin Mercier	F	30	Calumet	MI	15:16	00:48:08.14	00:47:27.18
329	162/225	20/36	218	Carrie Taylor	F	55	Evansdale	IA	15:22	00:49:21.93	00:47:45.32
330	163/225	56/72	417	Angela Webb	F	38	Waterloo	IA	15:23	00:49:25.41	00:47:49.84
331	164/225	21/36	282	Tere Seibert	F	52	Orion	IL	15:29	00:49:36.55	00:48:07.84
332	165/225	27/38	372	Lauren Schryver	F	28	Waterloo	IA	15:51	00:50:44.88	00:49:17.77
333	168/187	20/23	257	Steve Hix	M	64	Waterloo	IA	15:52	00:50:36.18	00:49:18.70
334	166/225	28/38	459	Brenna Sullivan	F	28	Waterloo	IA	15:52	00:56:54.90	00:49:20.90
335	167/225	29/38	458	Bridget Owens	F	28	Waterloo	IA	15:53	00:56:55.10	00:49:21.10
336	169/187	31/36	191	Michael Smith	M	50	La Porte City	IA	15:53	00:50:36.39	00:49:22.93
337	168/225	39/47	156	Becky Joens	F	45	La Porte City	IA	15:55	00:50:41.17	00:49:27.78
338	170/187	32/36	295	John Holmes	M	53	Waterloo	IA	15:56	00:50:41.05	00:49:30.96
339	169/225	57/72	355	Jamie Cole	F	31	Waterloo	IA	15:56	00:49:48.13	00:49:31.75
340	171/187	33/36	187	Matt Mahlstedt	M	50	Waterloo	IA	15:58	00:51:29.80	00:49:36.58
341	170/225	22/36	197	Elizabeth Mahlstedt	F	51	Waterloo	IA	15:58	00:51:29.79	00:49:36.79
342	172/187	21/23	253	Jeff Bradley	M	63	Wadena	IA	16:01	00:50:19.67	00:49:46.79
343	171/225	58/72	321	Mackenzie Eiklenborg	F	30	Cedar Falls	IA	16:03	00:50:55.43	00:49:52.38
344	173/187	25/28	50	Klayton Kruger	M	29	Cedar Falls	IA	16:03	00:50:55.68	00:49:52.63
345	174/187	26/28	289	Damian Garcia	M	29	Cedar Falls	IA	16:03	00:50:56.10	00:49:52.64
346	172/225	30/38	317	Bethany Christensen	F	28	Reinbeck	IA	16:03	00:50:56.10	00:49:55.11
347	173/225	10/15	258	Paula Ryan	F	64	Oskaloosa	IA	16:04	00:50:57.42	00:49:55.97
348	175/187	27/28	38	Bryce Shutt	M	25	Marshalltown	IA	16:12	00:52:03.17	00:50:22.68
349	174/225	31/38	31	Kelsey Levi	F	23	Marshalltown	IA	16:13	00:52:03.42	00:50:23.19
350	175/225	32/38	37	Jade Pint	F	25	Waterloo	IA	16:21	00:51:35.10	00:50:50.94
351	176/225	59/72	72	Mary Reding	F	32	Tripoli	IA	16:25	00:52:24.14	00:51:02.39
352	176/187	33/34	62	Tanner Reding Shonka	M	31	Tripoli	IA	16:25	00:52:24.42	00:51:02.67
353	177/225	23/36	201	Mary Jones	F	52	Waterloo	IA	16:33	00:52:41.40	00:51:27.43
354	178/225	40/47	358	Roxanne O'bryon	F	46	Cedar Falls	IA	16:41	00:53:27.42	00:51:52.48
355	179/225	41/47	301	Julia Donahue	F	40	Cedar Falls	IA	16:43	00:52:55.17	00:51:57.69
356	180/225	60/72	77	Danelle Kapping	F	34	Waterloo	IA	16:43	00:52:55.42	00:51:58.76
357	181/225	61/72	351	Tina Wellman	F	32	Evansdale	IA	16:47	00:53:04.93	00:52:09.07
358	182/225	62/72	53	Presley Kerber	F	30	Sherman	IL	16:48	00:53:18.12	00:52:11.94
359	183/225	24/36	273	Susan Denney	F	50	Clackamas	OR	16:50	00:54:06.83	00:52:20.87
360	177/187	34/36	274	Phillip Brill	M	52	Eugene	OR	16:51	00:54:06.63	00:52:21.42
361	184/225	25/36	243	Denise Ward	F	59	Waterloo	IA	16:56	00:54:04.67	00:52:39.45
362	185/225	26/36	216	Yvonne Kenworthy	F	55	Cedar Rapids	IA	16:59	00:54:22.88	00:52:48.97
363	178/187	28/28	34	Luis Armando Gonzalez	M	24	Cedar Falls	IA	17:02	00:54:18.81	00:52:55.37
364	186/225	42/47	162	Kim Reidy	F	46	Independence	IA	17:05	00:53:52.41	00:53:04.96

ShamRock N Run 5K

August 7, 2021

Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
365	187/225	27/36	190	Kay Reidy	F	50	Independence	IA	17:05	00:53:52.41	00:53:05.45
366	188/225	43/47	128	Stephanie Vogts	F	40	Independence	IA	17:05	00:53:52.61	00:53:05.77
367	189/225	44/47	304	Renee Levi	F	49	Cedar Rapids	IA	17:16	00:55:21.71	00:53:39.51
368	190/225	7/8	345	Alysa Denney	F	17	River Falls	WI	17:20	00:55:36.35	00:53:53.59
369	179/187	23/23	346	Christopher Bushong	M	18	River Falls	WI	17:20	00:55:35.73	00:53:54.27
370	191/225	11/15	269	Barb Cook	F	69	Waterloo	IA	17:22	00:54:27.15	00:53:59.17
371	192/225	12/15	254	Jolene Infante	F	63	Springfield	MO	17:22	00:54:26.92	00:54:00.03
372	193/225	8/8	445	Hadley Gilbert	F	10	Cedar Falls	IA	17:29	00:55:53.19	00:54:20.73
373	180/187	22/23	267	Gregory Morud	M	66	Cedar Rapids	IA	17:29	00:54:22.26	00:54:22.26
374	194/225	63/72	58	Lauren Hix	F	31	Waterloo	IA	17:31	00:55:44.03	00:54:25.56
375	195/225	28/36	300	Tammy Eilers	F	50	Evansdale	IA	17:31	00:56:01.12	00:54:25.98
376	196/225	13/15	249	Connie Hix	F	61	Waterloo	IA	17:31	00:55:44.17	00:54:26.69
377	197/225	29/36	195	Angela Long	F	51	Reinbeck	IA	17:31	00:56:01.32	00:54:27.41
378	198/225	33/38	27	Cristina Guevara	F	21	Cedar Falls	IA	17:34	00:56:01.12	00:54:37.68
379	199/225	8/8	24	Carolina Guevara	F	19	Cedar Falls	IA	17:35	00:56:00.92	00:54:37.89
380	200/225	64/72	82	Katie Degelau	F	35	Fort Dodge	IA	17:38	00:56:42.53	00:54:47.65
381	201/225	65/72	110	Holly Caquelin	F	39	Ankeny	IA	17:38	00:56:43.33	00:54:48.47
382	202/225	34/38	450	Melissa Owens	F	25	Tinley Park	IL	17:40	00:55:08.53	00:54:56.31
383	203/225	35/38	452	Courtney Yandell	F	28	Seattle	WA	17:44	00:55:17.67	00:55:07.04
384	204/225	30/36	422	Peggy Nichols	F	59	Waterloo	IA	17:44	00:55:17.87	00:55:07.43
385	205/225	14/15	368	Carol Luce	F	68	Waterloo	IA	17:49	00:57:09.14	00:55:22.90
386	206/225	31/36	386	Ann Gogerty	F	50	Zearing	IA	17:52	00:57:27.17	00:55:32.11
387	207/225	15/15	385	Mary Phillips	F	60	Zearing	IA	17:52	00:57:27.42	00:55:32.21
388	181/187	35/36	203	Bill Gall	M	53	Saint Joseph	MO	17:56	00:56:10.17	00:55:46.21
389	208/225	45/47	179	Dawn Higuera	F	49	Cedar Falls	IA	18:02	00:57:21.95	00:56:03.25
390	209/225	66/72	51	Danna Allen	F	30	Cedar Falls	IA	18:03	00:57:23.15	00:56:04.93
391	210/225	67/72	94	Jennifer McGill	F	36	Waterloo	IA	18:03	00:57:22.92	00:56:05.04
392	182/187	23/23	403	J Matt Hutchings	M	71	Waterloo	IA	18:16	00:58:06.41	00:56:46.26
393	183/187	34/34	343	John Denney	M	38	River Falls	WI	18:18	00:58:41.91	00:56:54.21
394	211/225	68/72	95	Haley Oswald	F	36	Cedar Falls	IA	18:23	00:58:58.91	00:57:07.55
395	212/225	69/72	96	Sarah Pavelec	F	36	Grimes	IA	18:23	00:58:58.91	00:57:08.46
396	213/225	46/47	135	Jessica Wheelock	F	41	Independence	IA	18:31	00:58:42.32	00:57:34.09
397	184/187	33/34	166	Brett Weber	M	46	Cedar Falls	IA	18:31	00:58:41.92	00:57:34.29
398	185/187	34/34	170	Blas Guevara	M	47	Cedar Falls	IA	18:48	00:59:46.66	00:58:24.87
399	214/225	47/47	165	Debbie Tyler	F	46	Cedar Falls	IA	19:11	01:00:19.99	00:59:37.06
400	215/225	32/36	229	Joanie Gruver	F	57	Elk Run Heights	IA	19:11	01:00:21.80	00:59:38.43
401	216/225	33/36	290	Sharon Suchecki	F	59	Anna	IL	19:11	01:01:18.30	00:59:39.08
402	217/225	34/36	242	Julie Simmons	F	59	Cedar Falls	IA	19:12	01:01:18.30	00:59:39.42
403	218/225	36/38	451	Ashla Kerber	F	29	Springfield	IL	19:12	01:01:15.41	00:59:41.50
404	219/225	37/38	43	Hali Simmons	F	27	Cedar Falls	IA	19:12	01:01:15.86	00:59:42.16
405	186/187	8/8	1	Brandon Simmons	M	4	Cedar Falls	IA	19:13	01:01:15.86	00:59:42.79
406	187/187	36/36	198	Scott Smith	M	51	Waterloo	IA	19:14	01:00:25.85	00:59:46.60
407	220/225	70/72	344	Alyssa Denney	F	30	River Falls	WI	19:14	01:01:35.77	00:59:47.70
408	221/225	71/72	78	Jordan Larkin	F	34	Cascade	IA	19:21	01:01:00.39	01:00:07.68
409	222/225	72/72	90	Michelle Stravers	F	35	West Des Moines	IA	19:21	01:01:00.16	01:00:08.44
410	223/225	38/38	46	Katie Kern	F	28	Waterloo	IA	19:25	01:02:17.18	01:00:21.09
411	224/225	35/36	225	Mary Brause	F	57	Apple Valley	MN	19:43	01:01:55.88	01:01:17.44
412	225/225	36/36	227	Katie Drewelow	F	57	Scottsdale	AZ	19:44	01:01:57.08	01:01:19.29