

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	8/412	1/1	30	Kylie Kelchen	F	23	Iowa City	IA	6:16	00:19:31.70	00:19:29.22
2	15/412	1/72	297	Kristen Toppin	F	35	Waterloo	IA	6:34	00:20:34.36	00:20:27.22
3	19/412	1/38	299	Melissa Vega	F	27	Postville	IA	6:41	00:20:53.63	00:20:48.93
4	29/412	1/47	350	Brooke Heuer	F	43	Waterloo	IA	7:00	00:21:55.93	00:21:47.34
5	43/412	2/47	147	Katie Longlett	F	44	Wilton	IA	7:24	00:23:16.63	00:23:01.49
6	44/412	2/72	298	Melissa Summers	F	34	Waterloo	IA	7:25	00:24:17.28	00:23:02.67
7	53/412	3/72	112	Carrie Flesher	F	39	Dubuque	IA	7:38	00:23:52.95	00:23:45.21
8	54/412	3/47	294	Kelli Holmes	F	44	Waterloo	IA	7:39	00:25:00.45	00:23:48.30
9	62/412	4/47	319	Carrie Kaye	F	47	Piqua	OH	7:45	00:24:21.54	00:24:07.44
10	73/412	5/47	125	Jessica Ryan	F	40	Independence	IA	8:03	00:25:35.83	00:25:02.13
11	74/412	2/38	44	Jaclyn Stoakes	F	27	La Porte City	IA	8:07	00:25:27.11	00:25:14.40
12	75/412	6/47	169	Amy Dobbels Conlin	F	47	Cedar Falls	IA	8:09	00:25:29.35	00:25:20.13
13	84/412	3/38	35	Taylor Pingel	F	24	Cedar Falls	IA	8:17	00:26:08.52	00:25:45.34
14	86/412	4/72	89	Mallory Shepard	F	35	Cedar Falls	IA	8:18	00:26:08.12	00:25:50.16
15	87/412	7/47	405	Jessica Knock	F	44	Waterloo	IA	8:21	00:26:56.65	00:25:57.72
16	91/412	5/72	71	Molly Quamme	F	32	Raymond	IA	8:30	00:26:51.76	00:26:27.33
17	95/412	6/72	66	Morgan Winkelman	F	31	Waterloo	IA	8:32	00:26:49.20	00:26:31.35
18	96/412	8/47	159	Robyn Rodenburgh	F	45	Waterloo	IA	8:32	00:26:59.69	00:26:31.37
19	105/412	7/72	81	Abbey Trickey	F	34	Manhattan	KS	8:40	00:27:07.22	00:26:56.59
20	109/412	1/8	6	Dublin Mcgrane	F	10	Cedar Falls	IA	8:42	00:27:13.20	00:27:04.78
21	111/412	8/72	104	Angel Peters	F	37	Evansdale	IA	8:44	00:28:21.91	00:27:08.51
22	112/412	4/38	314	Mariana Vega	F	29	Postville	IA	8:44	00:27:32.78	00:27:08.53
23	118/412	9/47	161	Angie White	F	45	Cedar Falls	IA	8:49	00:28:22.93	00:27:24.62
24	119/412	1/36	186	Traci Hewitt	F	50	Waterloo	IA	8:50	00:28:25.95	00:27:28.03
25	120/412	10/47	158	Erin Mcgrane	F	45	Cedar Falls	IA	8:50	00:27:37.64	00:27:28.85
26	121/412	5/38	42	Jenn McCalley	F	27	Dubuque	IA	8:52	00:27:44.34	00:27:33.12
27	128/412	2/36	399	Teri Trask	F	57	Cedar Falls	IA	9:06	00:28:27.39	00:28:17.38
28	129/412	3/36	223	Janet Weber	F	56	Hudson	IA	9:07	00:28:23.94	00:28:20.98
29	130/412	9/72	106	Amy Knoll	F	38	Waterloo	IA	9:09	00:30:14.38	00:28:26.73
30	131/412	2/8	412	Cecila Ewersmann	F	9	Normandy	MO	9:10	00:29:04.45	00:28:29.72
31	133/412	10/72	409	Madeline Mcgrane	F	35	Waterloo	IA	9:10	00:29:36.45	00:28:31.11
32	136/412	11/72	410	Carrie Ewersmann	F	37	Normandy	MO	9:11	00:29:18.70	00:28:32.90
33	140/412	11/47	138	April Doyle	F	42	Cedar Falls	IA	9:16	00:29:03.45	00:28:48.98
34	141/412	12/72	70	Jennifer Gallmeyer	F	32	Waterloo	IA	9:18	00:29:22.70	00:28:54.47
35	145/412	13/72	341	Crystal Weber	F	39	Raymond	IA	9:21	00:29:57.97	00:29:04.25
36	146/412	12/47	155	Stacey Hurt	F	45	Cedar Falls	IA	9:21	00:29:53.08	00:29:04.63
37	148/412	6/38	307	Anna Demgen	F	24	Buffalo	MN	9:22	00:29:25.85	00:29:06.77
38	149/412	14/72	73	Kristi Roe	F	32	Waterloo	IA	9:22	00:30:20.49	00:29:08.54
39	150/412	13/47	447	Beth Greene	F	41	Fairfax	IA	9:23	00:29:31.13	00:29:09.42
40	151/412	15/72	86	Emily Perry	F	35	Chicago	IL	9:23	00:29:37.26	00:29:10.57
41	152/412	14/47	144	Lori Beckman	F	44	Waterloo	IA	9:24	00:29:31.13	00:29:13.29
42	158/412	15/47	178	Lynette Telleen	F	48	Waverly	IA	9:36	00:30:32.87	00:29:52.21
43	159/412	1/8	444	Annalise Gilbert	F	14	Cedar Falls	IA	9:37	00:30:05.68	00:29:53.42
44	162/412	16/72	316	Jennifer Schmitt	F	39	Chatfield	MN	9:43	00:30:51.95	00:30:12.32
45	163/412	7/38	333	Chloe Walbruch	F	28	Minneapolis	MN	9:44	00:31:18.19	00:30:15.23
46	164/412	17/72	353	Jasmyne Green	F	31	Waterloo	IA	9:46	00:31:23.20	00:30:23.48
47	165/412	18/72	291	Ashley Oæbrien	F	31	Wapello	IA	9:47	00:31:19.95	00:30:24.07
48	167/412	8/38	398	Sophie Shultz	F	25	Iowa City	IA	9:48	00:31:13.26	00:30:29.71
49	170/412	19/72	63	Alicia Rogers	F	31	Waterloo	IA	9:51	00:31:50.78	00:30:36.59
50	171/412	9/38	434	Jordan Smoldt	F	28	Waterloo	IA	9:53	00:31:07.95	00:30:42.99

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
51	173/412	2/8	19	Emily Hubbard	F	16	Waverly	IA	9:53	00:31:27.88	00:30:44.15
52	174/412	4/36	241	Lynn Kerber	F	59	Sherman	IL	9:54	00:31:45.69	00:30:46.77
53	175/412	20/72	315	Dayna Walchak	F	36	Onalaska	WI	9:54	00:31:27.68	00:30:47.43
54	176/412	1/15	247	Sandy Ferguson	F	60	Cedar Falls	IA	9:55	00:31:17.92	00:30:49.60
55	177/412	5/36	215	Lisa Carnes	F	55	Durant	IA	9:57	00:31:49.56	00:30:54.95
56	178/412	21/72	279	Ashley Westphal	F	35	Evansdale	IA	9:57	00:31:01.10	00:30:56.00
57	179/412	16/47	427	Dawn Helrichs	F	42	Waterloo	IA	9:59	00:31:13.94	00:31:01.68
58	180/412	22/72	61	Jamie Pfeiffer	F	31	Waterloo	IA	10:00	00:31:49.69	00:31:04.29
59	182/412	23/72	375	Lisa Dixon	F	39	Tripoli	IA	10:01	00:31:43.45	00:31:10.16
60	183/412	24/72	56	Sommer Amdor	F	31	Waterloo	IA	10:03	00:31:39.26	00:31:13.80
61	184/412	25/72	117	Sara St. John	F	39	Winterset	IA	10:06	00:32:35.94	00:31:23.38
62	185/412	2/15	264	Mary Cusack	F	66	Edwardsville	IL	10:06	00:31:40.19	00:31:25.47
63	187/412	3/15	256	Sandi Brennan	F	64	Waterloo	IA	10:09	00:31:41.88	00:31:32.26
64	188/412	10/38	48	Sarah Eggena	F	29	Waterloo	IA	10:15	00:32:16.94	00:31:53.21
65	191/412	11/38	47	Matrasa Maae	F	28	Waterloo	IA	10:21	00:32:23.51	00:32:09.81
66	193/412	17/47	428	Gina Nass	F	47	Las Vegas	MO	10:23	00:33:28.64	00:32:17.31
67	194/412	18/47	130	Alisa Engelhardt Smith	F	41	Waterloo	IA	10:26	00:32:45.41	00:32:25.19
68	195/412	4/15	278	Mary Dunlay	F	62	Waterloo	IA	10:27	00:33:19.69	00:32:30.62
69	196/412	26/72	92	Tara Bosnic	F	36	Waterloo	IA	10:30	00:33:22.77	00:32:38.39
70	197/412	19/47	287	Shani Homeister	F	45	Waterloo	IA	10:31	00:33:24.00	00:32:42.30
71	198/412	3/8	418	Emma Hickman	F	19	Waterloo	IA	10:38	00:33:07.53	00:33:03.02
72	199/412	12/38	33	Emily Nichols	F	23	Romeoville	IL	10:45	00:33:35.69	00:33:24.68
73	200/412	13/38	426	Hailey Franke	F	27	Janesville	IA	10:45	00:34:17.94	00:33:26.43
74	202/412	5/15	364	Bridget Krempqes	F	61	Independence	IA	10:49	00:34:23.85	00:33:37.89
75	205/412	20/47	175	Susan Eisenbacher	F	48	Waterloo	IA	10:52	00:34:29.32	00:33:48.22
76	209/412	27/72	302	Linsey Gravlin	F	34	Ames	IA	10:54	00:34:35.19	00:33:52.98
77	210/412	6/15	252	Sue Ball	F	63	Waterloo	IA	10:54	00:34:03.69	00:33:53.73
78	212/412	21/47	119	Pamela Bascom	F	40	Independence	IA	10:59	00:34:41.69	00:34:07.79
79	213/412	28/72	374	Amanda Fesenmeyer	F	32	Janesville	IA	10:59	00:34:33.80	00:34:08.14
80	215/412	29/72	420	Katherine Frank	F	31	Earlham	IA	10:59	00:35:07.69	00:34:10.19
81	216/412	22/47	141	Chrissy Kimball	F	42	Waterloo	IA	11:00	00:34:28.12	00:34:11.14
82	217/412	14/38	369	Morgan Shultz	F	24	Cedar Falls	IA	11:00	00:35:13.37	00:34:13.65
83	220/412	6/36	192	Julie Bushman	F	51	Cedar Rapids	IA	11:10	00:35:03.67	00:34:42.14
84	221/412	30/72	91	Kara Ungs	F	35	Cedar Falls	IA	11:13	00:35:06.19	00:34:52.68
85	223/412	23/47	376	Amber Greiman	F	40	Waterloo	IA	11:16	00:35:35.52	00:35:00.41
86	224/412	31/72	114	Stephanie Koenen	F	39	Waterloo	IA	11:16	00:36:44.44	00:35:00.47
87	225/412	24/47	389	Brenda Engel	F	43	Hudson	IA	11:16	00:35:35.69	00:35:00.76
88	229/412	15/38	39	Allissa Clauson	F	26	Waterloo	IA	11:19	00:36:24.61	00:35:10.89
89	230/412	16/38	363	Leah Soukup	F	23	Washington	IA	11:20	00:35:39.55	00:35:14.51
90	231/412	17/38	354	Alyssa Erickson	F	25	Cedar Falls	IA	11:21	00:35:31.87	00:35:16.30
91	232/412	32/72	75	Sara Baber	F	34	Waterloo	IA	11:22	00:36:57.69	00:35:20.72
92	234/412	18/38	292	Megan Maas	F	26	Cedar Falls	IA	11:28	00:35:54.40	00:35:39.07
93	235/412	33/72	52	Jillian Dansdill	F	30	Waterloo	IA	11:30	00:36:22.44	00:35:44.85
94	236/412	7/36	205	Sandra Pelzer	F	53	Emmetsburg	IA	11:32	00:36:46.69	00:35:52.73
95	239/412	25/47	433	Abbey Kelchen	F	40	Waterloo	IA	11:40	00:37:27.19	00:36:16.28
96	240/412	26/47	339	Emily Dvorak	F	42	Iowa City	IA	11:40	00:37:27.69	00:36:16.76
97	242/412	27/47	148	Becky Riess	F	44	Wilton	IA	11:43	00:37:21.61	00:36:25.75
98	245/412	19/38	370	Lucy Walbruch	F	25	Savage	MN	11:45	00:37:34.69	00:36:30.79
99	246/412	20/38	371	Annamarie Moline	F	25	Savage	MN	11:45	00:37:34.61	00:36:33.21
100	248/412	28/47	137	Monica Blakeman	F	42	Readlyn	IA	11:47	00:36:50.69	00:36:39.03

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
101	250/412	29/47	396	Laura Lord	F	44	Marion	IA	11:49	00:37:38.91	00:36:44.16
102	252/412	21/38	348	Cally Niess	F	27	Osage	IA	11:50	00:37:19.79	00:36:48.14
103	253/412	30/47	123	Florence Miller	F	40	Cedar Falls	IA	11:58	00:38:41.44	00:37:11.23
104	254/412	34/72	419	Michelle Russell	F	38	Earlham	IA	11:58	00:37:35.19	00:37:13.47
105	255/412	22/38	439	Charley Stinespring	F	20	West Union	IA	12:00	00:37:39.50	00:37:17.57
106	256/412	23/38	349	Mckaylee Palmer	F	23	Waterloo	IA	12:00	00:37:50.49	00:37:18.63
107	257/412	31/47	154	Audra Hiebert	F	45	Prairie City	IA	12:03	00:39:16.94	00:37:28.23
108	258/412	35/72	64	Betsy Ross	F	31	Cedar Falls	IA	12:06	00:38:23.11	00:37:37.64
109	259/412	24/38	40	Kelsie Dahlen	F	26	Waterloo	IA	12:09	00:39:12.42	00:37:46.21
110	260/412	32/47	174	Kristi Anderson	F	48	Allison	IA	12:12	00:38:49.89	00:37:55.47
111	261/412	25/38	336	Janelle Saucer	F	22	Cedar Falls	IA	12:14	00:38:56.38	00:38:02.80
112	262/412	33/47	140	Christine Guevara	F	42	Cedar Falls	IA	12:20	00:39:43.85	00:38:20.64
113	264/412	7/15	259	Charlotte Strub	F	64	Cedar Falls	IA	12:24	00:39:09.94	00:38:34.42
114	265/412	4/8	14	Josephine Sullivan	F	14	Lenexa	KS	12:31	00:40:01.32	00:38:54.94
115	267/412	36/72	356	Stephanie Buls	F	31	Evansdale	IA	12:32	00:39:12.42	00:38:56.85
116	268/412	8/36	230	Joleyne Kramer	F	57	Hudson	IA	12:32	00:40:42.13	00:38:58.16
117	270/412	34/47	136	Abbey Abbott	F	42	Coralville	IA	12:37	00:39:55.93	00:39:13.83
118	271/412	37/72	285	Tara Woodley	F	30	Cedar Falls	IA	12:45	00:41:03.60	00:39:38.93
119	272/412	38/72	380	Annie Alvarado	F	32	Waterloo	IA	12:45	00:40:49.93	00:39:39.72
120	274/412	35/47	160	Jennifer Thurm	F	45	Waterloo	IA	12:56	00:40:27.69	00:40:13.22
121	275/412	39/72	432	Melissa Siech	F	37	Waterloo	IA	13:00	00:40:30.91	00:40:25.44
122	276/412	5/8	397	Evella Close	F	17	Jesup	IA	13:02	00:40:54.44	00:40:30.71
123	277/412	9/36	194	Sue Jurgensen	F	51	Sumner	IA	13:02	00:40:54.67	00:40:31.47
124	278/412	10/36	406	Mariane Clark	F	52	Waterloo	IA	13:06	00:41:51.43	00:40:42.95
125	281/412	40/72	102	Emily Infante	F	37	Naperville	IL	13:18	00:41:32.82	00:41:20.75
126	282/412	11/36	421	Amy Gadbbow	F	50	Earlham	IA	13:19	00:42:21.43	00:41:24.23
127	283/412	12/36	235	Janell Bradley	F	59	Wadena	IA	13:28	00:42:27.04	00:41:53.15
128	284/412	13/36	416	Cathy Daly	F	59	Waterloo	IA	13:33	00:43:40.92	00:42:07.44
129	285/412	3/8	413	Lucy Ewersmann	F	7	Normandy	MO	13:37	00:42:54.22	00:42:18.91
130	286/412	4/8	326	Lillian Champion	F	8	Calumet	MI	13:37	00:42:55.63	00:42:21.15
131	287/412	8/15	377	Mary Lou Mercier	F	67	Calumet	MI	13:41	00:43:23.04	00:42:33.56
132	288/412	14/36	200	Nancy Bishop	F	52	Ottumwa	IA	13:42	00:43:27.08	00:42:34.11
133	292/412	15/36	232	Cindy Haines	F	58	Waterloo	IA	13:50	00:44:54.92	00:43:01.70
134	293/412	16/36	202	Lezlie Bowers	F	53	Waterloo	IA	13:51	00:43:57.37	00:43:02.15
135	294/412	41/72	80	Ellie Rogaczewski	F	34	Waterloo	IA	13:56	00:45:03.26	00:43:19.27
136	295/412	42/72	118	Nessa Tevis	F	39	Independence	IA	13:57	00:44:05.43	00:43:21.43
137	297/412	43/72	323	Morgan Crawford	F	38	Waterloo	IA	14:07	00:45:09.68	00:43:54.05
138	298/412	6/8	454	Journey Shipman	F	17	Waterloo	IA	14:11	00:45:23.78	00:44:06.72
139	300/412	44/72	88	Sarah Sanboeuf	F	35	Cedar Falls	IA	14:15	00:44:24.10	00:44:17.17
140	303/412	45/72	67	Kelsey Winkey	F	31	Cedar Falls	IA	14:16	00:45:07.53	00:44:20.68
141	304/412	46/72	54	Lexy Kraayenbrink	F	30	Cedar Falls	IA	14:16	00:45:07.68	00:44:20.71
142	306/412	47/72	365	Amy Kroblin	F	34	Waterloo	IA	14:26	00:46:28.90	00:44:51.89
143	307/412	36/47	181	Michelle Pleggenkuhle	F	49	Sumner	IA	14:32	00:45:49.93	00:45:09.71
144	308/412	17/36	185	Jenny Gruber	F	50	Sumner	IA	14:32	00:45:50.16	00:45:11.13
145	309/412	48/72	457	Brandy Luna	F	36	Denver	IA	14:32	00:46:59.30	00:45:11.84
146	310/412	49/72	65	Laura Van Roekel	F	31	Waterloo	IA	14:37	00:46:50.38	00:45:26.54
147	312/412	37/47	132	Heather Neil	F	41	Denver	IA	14:43	00:47:15.93	00:45:46.54
148	313/412	26/38	32	Robyn Neil	F	23	Denver	IA	14:44	00:47:16.58	00:45:46.87
149	315/412	5/8	8	Lily Souder	F	11	Rudd	IA	14:54	00:46:55.43	00:46:18.71
150	316/412	38/47	164	Tricia Souder	F	46	Rudd	IA	14:54	00:46:55.66	00:46:19.52

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
151	318/412	18/36	237	Jaculin Coyle	F	59	Cross Plains	WI	14:58	00:47:52.68	00:46:32.21
152	319/412	6/8	3	Myka Charlton	F	9	Waterloo	IA	15:11	00:47:44.99	00:47:11.91
153	320/412	50/72	100	Christina Charlton	F	37	Waterloo	IA	15:11	00:47:44.93	00:47:12.44
154	321/412	7/8	5	Kallie Wilson	F	9	Waterloo	IA	15:11	00:47:44.93	00:47:13.07
155	322/412	51/72	99	Mindy Wilson	F	36	Waterloo	IA	15:12	00:47:44.93	00:47:14.57
156	323/412	9/15	266	Carla Lown	F	66	Waterloo	IA	15:12	00:48:53.35	00:47:14.88
157	324/412	19/36	239	Laura Hanson	F	59	Waterloo	IA	15:12	00:47:23.43	00:47:15.44
158	325/412	52/72	324	Lauren Lueneburg	F	34	Sussex	WI	15:13	00:48:08.55	00:47:17.82
159	326/412	53/72	83	Heather Gallivan	F	35	Waterloo	IA	15:13	00:48:10.37	00:47:17.90
160	327/412	54/72	111	Sarah Diesburg	F	39	Cedar Falls	IA	15:13	00:48:09.93	00:47:17.99
161	328/412	55/72	325	Erin Mercier	F	30	Calumet	MI	15:16	00:48:08.14	00:47:27.18
162	329/412	20/36	218	Carrie Taylor	F	55	Evansdale	IA	15:22	00:49:21.93	00:47:45.32
163	330/412	56/72	417	Angela Webb	F	38	Waterloo	IA	15:23	00:49:25.41	00:47:49.84
164	331/412	21/36	282	Tere Seibert	F	52	Orion	IL	15:29	00:49:36.55	00:48:07.84
165	332/412	27/38	372	Lauren Schryver	F	28	Waterloo	IA	15:51	00:50:44.88	00:49:17.77
166	334/412	28/38	459	Brenna Sullivan	F	28	Waterloo	IA	15:52	00:56:54.90	00:49:20.90
167	335/412	29/38	458	Bridget Owens	F	28	Waterloo	IA	15:53	00:56:55.10	00:49:21.10
168	337/412	39/47	156	Becky Joens	F	45	La Porte City	IA	15:55	00:50:41.17	00:49:27.78
169	339/412	57/72	355	Jamie Cole	F	31	Waterloo	IA	15:56	00:49:48.13	00:49:31.75
170	341/412	22/36	197	Elizabeth Mahlstedt	F	51	Waterloo	IA	15:58	00:51:29.79	00:49:36.79
171	343/412	58/72	321	Mackenzie Eiklenborg	F	30	Cedar Falls	IA	16:03	00:50:55.43	00:49:52.38
172	346/412	30/38	317	Bethany Christensen	F	28	Reinbeck	IA	16:03	00:50:56.10	00:49:55.11
173	347/412	10/15	258	Paula Ryan	F	64	Oskaloosa	IA	16:04	00:50:57.42	00:49:55.97
174	349/412	31/38	31	Kelsey Levi	F	23	Marshalltown	IA	16:13	00:52:03.42	00:50:23.19
175	350/412	32/38	37	Jade Pint	F	25	Waterloo	IA	16:21	00:51:35.10	00:50:50.94
176	351/412	59/72	72	Mary Reding	F	32	Tripoli	IA	16:25	00:52:24.14	00:51:02.39
177	353/412	23/36	201	Mary Jones	F	52	Waterloo	IA	16:33	00:52:41.40	00:51:27.43
178	354/412	40/47	358	Roxanne O'bryon	F	46	Cedar Falls	IA	16:41	00:53:27.42	00:51:52.48
179	355/412	41/47	301	Julia Donahue	F	40	Cedar Falls	IA	16:43	00:52:55.17	00:51:57.69
180	356/412	60/72	77	Danelle Kapping	F	34	Waterloo	IA	16:43	00:52:55.42	00:51:58.76
181	357/412	61/72	351	Tina Wellman	F	32	Evansdale	IA	16:47	00:53:04.93	00:52:09.07
182	358/412	62/72	53	Presley Kerber	F	30	Sherman	IL	16:48	00:53:18.12	00:52:11.94
183	359/412	24/36	273	Susan Denney	F	50	Clackamas	OR	16:50	00:54:06.83	00:52:20.87
184	361/412	25/36	243	Denise Ward	F	59	Waterloo	IA	16:56	00:54:04.67	00:52:39.45
185	362/412	26/36	216	Yvonne Kenworthy	F	55	Cedar Rapids	IA	16:59	00:54:22.88	00:52:48.97
186	364/412	42/47	162	Kim Reidy	F	46	Independence	IA	17:05	00:53:52.41	00:53:04.96
187	365/412	27/36	190	Kay Reidy	F	50	Independence	IA	17:05	00:53:52.41	00:53:05.45
188	366/412	43/47	128	Stephanie Vogts	F	40	Independence	IA	17:05	00:53:52.61	00:53:05.77
189	367/412	44/47	304	Renee Levi	F	49	Cedar Rapids	IA	17:16	00:55:21.71	00:53:39.51
190	368/412	7/8	345	Alysa Denney	F	17	River Falls	WI	17:20	00:55:36.35	00:53:53.59
191	370/412	11/15	269	Barb Cook	F	69	Waterloo	IA	17:22	00:54:27.15	00:53:59.17
192	371/412	12/15	254	Jolene Infante	F	63	Springfield	MO	17:22	00:54:26.92	00:54:00.03
193	372/412	8/8	445	Hadley Gilbert	F	10	Cedar Falls	IA	17:29	00:55:53.19	00:54:20.73
194	374/412	63/72	58	Lauren Hix	F	31	Waterloo	IA	17:31	00:55:44.03	00:54:25.56
195	375/412	28/36	300	Tammy Eilers	F	50	Evansdale	IA	17:31	00:56:01.12	00:54:25.98
196	376/412	13/15	249	Connie Hix	F	61	Waterloo	IA	17:31	00:55:44.17	00:54:26.69
197	377/412	29/36	195	Angela Long	F	51	Reinbeck	IA	17:31	00:56:01.32	00:54:27.41
198	378/412	33/38	27	Cristina Guevara	F	21	Cedar Falls	IA	17:34	00:56:01.12	00:54:37.68
199	379/412	8/8	24	Carolina Guevara	F	19	Cedar Falls	IA	17:35	00:56:00.92	00:54:37.89
200	380/412	64/72	82	Katie Degelau	F	35	Fort Dodge	IA	17:38	00:56:42.53	00:54:47.65

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
201	381/412	65/72	110	Holly Caquelin	F	39	Ankeny	IA	17:38	00:56:43.33	00:54:48.47
202	382/412	34/38	450	Melissa Owens	F	25	Tinley Park	IL	17:40	00:55:08.53	00:54:56.31
203	383/412	35/38	452	Courtney Yandell	F	28	Seattle	WA	17:44	00:55:17.67	00:55:07.04
204	384/412	30/36	422	Peggy Nichols	F	59	Waterloo	IA	17:44	00:55:17.87	00:55:07.43
205	385/412	14/15	368	Carol Luce	F	68	Waterloo	IA	17:49	00:57:09.14	00:55:22.90
206	386/412	31/36	386	Ann Gogerty	F	50	Zearing	IA	17:52	00:57:27.17	00:55:32.11
207	387/412	15/15	385	Mary Phillips	F	60	Zearing	IA	17:52	00:57:27.42	00:55:32.21
208	389/412	45/47	179	Dawn Higuera	F	49	Cedar Falls	IA	18:02	00:57:21.95	00:56:03.25
209	390/412	66/72	51	Danna Allen	F	30	Cedar Falls	IA	18:03	00:57:23.15	00:56:04.93
210	391/412	67/72	94	Jennifer McGill	F	36	Waterloo	IA	18:03	00:57:22.92	00:56:05.04
211	394/412	68/72	95	Haley Oswald	F	36	Cedar Falls	IA	18:23	00:58:58.91	00:57:07.55
212	395/412	69/72	96	Sarah Pavelec	F	36	Grimes	IA	18:23	00:58:58.91	00:57:08.46
213	396/412	46/47	135	Jessica Wheelock	F	41	Independence	IA	18:31	00:58:42.32	00:57:34.09
214	399/412	47/47	165	Debbie Tyler	F	46	Cedar Falls	IA	19:11	01:00:19.99	00:59:37.06
215	400/412	32/36	229	Joanie Gruver	F	57	Elk Run Heights	IA	19:11	01:00:21.80	00:59:38.43
216	401/412	33/36	290	Sharon Suchecki	F	59	Anna	IL	19:11	01:01:18.30	00:59:39.08
217	402/412	34/36	242	Julie Simmons	F	59	Cedar Falls	IA	19:12	01:01:18.30	00:59:39.42
218	403/412	36/38	451	Ashla Kerber	F	29	Springfield	IL	19:12	01:01:15.41	00:59:41.50
219	404/412	37/38	43	Hali Simmons	F	27	Cedar Falls	IA	19:12	01:01:15.86	00:59:42.16
220	407/412	70/72	344	Alyssa Denney	F	30	River Falls	WI	19:14	01:01:35.77	00:59:47.70
221	408/412	71/72	78	Jordan Larkin	F	34	Cascade	IA	19:21	01:01:00.39	01:00:07.68
222	409/412	72/72	90	Michelle Stravers	F	35	West Des Moines	IA	19:21	01:01:00.16	01:00:08.44
223	410/412	38/38	46	Katie Kern	F	28	Waterloo	IA	19:25	01:02:17.18	01:00:21.09
224	411/412	35/36	225	Mary Brause	F	57	Apple Valley	MN	19:43	01:01:55.88	01:01:17.44
225	412/412	36/36	227	Katie Drewelow	F	57	Scottsdale	AZ	19:44	01:01:57.08	01:01:19.29

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	1/412	1/1	440	Jay Mixdorf	M	22	Waterloo	IA	5:09	00:16:03.70	00:16:02.03
2	2/412	1/28	415	Joe Fribburger	M	22	Waterloo	IA	5:14	00:16:21.14	00:16:18.67
3	3/412	1/23	430	Carson Rygh	M	18	Lake Mills	IA	5:26	00:16:57.89	00:16:55.20
4	4/412	2/23	20	Andrew Congdon	M	17	Waterloo	IA	5:47	00:18:05.45	00:17:59.52
5	5/412	3/23	23	Andrew Tracy	M	17	Waterloo	IA	6:00	00:18:42.98	00:18:38.74
6	6/412	4/23	17	Ian Hurley	M	15	Johnston	IA	6:09	00:19:10.57	00:19:08.08
7	7/412	2/28	36	Douglas Kennedy	M	25	Waterloo	IA	6:14	00:19:25.19	00:19:22.10
8	9/412	3/28	437	Cody Samnelson	M	21	Waterloo	IA	6:20	00:19:44.20	00:19:42.53
9	10/412	5/23	21	Ian Lucas	M	17	Gilbertville	IA	6:23	00:19:54.95	00:19:50.83
10	11/412	4/28	401	Eric Gogola	M	23	Cedar Falls	IA	6:24	00:20:02.69	00:19:55.76
11	12/412	6/23	276	Derek Olive	M	17	Waterloo	IA	6:25	00:20:03.46	00:19:56.98
12	13/412	7/23	361	Collin O'bryon	M	16	Cedar Falls	IA	6:32	00:20:30.70	00:20:18.98
13	14/412	1/34	143	Mike Klaas	M	43	Waterloo	IA	6:33	00:20:25.62	00:20:23.14
14	16/412	2/34	145	David Knock	M	44	Cedar Falls	IA	6:41	00:20:52.42	00:20:45.94
15	17/412	5/28	442	Abraham Kern	M	24	Traer	IA	6:41	00:21:06.65	00:20:46.77
16	18/412	8/23	387	Noah Backes	M	16	Cedar Falls	IA	6:41	00:20:58.09	00:20:47.27
17	20/412	9/23	391	Layton Ritter	M	17	Waterloo	IA	6:49	00:21:17.95	00:21:12.02
18	21/412	6/28	337	Zachary Fischels	M	24	Cedar Falls	IA	6:51	00:21:21.83	00:21:18.94
19	22/412	7/28	435	Mitchell Wolff	M	27	Waterloo	IA	6:52	00:21:27.30	00:21:20.37
20	23/412	1/34	55	Keegan Morrissey	M	30	Cedar Falls	IA	6:53	00:21:28.73	00:21:24.83
21	24/412	10/23	25	Christian Kremer	M	19	Independence	IA	6:53	00:21:31.56	00:21:26.04
22	25/412	1/36	414	Davve Thoma	M	53	Waterloo	IA	6:55	00:21:32.70	00:21:30.43
23	26/412	11/23	383	Brady Dean	M	14	Cedar Falls	IA	6:56	00:21:43.70	00:21:35.43
24	27/412	2/34	107	Colin Luce	M	38	Tinley Park	IL	6:58	00:21:53.68	00:21:41.41
25	28/412	12/23	392	Benjamin Ritter	M	14	Waterloo	IA	6:59	00:21:52.08	00:21:43.29
26	30/412	3/34	121	Shane Flesher	M	40	Dubuque	IA	7:03	00:22:04.65	00:21:56.38
27	31/412	13/23	12	Liam Mcgrane	M	14	Cedar Falls	IA	7:07	00:22:15.95	00:22:07.53
28	32/412	3/34	109	Matt Unga	M	38	Cedar Falls	IA	7:10	00:22:30.38	00:22:16.91
29	33/412	4/34	362	Dan Petersen	M	32	Cedar Falls	IA	7:11	00:22:25.13	00:22:21.43
30	34/412	14/23	11	James Knight	M	13	Waterloo	IA	7:13	00:22:31.95	00:22:27.25
31	35/412	4/34	171	Bob McMullen	M	47	Waterloo	IA	7:15	00:23:55.79	00:22:33.83
32	36/412	5/34	275	Ryan Dupuy	M	32	Waterloo	IA	7:17	00:22:42.70	00:22:38.80
33	37/412	6/34	313	Bradley Dunlay	M	32	Waterloo	IA	7:17	00:22:47.82	00:22:40.08
34	38/412	7/34	338	Josh Arickx	M	38	Waterloo	IA	7:19	00:23:14.70	00:22:46.18
35	39/412	1/8	9	Hunter Telleen	M	12	Waverly	IA	7:22	00:23:04.46	00:22:53.64
36	40/412	8/34	329	Dan Luce	M	32	West Des Moines	IA	7:23	00:23:11.36	00:22:58.38
37	41/412	9/34	68	Dean Arrowsmith	M	32	Chicago	IL	7:24	00:23:15.41	00:23:00.27
38	42/412	5/34	173	Mark Wall	M	47	Waterloo	IA	7:24	00:23:09.72	00:23:00.31
39	45/412	6/34	293	Adam Gallmeyer	M	40	Waterloo	IA	7:30	00:23:46.67	00:23:20.00
40	46/412	10/34	443	John Mallen	M	32	Janesville	IA	7:31	00:24:41.04	00:23:22.13
41	47/412	7/34	120	Matthew Engelhardt	M	40	Waterloo	IA	7:33	00:23:48.29	00:23:28.61
42	48/412	1/23	261	Russell Potratz	M	65	Cedar Falls	IA	7:33	00:23:36.30	00:23:28.93
43	49/412	2/23	429	Steve Jihanson	M	65	Cedar Falls	IA	7:34	00:23:41.40	00:23:31.18
44	50/412	3/23	260	Mark Zimmer	M	64	Independence	IA	7:36	00:23:45.95	00:23:39.62
45	51/412	2/36	219	Jeff Carnes	M	56	Durant	IA	7:37	00:24:01.28	00:23:42.06
46	52/412	8/34	139	Ryan Frost	M	42	Waterloo	IA	7:37	00:24:08.15	00:23:42.08
47	55/412	3/36	318	Scott Kaye	M	55	Piqua	OH	7:42	00:24:09.57	00:23:55.47
48	56/412	4/36	360	James O'bryon	M	50	Cedar Falls	IA	7:42	00:24:17.89	00:23:57.17
49	57/412	15/23	446	Jonas Greene	M	13	Fairfax	IA	7:42	00:24:08.37	00:23:57.40
50	58/412	5/36	183	David Congdon	M	50	Waterloo	IA	7:44	00:24:22.70	00:24:03.02

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
51	59/412	11/34	335	Tom Ralston	M	36	Waterloo	IA	7:45	00:25:10.45	00:24:06.24
52	60/412	8/28	328	Erik Wolf	M	25	Central City	IA	7:45	00:24:11.70	00:24:06.80
53	61/412	6/36	347	Douglas Clark	M	56	Grundy Center	IA	7:45	00:24:19.30	00:24:06.84
54	63/412	7/36	436	Jim O'Laughlin	M	55	Cedar Falls	IA	7:49	00:24:38.20	00:24:19.98
55	64/412	4/23	277	Bob Schmit	M	64	Waterloo	IA	7:53	00:24:53.07	00:24:29.89
56	65/412	2/8	381	Cooper Dean	M	11	Cedar Falls	IA	7:54	00:24:49.17	00:24:33.70
57	66/412	8/36	221	Marty Stoakes	M	56	Waterloo	IA	7:55	00:24:43.65	00:24:35.83
58	67/412	9/34	449	Eric Kimball	M	48	Buckingham	IA	7:56	00:25:38.05	00:24:41.60
59	68/412	12/34	69	Jesse Coughlin	M	32	Waverly	IA	7:56	00:24:45.90	00:24:41.93
60	69/412	9/28	357	Nick Nemmers	M	26	Cedar Falls	IA	7:59	00:25:46.38	00:24:48.67
61	70/412	10/28	402	David Thielen	M	27	Cedar Rapids	IA	7:59	00:25:47.40	00:24:49.91
62	71/412	10/34	129	Brennan Dolan	M	41	Polk City	IA	8:01	00:25:37.95	00:24:55.48
63	72/412	11/34	366	Joshua Collins	M	42	Waterloo	IA	8:02	00:25:50.64	00:24:57.67
64	76/412	3/8	382	Cole Dean	M	11	Cedar Falls	IA	8:09	00:25:37.20	00:25:21.86
65	77/412	12/34	424	Matt Harrington	M	44	Des Moines	IA	8:10	00:25:45.70	00:25:24.46
66	78/412	13/34	177	Jason Lahmann	M	48	Tripoli	IA	8:13	00:26:05.69	00:25:33.19
67	79/412	9/36	208	Lynn Telleen	M	53	Waverly	IA	8:14	00:25:56.13	00:25:37.07
68	80/412	5/23	312	Michael Craft	M	71	La Porte City	IA	8:15	00:26:18.10	00:25:40.71
69	81/412	14/34	149	Quinn Riess	M	44	Wilton	IA	8:16	00:25:58.38	00:25:42.62
70	82/412	16/23	18	Gavin Peters	M	15	Evansdale	IA	8:16	00:26:54.95	00:25:44.01
71	83/412	10/36	189	Steven Oaks	M	50	Waterloo	IA	8:17	00:26:01.24	00:25:44.73
72	85/412	11/28	305	Austin Sink	M	27	Wilton	IA	8:18	00:26:06.30	00:25:49.71
73	88/412	12/28	334	Jordan Cooper	M	27	Waterloo	IA	8:21	00:27:12.92	00:25:57.95
74	89/412	15/34	142	Don Miller	M	42	Cedar Falls	IA	8:22	00:26:29.65	00:26:02.57
75	90/412	13/34	311	Eric Becker	M	37	Jersey City	NJ	8:30	00:26:31.96	00:26:24.72
76	92/412	14/34	408	Ryan Mcgrane	M	36	Waterloo	IA	8:31	00:27:32.78	00:26:27.83
77	93/412	6/23	400	Lynn Trask	M	60	Cedar Falls	IA	8:32	00:26:41.83	00:26:30.81
78	94/412	13/28	41	Michael Krempges	M	26	Waterloo	IA	8:32	00:26:54.41	00:26:30.83
79	97/412	14/28	310	Garrett Wolf	M	23	Central City	IA	8:32	00:26:39.79	00:26:33.07
80	98/412	11/36	211	John Joiner	M	54	Ames	IA	8:35	00:27:01.20	00:26:42.75
81	99/412	12/36	322	Bert Reising	M	50	Oelwein	IA	8:35	00:27:41.11	00:26:43.19
82	100/412	13/36	210	Brian Hurley	M	54	Johnston	IA	8:36	00:27:01.70	00:26:44.70
83	101/412	16/34	394	Kyle Curry	M	47	Saint Paul	MN	8:37	00:27:01.92	00:26:48.84
84	102/412	15/34	395	Jason Wilson	M	30	Jacksonville	NC	8:39	00:27:22.70	00:26:54.38
85	103/412	7/23	248	Larry Frost	M	61	Waterloo	IA	8:40	00:27:22.23	00:26:56.36
86	104/412	16/34	74	Joshua Dahlen	M	33	Waterloo	IA	8:40	00:28:23.70	00:26:56.59
87	106/412	17/34	98	Justin Speakar	M	36	Cedar Falls	IA	8:41	00:27:09.24	00:27:00.65
88	107/412	17/23	10	Adam Blakeman	M	13	Readlyn	IA	8:42	00:27:13.70	00:27:03.23
89	108/412	17/34	133	Corey St. John	M	41	Winterset	IA	8:42	00:28:11.45	00:27:04.01
90	110/412	14/36	188	Loren Marlette	M	50	Charles City	IA	8:44	00:27:23.45	00:27:08.50
91	113/412	18/34	152	Gabriel Benson	M	45	Waterloo	IA	8:44	00:27:35.01	00:27:09.36
92	114/412	19/34	126	Jake Schrader	M	40	Waterloo	IA	8:45	00:28:01.70	00:27:11.38
93	115/412	8/23	270	James Davies	M	69	Allison	IA	8:45	00:27:59.59	00:27:11.95
94	116/412	15/28	28	Tylen Burrow	M	22	West Union	IA	8:49	00:28:24.15	00:27:23.77
95	117/412	15/36	206	John Skaar	M	53	Cedar Falls	IA	8:49	00:27:46.60	00:27:24.25
96	122/412	16/28	441	Chris Hale	M	23	Waterloo	IA	8:56	00:28:04.05	00:27:46.82
97	123/412	20/34	168	Nick Arendt	M	47	Waterloo	IA	9:01	00:29:13.45	00:28:02.22
98	124/412	18/34	296	Paul Toppin	M	39	Waterloo	IA	9:04	00:28:18.87	00:28:11.10
99	125/412	16/36	184	Erik Gosnell	M	50	Cedar Falls	IA	9:05	00:29:23.42	00:28:14.13
100	126/412	21/34	172	Matthew Verbraeken	M	47	Waterloo	IA	9:05	00:30:02.63	00:28:16.00

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
101	127/412	17/36	231	Kevin Weber	M	57	Hudson	IA	9:06	00:28:34.10	00:28:17.30
102	132/412	9/23	251	Richard Robert	M	62	Charles City	IA	9:10	00:28:49.11	00:28:30.04
103	134/412	4/8	431	Payton Piller-Siech	M	9	Bettendorf	IA	9:11	00:28:38.18	00:28:32.71
104	135/412	19/34	113	Chris Hartman	M	39	Waterloo	IA	9:11	00:28:41.40	00:28:32.81
105	137/412	22/34	448	Chris Kimball	M	45	Waterloo	IA	9:12	00:28:52.80	00:28:36.22
106	138/412	23/34	288	Lee Homeister	M	46	Waterloo	IA	9:12	00:29:12.95	00:28:36.98
107	139/412	24/34	180	Brian Jacobsen	M	49	Dunkerton	IA	9:15	00:29:19.70	00:28:46.71
108	142/412	18/36	236	Steven Brown	M	59	Cedar Rapids	IA	9:19	00:30:08.11	00:28:59.63
109	143/412	20/34	79	Nick Roe	M	34	Waterloo	IA	9:20	00:30:11.36	00:29:00.25
110	144/412	25/34	182	Mark Sloppy	M	49	Marshalltown	IA	9:21	00:29:53.45	00:29:04.17
111	147/412	17/28	306	Ben Grundhauser	M	24	Eden Prairie	MN	9:21	00:29:25.20	00:29:06.10
112	153/412	19/36	222	Dan Takle	M	56	Hudson	IA	9:25	00:29:45.35	00:29:17.65
113	154/412	26/34	122	Joe McBride	M	40	Waterloo	IA	9:26	00:29:41.45	00:29:18.68
114	155/412	10/23	255	Jim Wheelan	M	63	Cedar Falls	IA	9:29	00:30:33.88	00:29:28.33
115	156/412	18/28	45	Jordan Finger	M	28	Waterloo	IA	9:32	00:29:44.00	00:29:40.00
116	157/412	5/8	7	Jaiden Finger	M	11	Waterloo	IA	9:32	00:29:43.54	00:29:40.06
117	160/412	18/23	388	Benjamin Backes	M	14	Cedar Falls	IA	9:37	00:30:05.28	00:29:53.52
118	161/412	20/36	212	Michael Murphy	M	54	Decorah	IA	9:40	00:30:25.35	00:30:04.65
119	166/412	21/34	115	Jesse Rhoades	M	39	Hudson	IA	9:48	00:30:58.45	00:30:29.09
120	168/412	19/28	423	Tyler Nichols	M	20	Waterloo	IA	9:49	00:30:41.59	00:30:30.57
121	169/412	11/23	262	Tom Strub	M	65	Cedar Falls	IA	9:49	00:31:02.20	00:30:33.05
122	172/412	22/34	76	Slobodan Bosnic	M	34	Waterloo	IA	9:53	00:31:28.08	00:30:43.50
123	181/412	21/36	204	Robert Hendrickson	M	53	Elkader	IA	10:01	00:32:50.29	00:31:09.84
124	186/412	22/36	224	William Bishop	M	57	Ottumwa	IA	10:07	00:32:18.94	00:31:25.97
125	189/412	12/23	425	Dan Franke	M	60	Janesville	IA	10:16	00:32:48.68	00:31:56.72
126	190/412	19/23	15	Quinn Abbott	M	15	Coralville	IA	10:20	00:32:46.19	00:32:07.75
127	192/412	27/34	176	Steve Hubbard	M	48	Waverly	IA	10:21	00:32:54.94	00:32:10.94
128	201/412	23/36	213	Tom Sinnott	M	54	Waterloo	IA	10:46	00:33:49.94	00:33:30.06
129	203/412	24/36	193	Sean Hewitt	M	51	Waterloo	IA	10:49	00:34:37.19	00:33:38.48
130	204/412	20/28	340	Zhen Li	M	24	Waterloo	IA	10:52	00:34:46.94	00:33:46.76
131	206/412	28/34	153	Joe Edwards	M	45	Waterloo	IA	10:53	00:34:29.69	00:33:48.99
132	207/412	13/23	272	Larry Hamm	M	73	Des Moines	IA	10:53	00:34:52.10	00:33:51.89
133	208/412	23/34	303	David Gravlin	M	34	Ames	IA	10:54	00:34:35.62	00:33:52.70
134	211/412	24/34	59	Tyler Mcconville	M	31	Verona	WI	10:56	00:34:36.19	00:33:59.63
135	214/412	25/34	373	Evan Fesenmeyer	M	36	Janesville	IA	10:59	00:34:33.59	00:34:08.38
136	218/412	14/23	271	Darwin Ramker	M	72	Waverly	IA	11:02	00:34:55.13	00:34:19.18
137	219/412	20/23	393	Ivan Li	M	17	Waterloo	IA	11:03	00:35:20.10	00:34:20.37
138	222/412	25/36	220	Mike Schulte	M	56	Cedar Rapids	IA	11:14	00:35:59.44	00:34:54.30
139	226/412	15/23	265	J Guldner	M	66	Salt Lake City	UT	11:16	00:35:17.86	00:35:02.39
140	227/412	6/8	4	Charlie Souder	M	9	Rudd	IA	11:18	00:35:43.94	00:35:07.38
141	228/412	21/28	49	Eric Harbaugh	M	29	Waterloo	IA	11:19	00:36:24.40	00:35:10.00
142	233/412	16/23	320	Jed Becker	M	70	Cresco	IA	11:27	00:36:43.89	00:35:36.46
143	237/412	26/34	286	Cody Woodley	M	35	Cedar Falls	IA	11:34	00:37:23.46	00:35:57.97
144	238/412	27/34	108	Chris Swanson	M	38	Union	IA	11:35	00:37:44.94	00:36:01.73
145	241/412	29/34	131	Brandon Miller	M	41	Ottawa	IL	11:42	00:36:27.69	00:36:23.59
146	243/412	22/28	438	Julian Harrington	M	20	West Union	IA	11:43	00:36:47.44	00:36:25.98
147	244/412	23/28	453	Steffen Hoey	M	23	Waterloo	IA	11:44	00:37:11.70	00:36:29.19
148	247/412	17/23	263	Jeff Bowers	M	66	Waterloo	IA	11:46	00:37:31.69	00:36:36.24
149	249/412	28/34	384	Ryan Paulson	M	36	Waterloo	IA	11:48	00:36:57.44	00:36:40.02
150	251/412	24/28	390	Connor Grann	M	25	Cedar Falls	IA	11:50	00:37:19.69	00:36:47.73

ShamRock N Run 5K

August 7, 2021

5K

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
151	263/412	30/34	163	Chad Souder	M	46	Rudd	IA	12:24	00:39:13.61	00:38:33.98
152	266/412	26/36	207	John Sullivan	M	53	Lenexa	KS	12:32	00:40:03.15	00:38:56.77
153	269/412	27/36	240	Brian Kerber	M	59	Sherman	IL	12:35	00:40:28.53	00:39:08.17
154	273/412	7/8	411	Michael Ewersmann	M	11	Normandy	MO	12:54	00:40:54.19	00:40:07.31
155	279/412	28/36	407	Corey Clark	M	56	Waterloo	IA	13:06	00:41:51.91	00:40:43.69
156	280/412	31/34	151	Peter Abbott	M	45	Coralville	IA	13:09	00:41:33.85	00:40:51.95
157	289/412	29/36	196	Brad Longlett	M	51	Wilton	IA	13:42	00:43:31.13	00:42:36.71
158	290/412	29/34	352	Andrew Nielsen	M	32	Waterloo	IA	13:46	00:43:05.38	00:42:48.15
159	291/412	32/34	134	Travis Stainbrook	M	41	Waterloo	IA	13:47	00:43:59.59	00:42:49.50
160	296/412	21/23	284	John Pouch	M	14	Orion	IL	14:05	00:45:13.93	00:43:45.71
161	299/412	22/23	455	Phoenix Shipman	M	14	Waterloo	IA	14:11	00:45:23.78	00:44:06.93
162	301/412	30/34	87	Dusty Sanboeuf	M	35	Cedar Falls	IA	14:15	00:44:24.10	00:44:17.77
163	302/412	31/34	281	Cory Kats	M	31	Sioux Center	IA	14:16	00:45:07.93	00:44:20.49
164	305/412	30/36	283	Nick Seibert	M	59	Orion	IL	14:19	00:45:59.88	00:44:31.95
165	311/412	32/34	330	Ryan Roe	M	38	Davenport	IA	14:38	00:46:41.06	00:45:28.32
166	314/412	18/23	268	Joe Ryan	M	67	Oskaloosa	IA	14:45	00:47:14.96	00:45:51.51
167	317/412	19/23	245	James Coyle	M	60	Cross Plains	WI	14:58	00:47:52.69	00:46:32.13
168	333/412	20/23	257	Steve Hix	M	64	Waterloo	IA	15:52	00:50:36.18	00:49:18.70
169	336/412	31/36	191	Michael Smith	M	50	La Porte City	IA	15:53	00:50:36.39	00:49:22.93
170	338/412	32/36	295	John Holmes	M	53	Waterloo	IA	15:56	00:50:41.05	00:49:30.96
171	340/412	33/36	187	Matt Mahlstedt	M	50	Waterloo	IA	15:58	00:51:29.80	00:49:36.58
172	342/412	21/23	253	Jeff Bradley	M	63	Wadena	IA	16:01	00:50:19.67	00:49:46.79
173	344/412	25/28	50	Klayton Kruger	M	29	Cedar Falls	IA	16:03	00:50:55.68	00:49:52.63
174	345/412	26/28	289	Damian Garcia	M	29	Cedar Falls	IA	16:03	00:50:56.10	00:49:52.64
175	348/412	27/28	38	Bryce Shutt	M	25	Marshalltown	IA	16:12	00:52:03.17	00:50:22.68
176	352/412	33/34	62	Tanner Reding Shonka	M	31	Tripoli	IA	16:25	00:52:24.42	00:51:02.67
177	360/412	34/36	274	Phillip Brill	M	52	Eugene	OR	16:51	00:54:06.63	00:52:21.42
178	363/412	28/28	34	Luis Armando Gonzalez	M	24	Cedar Falls	IA	17:02	00:54:18.81	00:52:55.37
179	369/412	23/23	346	Christopher Bushong	M	18	River Falls	WI	17:20	00:55:35.73	00:53:54.27
180	373/412	22/23	267	Gregory Morud	M	66	Cedar Rapids	IA	17:29	00:54:22.26	00:54:22.26
181	388/412	35/36	203	Bill Gall	M	53	Saint Joseph	MO	17:56	00:56:10.17	00:55:46.21
182	392/412	23/23	403	J Matt Hutchings	M	71	Waterloo	IA	18:16	00:58:06.41	00:56:46.26
183	393/412	34/34	343	John Denney	M	38	River Falls	WI	18:18	00:58:41.91	00:56:54.21
184	397/412	33/34	166	Brett Weber	M	46	Cedar Falls	IA	18:31	00:58:41.92	00:57:34.29
185	398/412	34/34	170	Blas Guevara	M	47	Cedar Falls	IA	18:48	00:59:46.66	00:58:24.87
186	405/412	8/8	1	Brandon Simmons	M	4	Cedar Falls	IA	19:13	01:01:15.86	00:59:42.79
187	406/412	36/36	198	Scott Smith	M	51	Waterloo	IA	19:14	01:00:25.85	00:59:46.60