

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1	1/1785	1/3	24	Phillip Duncan	M	23	Chadron	NE	00:15:42.69	00:34:24.98	00:16:24.24	5:04	01:06:31.92
2	2/1785	2/3	34	Peter Falcon	M	30	Plymouth	MN	00:15:45.81	00:35:10.10	00:16:14.45	5:07	01:07:10.37
3	3/1785	3/3	30	Tony Weber	M	24	Leavenworth	KS	00:15:46.40	00:35:09.51	00:16:19.75	5:07	01:07:15.67
4	4/1785	1/253	61	Eric Noel	M	32	Lincoln	NE	00:15:47.21	00:35:14.04	00:16:44.30	5:10	01:07:45.56
5	5/1785	1/260	4	Alejandro Garcia	M	25	Pine Bluffs	WY	00:15:47.16	00:35:11.36	00:16:55.12	5:10	01:07:53.65
6	6/1785	2/260	23	Nolan Zimmer	M	25	Omaha	NE	00:15:46.37	00:35:21.12	00:17:04.36	5:12	01:08:11.85
7	7/1785	3/260	54	Mark Abrams	M	25	Omaha	NE	00:16:05.01	00:35:39.00	00:16:58.06	5:14	01:08:42.08
8	8/1785	4/260	36	Nolan Border	M	26	Omaha	NE	00:16:18.52	00:36:14.51	00:16:40.12	5:16	01:09:13.16
9	9/1785	5/260	32	Jacob Olson	M	25	Augusta	GA	00:16:18.59	00:36:14.73	00:16:50.86	5:17	01:09:24.19
10	10/1785	1/181	4182	Clay Simpson	M	22	Lincoln	NE	00:16:32.54	00:36:01.45	00:17:08.41	5:19	01:09:42.40
11	11/1785	6/260	25	Patrick Larson	M	25	Minneapolis	MN	00:16:31.23	00:36:03.51	00:17:09.92	5:19	01:09:44.66
12	12/1785	7/260	33	Tim Grundmayer	M	25	Fremont	NE	00:16:49.11	00:36:26.29	00:16:39.66	5:20	01:09:55.07
13	13/1785	2/253	53	Luka Thor	M	32	Elkhorn	NE	00:16:17.91	00:36:18.52	00:18:00.76	5:23	01:10:37.19
14	14/1785	8/260	48	Brett Rosauer	M	29	Omaha	NE	00:16:45.82	00:36:56.10	00:17:30.77	5:25	01:11:12.69
15	15/1785	1/276	46	Tim Meyer	M	38	Lincoln	NE	00:16:48.68	00:37:26.54	00:17:52.95	5:30	01:12:08.17
16	16/1785	1/96	51	Kyle Allen	M	18	Lincoln	NE	00:17:03.27	00:37:48.48	00:17:45.15	5:32	01:12:36.92
17	17/1785	2/181	58	Chad Berens	M	23	Lincoln	NE	00:16:48.49	00:37:18.01	00:18:44.70	5:33	01:12:51.20
18	18/1785	9/260	31	Andrew Auer	M	29	Omaha	NE	00:17:04.53	00:38:03.21	00:18:13.58	5:35	01:13:21.33
19	19/1785	10/260	44	Matthew Horan	M	27	Sioux Falls	SD	00:17:44.73	00:37:52.76	00:17:54.15	5:36	01:13:31.64
20	20/1785	11/260	38	Johnny Harley	M	26	Kansas City	MO	00:16:40.42	00:38:27.01	00:18:35.62	5:37	01:13:43.06
21	21/1785	12/260	3600	Matthew Cornell	M	27	Lincoln	NE	00:16:49.03	00:38:39.05	00:18:32.12	5:38	01:14:00.20
22	22/1785	3/253	5	Andrew Jacob	M	33	Lincoln	NE	00:16:49.22	00:38:52.00	00:18:56.95	5:41	01:14:38.18
23	1/2922	1/3	26	Pasca Myers	F	33	Fort Dodge	IA	00:17:41.65	00:38:22.12	00:18:41.35	5:42	01:14:45.13
24	23/1785	13/260	6279	Carston Dammann	M	25	Omaha	NE	00:17:20.85	00:38:58.31	00:18:34.24	5:42	01:14:53.41
25	24/1785	2/96	6307	Maxx Seminario	M	18	Colorado Springs	CO	00:17:05.29	00:37:51.32	00:19:57.22	5:42	01:14:53.83
26	25/1785	4/253	6270	Jonathan Hasse	M	31	Lincoln	NE	00:17:54.31	00:39:09.40	00:17:54.86	5:43	01:14:58.57
27	26/1785	3/181	3999	Trey Seibel	M	22	Lincoln	NE	00:17:54.01	00:39:12.44	00:18:09.69	5:44	01:15:16.15
28	2/2922	2/3	40	Jessica Allen	F	24	Kansas City	KS	00:17:52.81	00:39:22.30	00:18:02.07	5:44	01:15:17.19
29	27/1785	4/181	6	Austin Post	M	23	Omaha	NE	00:16:36.56	00:38:19.51	00:20:38.34	5:45	01:15:34.41
30	28/1785	3/96	6228	Jacob Rupp	M	16	Blair	NE	00:17:19.94	00:39:19.96	00:19:19.36	5:47	01:15:59.28
31	29/1785	14/260	4928	Trey Turner	M	28	Kansas City	MO	00:17:55.44	00:39:33.34	00:18:38.15	5:48	01:16:06.94
32	30/1785	2/276	16	Jay Oligmueller	M	38	Lincoln	NE	00:17:21.33	00:39:31.52	00:19:47.56	5:50	01:16:40.42
33	31/1785	5/181	3838	Jachob Wiedeberg	M	22	Kearney	NE	00:18:52.16	00:40:07.25	00:18:15.98	5:53	01:17:15.39
34	32/1785	3/276	5342	Jason Zakaras	M	37	Omaha	NE	00:18:11.44	00:40:54.09	00:18:20.91	5:54	01:17:26.44
35	33/1785	15/260	21	Mitchell Davis	M	28	Urbandale	IA	00:17:47.32	00:41:16.05	00:18:32.44	5:55	01:17:35.81

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
36	34/1785	1/2	27	Ryan Regnier	M	43	Lincoln	NE	00:17:44.54	00:40:31.86	00:19:28.52	5:55	01:17:44.93
37	35/1785	5/253	6433	Joshua Perkins	M	30	Roeland Park	KS	00:17:57.02	00:40:43.76	00:19:15.99	5:56	01:17:56.78
38	36/1785	4/276	5374	Eric Crawford	M	37	Omaha	NE	00:18:40.72	00:40:33.03	00:18:53.63	5:57	01:18:07.38
39	37/1785	6/253	6431	Clay Martin	M	30	Riverside	MO	00:18:15.48	00:40:44.43	00:19:09.04	5:57	01:18:08.95
40	3/2922	3/3	52	Katie Fitzsimmons	F	25	Omaha	NE	00:17:54.42	00:40:43.08	00:19:39.97	5:58	01:18:17.48
41	38/1785	4/96	3478	Joseph Allen	M	16	Lincoln	NE	00:18:37.98	00:40:32.23	00:19:27.40	5:59	01:18:37.62
42	4/2922	1/508	62	Mary Noel	F	25	Lincoln	NE	00:17:54.62	00:41:07.10	00:19:38.96	6:00	01:18:40.68
43	39/1785	7/253	4850	Matt James	M	33	Lincoln	NE	00:18:33.32	00:40:45.49	00:19:29.22	6:00	01:18:48.03
44	40/1785	6/181	42	Evan Asche	M	22	Omaha	NE	00:17:46.30	00:40:46.78	00:20:36.41	6:02	01:19:09.50
45	41/1785	5/96	3682	Ethan Zaborowski	M	16	Lincoln	NE	00:18:19.72	00:40:27.55	00:20:32.20	6:03	01:19:19.47
46	42/1785	2/2	4628	Mark Holmes	M	47	Lincoln	NE	00:18:51.20	00:41:29.69	00:19:15.52	6:04	01:19:36.42
47	5/2922	1/531	47	Julie Gawith	F	36	Andover	KS	00:18:47.47	00:41:30.08	00:19:19.07	6:04	01:19:36.63
48	43/1785	7/181	4162	Kasey Reeves	M	24	Springfield	NE	00:19:04.27	00:41:07.01	00:19:34.17	6:05	01:19:45.45
49	44/1785	8/253	3351	Andrew Pope	M	32	Chadron	NE	00:18:27.59	00:41:48.86	00:19:33.56	6:05	01:19:50.02
50	45/1785	5/276	3766	Ryan Hatt	M	38	Lincoln	NE	00:18:51.52	00:41:50.39	00:19:18.03	6:06	01:19:59.95
51	46/1785	6/96	4125	Finian Herbert	M	17	Lincoln	NE	00:18:38.58	00:41:37.79	00:19:57.90	6:07	01:20:14.28
52	47/1785	16/260	4343	Alex Hall	M	26	Omaha	NE	00:18:55.13	00:41:42.86	00:19:51.29	6:08	01:20:29.29
53	48/1785	7/96	3683	Thomas Oliver	M	17	Lincoln	NE	00:17:18.07	00:41:48.13	00:21:23.91	6:08	01:20:30.12
54	49/1785	9/253	4252	Bryce Brunswig	M	33	Gretna	NE	00:18:20.35	00:41:51.05	00:20:34.55	6:09	01:20:45.96
55	50/1785	6/276	5063	Jim Kealy	M	38	Lincoln	NE	00:18:45.56	00:42:19.81	00:19:53.73	6:10	01:20:59.11
56	51/1785	17/260	41	Dylan Slaba	M	26	Brookings	SD	00:18:27.33	00:42:26.42	00:20:30.16	6:12	01:21:23.92
57	52/1785	18/260	6420	Kent Stejskal	M	27	Lincoln	NE	00:18:15.41	00:42:19.40	00:20:50.17	6:12	01:21:24.99
58	53/1785	10/253	19	Kyle Smith	M	31	Laramie	WY	00:19:14.27	00:42:45.65	00:19:41.21	6:13	01:21:41.13
59	6/2922	1/454	35	Emma Kenyon	F	31	Westminster	CO	00:18:45.75	00:42:42.17	00:20:17.11	6:14	01:21:45.03
60	54/1785	8/96	6223	Ethan Ideus	M	17	Seward	NE	00:19:49.44	00:42:01.56	00:19:55.75	6:14	01:21:46.76
61	55/1785	9/96	6410	Zach Smith	M	16	Lincoln	NE	00:18:34.15	00:42:23.26	00:20:57.27	6:14	01:21:54.69
62	56/1785	10/96	4274	Jack Sorensen	M	17	Omaha	NE	00:19:42.07	00:43:09.51	00:19:14.29	6:15	01:22:05.88
63	57/1785	8/181	3565	Austin Baade	M	24	Roca	NE	00:18:57.68	00:42:40.35	00:20:31.88	6:16	01:22:09.92
64	58/1785	9/181	49	John Cleary	M	21	Omaha	NE	00:21:08.34	00:42:40.76	00:18:21.58	6:16	01:22:10.68
65	59/1785	1/215	6331	Fernando Martinez	M	43	Wichita	KS	00:19:30.72	00:42:36.44	00:20:15.49	6:17	01:22:22.65
66	60/1785	7/276	43	Kelly Halverson	M	38	Lincoln	NE	00:19:17.41	00:42:52.70	00:20:15.70	6:17	01:22:25.82
67	61/1785	1/172	4341	Jason Schmaderer	M	46	Lincoln	NE	00:19:14.44	00:43:17.18	00:19:59.86	6:17	01:22:31.49
68	7/2922	2/508	3	Anna Dilley	F	25	Lincoln	NE	00:19:15.77	00:42:52.31	00:20:23.82	6:17	01:22:31.90
69	62/1785	10/181	6134	Justin Brockhaus	M	21	Columbus	NE	00:19:45.14	00:43:10.58	00:19:45.79	6:18	01:22:41.52
70	8/2922	1/345	39	Sarah Fowler	F	24	Springfield	IL	00:19:13.68	00:42:52.55	00:20:35.71	6:18	01:22:41.95

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
71	63/1785	11/253	12	Colin Morrissey	M	30	Omaha	NE	00:19:16.76	00:42:52.51	00:20:35.92	6:18	01:22:45.20
72	64/1785	8/276	3317	Craig Halverson	M	39	Bennington	NE	00:19:51.49	00:42:47.11	00:20:17.91	6:19	01:22:56.52
73	65/1785	19/260	60	Ryan Sutter	M	28	Omaha	NE	00:19:42.87	00:43:27.02	00:19:49.83	6:19	01:22:59.72
74	66/1785	11/181	5274	Alex Bishop	M	24	Omaha	NE	00:20:02.85	00:42:46.18	00:20:14.86	6:20	01:23:03.90
75	67/1785	12/253	5789	Levi Fickenscher	M	31	Loveland	CO	00:19:46.57	00:43:29.62	00:19:53.16	6:20	01:23:09.36
76	68/1785	13/253	4384	Ken Knoop	M	32	Lincoln	NE	00:19:10.88	00:43:18.99	00:20:40.63	6:20	01:23:10.51
77	69/1785	1/145	4438	Eric Barnes	M	52	Central City	NE	00:19:10.55	00:43:27.69	00:20:34.07	6:20	01:23:12.32
78	70/1785	14/253	117	Casey Thelen	M	32	Lincoln	NE	00:18:45.77	00:43:34.53	00:20:52.81	6:20	01:23:13.12
79	71/1785	1/80	5174	Randall Rasmussen	M	58	Vermillion	SD	00:19:39.40	00:43:06.74	00:20:34.11	6:21	01:23:20.26
80	9/2922	3/508	18	Kelsey Oliverius	F	28	Lincoln	NE	00:19:40.64	00:43:10.34	00:20:34.12	6:21	01:23:25.11
81	72/1785	20/260	6540	Andrew Johnson	M	27	Laramie	WY	00:20:00.23	00:42:45.56	00:20:42.26	6:22	01:23:28.05
82	73/1785	12/181	4265	Reid Shubert	M	23	Lincoln	NE	00:17:58.07	00:42:39.28	00:22:59.92	6:22	01:23:37.28
83	74/1785	9/276	3732	Max Mueller	M	39	Lincoln	NE	00:19:13.70	00:43:37.57	00:20:53.64	6:23	01:23:44.91
84	75/1785	15/253	4618	Brady Fickenscher	M	33	York	NE	00:19:46.20	00:43:30.03	00:20:29.97	6:23	01:23:46.20
85	76/1785	11/96	4291	John Schroll	M	18	Omaha	NE	00:19:42.30	00:43:16.52	00:20:49.19	6:23	01:23:48.01
86	77/1785	13/181	3967	Bryan Petersen	M	21	Lincoln	NE	00:19:44.92	00:43:47.63	00:20:31.60	6:24	01:24:04.15
87	78/1785	2/172	3573	Alvin Sueper	M	49	Lincoln	NE	00:19:45.42	00:43:36.86	00:20:43.66	6:24	01:24:05.96
88	79/1785	10/276	5077	Adam Niederklein	M	35	Lincoln	NE	00:19:25.28	00:43:54.01	00:20:50.56	6:25	01:24:09.86
89	80/1785	12/96	6208	Andrew Kotopka	M	17	Lincoln	NE	00:19:43.52	00:43:47.51	00:20:46.37	6:25	01:24:17.42
90	81/1785	11/276	3740	J T Peebles	M	39	Bellevue	NE	00:18:03.95	00:41:17.96	00:24:56.86	6:25	01:24:18.78
91	82/1785	12/276	5208	Ben Winge	M	37	Watertown	SD	00:19:47.02	00:44:03.52	00:20:37.16	6:26	01:24:27.71
92	83/1785	16/253	6215	Andrew Hille	M	32	Crete	NE	00:19:29.29	00:43:56.66	00:21:10.64	6:27	01:24:36.60
93	84/1785	21/260	6312	Max Schabla	M	28	Omaha	NE	00:19:10.05	00:44:47.22	00:20:39.81	6:27	01:24:37.09
94	10/2922	2/345	22	Molly Dibben	F	23	Kearney	NE	00:20:03.24	00:44:08.41	00:20:30.43	6:27	01:24:42.08
95	85/1785	2/215	122	Joe Crawford	M	43	Clare	MI	00:19:53.94	00:44:35.02	00:20:21.73	6:28	01:24:50.69
96	86/1785	14/181	6167	Jonathan Krings	M	23	Platte Center	NE	00:19:47.20	00:43:55.56	00:21:10.92	6:28	01:24:53.69
97	11/2922	4/508	37	Tara Notarianni	F	27	Kansas City	MO	00:19:36.33	00:44:32.98	00:20:47.30	6:28	01:24:56.62
98	87/1785	22/260	4356	Matthew Gastineau	M	26	North Platte	NE	00:19:42.78	00:43:59.26	00:21:14.87	6:28	01:24:56.92
99	88/1785	13/276	6054	Jake Borst	M	35	Plattsmouth	NE	00:19:33.96	00:44:16.34	00:21:12.60	6:29	01:25:02.90
100	89/1785	13/96	4554	Grant Bauman	M	16	Lincoln	NE	00:18:27.48	00:44:55.34	00:21:45.71	6:29	01:25:08.53
101	12/2922	3/345	55	Megan Billington	F	22	Grand Island	NE	00:19:44.89	00:44:58.34	00:20:37.98	6:30	01:25:21.21
102	90/1785	23/260	6511	Tony Rost	M	27	Omaha	NE	00:19:58.71	00:44:39.88	00:20:44.32	6:30	01:25:22.91
103	91/1785	14/96	3616	Ian Becerra	M	16	Lincoln	NE	00:19:00.18	00:44:52.08	00:21:36.53	6:31	01:25:28.80
104	92/1785	17/253	4819	Adrian Brandt	M	30	Lincoln	NE	00:19:40.46	00:44:44.96	00:21:04.59	6:31	01:25:30.01
105	93/1785	18/253	3654	Jason Burrows	M	34	Omaha	NE	00:20:11.21	00:44:30.90	00:20:52.97	6:31	01:25:35.09

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
106	94/1785	3/172	3760	Chad Oswald	M	48	Aurora	NE	00:20:02.81	00:44:57.73	00:20:43.18	6:32	01:25:43.72
107	95/1785	15/181	6065	Alec Schneider	M	22	Lincoln	NE	00:20:45.92	00:45:09.08	00:20:10.83	6:34	01:26:05.84
108	13/2922	1/2	1	Amy Barry	F	40	Gretna	NE	00:19:56.52	00:44:58.02	00:21:19.59	6:34	01:26:14.13
109	96/1785	15/96	4145	Canyon Skare	M	18	Lincoln	NE	00:21:11.46	00:45:04.61	00:19:59.55	6:34	01:26:15.63
110	14/2922	5/508	50	Jessa Sughroue	F	26	La Vista	NE	00:19:58.02	00:44:56.16	00:21:21.77	6:34	01:26:15.96
111	97/1785	16/181	15	Josiah Mcallister	M	22	Omaha	NE	00:19:51.09	00:45:20.14	00:21:06.69	6:34	01:26:17.92
112	98/1785	14/276	3803	Brad Hansen	M	35	Sioux City	IA	00:20:01.51	00:44:57.77	00:21:21.09	6:35	01:26:20.38
113	99/1785	24/260	3445	Chris Burcal	M	29	Omaha	NE	00:19:55.55	00:44:58.99	00:21:27.20	6:35	01:26:21.75
114	100/1785	19/253	4567	Mitch Bern	M	34	Lincoln	NE	00:19:52.41	00:44:46.18	00:21:58.99	6:36	01:26:37.59
115	101/1785	25/260	6505	Johnny Hower	M	27	Lincoln	NE	00:19:52.80	00:44:46.71	00:21:58.32	6:36	01:26:37.83
116	102/1785	15/276	3576	Brian Wandzilak	M	39	Lincoln	NE	00:19:52.71	00:44:47.43	00:21:58.08	6:36	01:26:38.23
117	103/1785	3/215	4695	Tom Roddel	M	41	Lincoln	NE	00:21:00.12	00:45:19.79	00:20:32.67	6:37	01:26:52.58
118	104/1785	4/172	6409	Rick Tast	M	46	Lincoln	NE	00:20:15.10	00:44:55.65	00:21:42.85	6:37	01:26:53.61
119	105/1785	4/215	4724	Brent Wilson	M	41	Lincoln	NE	00:19:38.03	00:46:03.02	00:21:16.16	6:37	01:26:57.22
120	106/1785	26/260	5162	Austin Hegert	M	28	Lincoln	NE	00:19:40.32	00:46:02.10	00:21:15.92	6:38	01:26:58.35
121	107/1785	16/96	3953	Evan Schmidt	M	17	Cortland	NE	00:21:01.43	00:45:48.65	00:20:10.74	6:38	01:27:00.83
122	108/1785	17/96	4357	Seneca Hornung-Scherr	M	18	Hickman	NE	00:20:04.55	00:45:38.49	00:21:20.88	6:38	01:27:03.92
123	15/2922	4/345	234	Elizabeth Cramer	F	23	Kearney	NE	00:20:01.17	00:44:51.02	00:22:12.38	6:38	01:27:04.58
124	109/1785	20/253	4224	Brian Copley	M	31	Lexington	NE	00:20:44.50	00:45:58.54	00:20:53.61	6:40	01:27:36.66
125	110/1785	16/276	3633	Charles Cooper	M	38	Omaha	NE	00:20:49.72	00:45:21.32	00:21:32.42	6:41	01:27:43.47
126	111/1785	5/215	6137	Tom Heacock	M	41	Kearney	NE	00:20:51.22	00:45:25.70	00:21:31.29	6:41	01:27:48.22
127	112/1785	27/260	6072	Andreas Miles-Novelo	M	25	Ames	IA	00:20:55.09	00:45:53.07	00:21:04.87	6:42	01:27:53.03
128	113/1785	21/253	3692	Steele Erickson	M	30	York	NE	00:20:47.24	00:45:29.63	00:21:41.80	6:42	01:27:58.68
129	114/1785	28/260	6300	Levi Swenson	M	26	Lincoln	NE	00:19:42.77	00:45:27.41	00:22:49.02	6:42	01:27:59.21
130	115/1785	2/145	4492	John Van Duser	M	54	Gladstone	MO	00:20:51.98	00:46:08.31	00:21:02.24	6:42	01:28:02.53
131	116/1785	17/181	5368	Ryan Rix	M	20	Omaha	NE	00:21:33.46	00:44:58.28	00:21:42.57	6:43	01:28:14.32
132	117/1785	18/96	4837	Travis Wentz	M	19	Andover	KS	00:20:15.83	00:45:50.69	00:22:08.87	6:43	01:28:15.40
133	118/1785	19/96	4036	Zachary Frandolig	M	18	Lincoln	NE	00:19:34.07	00:46:08.62	00:22:34.17	6:44	01:28:16.87
134	119/1785	29/260	6573	Paul Sobczyk	M	26	Loveland	CO	00:20:16.58	00:46:45.77	00:21:24.16	6:44	01:28:26.51
135	120/1785	18/181	4470	Noah Burke	M	23	Lincoln	NE	00:20:01.57	00:46:59.52	00:21:30.52	6:45	01:28:31.61
136	121/1785	17/276	6293	Ray Longoria	M	36	Kearney	NE	00:20:30.61	00:45:24.27	00:22:36.94	6:45	01:28:31.82
137	122/1785	5/172	4583	Mariano Uberti	M	46	Omaha	NE	00:20:41.10	00:46:18.31	00:21:35.87	6:45	01:28:35.28
138	123/1785	19/181	6081	Drew Hedstrom	M	21	Lincoln	NE	00:20:26.12	00:46:46.27	00:21:30.16	6:46	01:28:42.56
139	16/2922	2/531	717	Steph Miller	F	39	Columbus	NE	00:20:58.03	00:46:41.70	00:21:04.68	6:46	01:28:44.42
140	17/2922	3/531	1501	Lindsey Brezenski	F	37	Omaha	NE	00:20:49.54	00:46:06.76	00:21:51.77	6:46	01:28:48.07

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
141	124/1785	18/276	6520	Chris Fuller	M	37	Omaha	NE	00:21:03.58	00:46:15.84	00:21:30.64	6:46	01:28:50.08
142	18/2922	6/508	751	Marissa Moore	F	25	Lincoln	NE	00:20:27.91	00:46:22.72	00:21:59.67	6:46	01:28:50.31
143	125/1785	19/276	4200	Dameon Bickham	M	38	Lincoln	NE	00:22:00.92	00:45:41.21	00:21:10.90	6:46	01:28:53.03
144	126/1785	20/276	3823	Brian Detweiler	M	37	Omaha	NE	00:20:38.96	00:46:05.09	00:22:21.80	6:47	01:29:05.86
145	127/1785	30/260	6452	Alexander O'neill	M	26	Omaha	NE	00:20:31.72	00:47:00.90	00:21:36.40	6:48	01:29:09.03
146	128/1785	21/276	3648	Jeremiah Carlson	M	38	Lincoln	NE	00:21:08.93	00:46:40.60	00:21:20.69	6:48	01:29:10.22
147	129/1785	22/253	4817	Scottie Piper	M	34	Lincoln	NE	00:21:09.13	00:46:40.85	00:21:20.48	6:48	01:29:10.46
148	130/1785	20/181	6623	Eric Yager	M	24	Chadron	NE	00:20:20.07	00:46:12.42	00:22:38.45	6:48	01:29:10.95
149	19/2922	2/2	272	Ann Hubl	F	40	Hebron	NE	00:20:38.18	00:47:13.11	00:21:19.91	6:48	01:29:11.20
150	131/1785	31/260	4172	Jordon Haar	M	28	Lincoln	NE	00:21:06.96	00:46:37.62	00:21:30.23	6:48	01:29:14.81
151	20/2922	2/454	1560	Jackie Kunnemann	F	33	Lincoln	NE	00:21:20.83	00:46:44.71	00:21:24.33	6:49	01:29:29.87
152	21/2922	7/508	6528	Brooke Hult	F	27	Kansas City	MO	00:20:57.47	00:46:43.09	00:21:52.99	6:49	01:29:33.55
153	132/1785	32/260	3947	Nathaniel Beacom	M	26	Omaha	NE	00:20:09.21	00:46:43.47	00:22:40.92	6:49	01:29:33.61
154	22/2922	1/335	56	Michelle Schmidt	F	43	Lincoln	NE	00:20:24.78	00:46:46.77	00:22:22.42	6:49	01:29:33.97
155	133/1785	21/181	4297	Samuel Waechter-Cass	M	21	Lincoln	NE	00:21:12.69	00:47:08.61	00:21:16.37	6:50	01:29:37.67
156	134/1785	23/253	4512	Tyler Honcik	M	34	Omaha	NE	00:20:40.68	00:46:35.14	00:22:38.03	6:51	01:29:53.86
157	135/1785	24/253	3819	Braden Teller	M	31	Woodbury	MN	00:19:48.90	00:46:41.43	00:23:24.15	6:51	01:29:54.49
158	136/1785	22/181	5266	Jonathan Meyer	M	24	Lincoln	NE	00:21:16.79	00:47:24.50	00:21:17.16	6:51	01:29:58.46
159	137/1785	20/96	4005	Trey Bebee	M	19	Overland Park	KS	00:21:09.61	00:47:07.20	00:21:41.69	6:51	01:29:58.51
160	138/1785	2/80	4684	Brian Bergt	M	59	Amherst	NE	00:20:51.86	00:46:33.88	00:22:33.51	6:51	01:29:59.25
161	139/1785	33/260	4453	Jarid Holliday	M	29	Lincoln	NE	00:20:54.95	00:46:49.35	00:22:15.29	6:51	01:29:59.60
162	140/1785	34/260	5280	Jeremy Jank	M	29	Lincoln	NE	00:20:22.75	00:47:20.49	00:22:21.65	6:52	01:30:04.89
163	23/2922	1/258	6299	Lynette Ivanov	F	46	Lincoln	NE	00:20:47.53	00:46:37.11	00:22:40.53	6:52	01:30:05.18
164	141/1785	22/276	3906	Cody Seger	M	37	Weeping Water	NE	00:21:11.66	00:47:22.06	00:21:33.84	6:52	01:30:07.56
165	142/1785	25/253	5117	Matt Stutzman	M	30	Lincoln	NE	00:20:34.32	00:47:14.08	00:22:21.45	6:52	01:30:09.85
166	143/1785	23/276	4505	Brody Ockander	M	38	Lincoln	NE	00:21:23.63	00:47:20.66	00:21:26.34	6:52	01:30:10.64
167	24/2922	1/128	133	Kara Schlueter	F	19	Milford	NE	00:20:55.28	00:46:55.53	00:22:20.65	6:52	01:30:11.47
168	25/2922	3/454	2424	Jaime Olson	F	30	Lincoln	NE	00:20:51.34	00:46:53.43	00:22:29.09	6:52	01:30:13.87
169	144/1785	24/276	3729	Jeremy Larson	M	39	Lincoln	NE	00:21:03.35	00:47:10.29	00:22:02.04	6:53	01:30:15.69
170	145/1785	6/215	3332	Scott Haug	M	40	Omaha	NE	00:20:57.03	00:47:21.93	00:21:59.64	6:53	01:30:18.61
171	146/1785	1/25	3331	Tate Ray	M	14	Omaha	NE	00:20:57.27	00:47:22.10	00:21:59.55	6:53	01:30:18.92
172	147/1785	35/260	6233	Jared Maslowsky	M	28	Kennard	NE	00:20:10.55	00:45:43.99	00:24:25.51	6:53	01:30:20.06
173	148/1785	6/172	3558	Jim Baker	M	47	Lincoln	NE	00:20:48.09	00:47:08.96	00:22:44.69	6:55	01:30:41.74
174	149/1785	25/276	6475	Jason Stowell	M	36	Lincoln	NE	00:21:03.56	00:46:52.28	00:22:51.14	6:55	01:30:46.98
175	150/1785	26/253	3338	Eric Clymer	M	30	Omaha	NE	00:21:20.41	00:47:47.68	00:21:39.69	6:55	01:30:47.78

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
176	151/1785	36/260	3625	Robbie Giovanazzi	M	26	Lincoln	NE	00:20:53.82	00:47:50.82	00:22:10.11	6:56	01:30:54.75
177	152/1785	26/276	3736	Shaun Ilahi	M	39	Omaha	NE	00:21:42.17	00:47:36.46	00:21:42.75	6:56	01:31:01.38
178	26/2922	8/508	3879	Meleia Oestmann	F	29	Omaha	NE	00:21:42.96	00:47:37.09	00:21:45.92	6:56	01:31:05.98
179	153/1785	7/215	3639	Jason Heeser	M	40	Crete	NE	00:21:08.96	00:47:42.64	00:22:22.75	6:57	01:31:14.35
180	154/1785	27/276	3690	Spencer Finley	M	38	Omaha	NE	00:20:56.70	00:47:23.93	00:23:02.92	6:58	01:31:23.55
181	155/1785	23/181	4403	Jaxson Schneider	M	23	Omaha	NE	00:20:31.53	00:47:37.61	00:23:21.64	6:58	01:31:30.78
182	156/1785	24/181	6494	Henry Hallgren	M	22	Atlantic	IA	00:23:10.98	00:47:31.01	00:20:50.08	6:58	01:31:32.08
183	157/1785	27/253	3450	Shane Peed	M	34	Lincoln	NE	00:21:25.54	00:47:21.62	00:22:45.46	6:58	01:31:32.63
184	27/2922	5/345	898	Logan Sieck	F	24	Papillion	NE	00:20:27.78	00:47:29.89	00:23:43.75	6:59	01:31:41.43
185	158/1785	37/260	5122	Tyler Calegan	M	26	Lincoln	NE	00:21:40.21	00:48:06.12	00:22:00.92	7:00	01:31:47.26
186	159/1785	28/253	4207	Pavel Patino	M	30	Omaha	NE	00:21:23.26	00:46:48.34	00:23:36.82	7:00	01:31:48.44
187	160/1785	28/276	4593	Jeffrey Paulison	M	35	Bennington	NE	00:20:58.16	00:48:12.70	00:22:39.14	7:00	01:31:50.00
188	28/2922	4/454	6448	Chelsey Welch	F	34	Lincoln	NE	00:20:19.75	00:47:46.02	00:23:53.39	7:01	01:31:59.17
189	161/1785	21/96	4331	Nathan Nickeson	M	18	Lincoln	NE	00:21:24.84	00:49:08.66	00:21:30.39	7:01	01:32:03.90
190	29/2922	6/345	8	Braska Patterson	F	22	Fremont	NE	00:20:40.19	00:48:07.51	00:23:16.95	7:01	01:32:04.66
191	162/1785	29/253	4514	Blake Simpson	M	33	Lincoln	NE	00:21:08.37	00:48:04.76	00:22:53.46	7:01	01:32:06.60
192	163/1785	8/215	4442	Thomas Cohee	M	40	Hill Afb	UT	00:21:37.61	00:47:26.98	00:23:06.57	7:01	01:32:11.16
193	164/1785	7/172	3748	Travis Green	M	45	Lincoln	NE	00:22:07.66	00:47:38.71	00:22:26.48	7:02	01:32:12.86
194	165/1785	3/145	5766	Brian Cook	M	50	Grand Island	NE	00:21:29.77	00:48:09.38	00:22:34.82	7:02	01:32:13.97
195	166/1785	9/215	5396	Marty Paget	M	43	Parkville	MO	00:22:05.56	00:48:14.27	00:21:55.01	7:02	01:32:14.85
196	167/1785	22/96	3993	Justus Olsen	M	18	Lincoln	NE	00:19:41.97	00:49:40.01	00:22:52.93	7:02	01:32:14.92
197	168/1785	25/181	4011	Timothy Wiepking	M	22	Brownsville	WI	00:22:15.77	00:49:05.03	00:20:54.15	7:02	01:32:14.95
198	169/1785	26/181	6244	Jake Zigler	M	24	Lincoln	NE	00:22:00.38	00:48:28.58	00:21:57.62	7:03	01:32:26.58
199	30/2922	7/345	588	Nicole Hamilton	F	24	Lincoln	NE	00:21:05.64	00:48:45.76	00:22:42.78	7:03	01:32:34.18
200	170/1785	8/172	6430	Clint Kmoch	M	45	Omaha	NE	00:21:27.62	00:48:28.66	00:22:42.13	7:04	01:32:38.42
201	171/1785	29/276	3974	James Cole	M	35	Lincoln	NE	00:22:14.29	00:48:27.71	00:22:08.98	7:04	01:32:50.98
202	172/1785	27/181	3583	Jake Havranek	M	24	Gretna	NE	00:22:09.54	00:48:23.88	00:22:24.51	7:05	01:32:57.94
203	173/1785	28/181	4113	Jarod Aerts	M	20	David City	NE	00:21:57.52	00:49:10.93	00:21:49.73	7:05	01:32:58.19
204	174/1785	29/181	4359	Kailen Wong	M	21	Auburn	CA	00:23:16.09	00:48:18.56	00:21:24.03	7:05	01:32:58.68
205	175/1785	10/215	6206	Brian Croll	M	43	Liberty Township	OH	00:21:11.24	00:48:08.21	00:23:41.41	7:05	01:33:00.87
206	176/1785	4/145	4377	Brian Yueill	M	50	Omaha	NE	00:22:00.53	00:48:47.69	00:22:14.91	7:05	01:33:03.14
207	177/1785	30/253	4825	Cory Hanson	M	32	Elkhorn	NE	00:21:53.66	00:48:31.35	00:22:38.25	7:05	01:33:03.28
208	31/2922	4/531	221	Diane Lally	F	36	Lincoln	NE	00:21:57.95	00:48:32.77	00:22:36.64	7:06	01:33:07.36
209	32/2922	5/531	893	Paula Dendinger	F	35	Ponca	NE	00:21:36.54	00:49:09.29	00:22:21.79	7:06	01:33:07.62
210	178/1785	30/181	4431	Austin Svehla	M	21	Columbus	NE	00:22:09.66	00:49:09.02	00:21:50.87	7:06	01:33:09.56

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
211	33/2922	6/531	1843	Jessica Larson	F	38	Hastings	NE	00:22:17.71	00:48:37.03	00:22:15.93	7:06	01:33:10.67
212	179/1785	11/215	4667	Timothy Hill	M	43	Lincoln	NE	00:20:54.73	00:48:50.93	00:23:29.56	7:06	01:33:15.22
213	180/1785	38/260	6535	Derek Loseke	M	25	Omaha	NE	00:22:08.33	00:49:18.03	00:21:50.95	7:06	01:33:17.32
214	181/1785	39/260	3322	Garrett Nathan	M	28	Omaha	NE	00:20:51.68	00:48:00.85	00:24:25.67	7:07	01:33:18.20
215	182/1785	12/215	4764	Phillip Mizner	M	41	Lincoln	NE	00:22:08.92	00:49:04.43	00:22:06.99	7:07	01:33:20.34
216	183/1785	31/181	6598	Auston Marshall	M	20	Lincoln	NE	00:21:17.51	00:48:37.76	00:23:26.42	7:07	01:33:21.69
217	184/1785	9/172	4858	Stan Kleppinger	M	47	Lincoln	NE	00:21:05.59	00:48:15.27	00:24:04.12	7:07	01:33:24.98
218	185/1785	10/172	4409	Greg Hanel	M	49	Lincoln	NE	00:21:05.81	00:48:50.18	00:23:31.89	7:07	01:33:27.89
219	34/2922	7/531	6436	Shelley Lippold	F	36	Elkhorn	NE	00:22:02.08	00:48:49.09	00:22:37.62	7:07	01:33:28.80
220	186/1785	32/181	3990	Trevor Klein	M	23	Lincoln	NE	00:21:39.34	00:48:50.61	00:22:59.33	7:07	01:33:29.29
221	187/1785	13/215	3613	Tim Schultz	M	42	Lincoln	NE	00:22:05.09	00:49:14.76	00:22:16.48	7:08	01:33:36.33
222	188/1785	33/181	3786	Dominic Vavala	M	20	Lincoln	NE	00:21:58.94	00:49:33.28	00:22:09.36	7:08	01:33:41.60
223	189/1785	30/276	3578	Jon Hanseling	M	36	Lincoln	NE	00:21:09.26	00:47:58.05	00:24:34.81	7:08	01:33:42.12
224	35/2922	2/335	654	Lisa Tessman	F	41	Henderson	NE	00:21:49.68	00:49:35.73	00:22:17.31	7:08	01:33:42.72
225	190/1785	34/181	5729	Samuel Hovde	M	22	Birchwood	WI	00:22:14.52	00:49:05.02	00:22:23.67	7:08	01:33:43.22
226	191/1785	31/253	4003	Luke Phillips	M	34	Lincoln	NE	00:21:07.65	00:47:50.72	00:24:45.98	7:09	01:33:44.35
227	192/1785	31/276	5329	Eric Haecke	M	38	Elkhorn	NE	00:20:59.24	00:48:41.87	00:24:04.73	7:09	01:33:45.84
228	193/1785	5/145	6349	Tom Volk	M	54	Lincoln	NE	00:21:05.19	00:49:04.85	00:23:42.78	7:09	01:33:52.83
229	194/1785	35/181	4598	Nick Leinen	M	24	Omaha	NE	00:22:44.83	00:50:02.77	00:21:09.34	7:10	01:33:56.95
230	195/1785	32/253	3815	C J Wells	M	34	Lincoln	NE	00:22:04.54	00:49:33.70	00:22:23.39	7:10	01:34:01.64
231	196/1785	32/276	5106	Daniel Riskowski	M	39	Lincoln	NE	00:21:32.99	00:49:09.06	00:23:19.80	7:10	01:34:01.86
232	197/1785	33/253	4555	Nick Auwerda	M	34	Cozad	NE	00:21:52.59	00:48:57.47	00:23:16.78	7:10	01:34:06.84
233	198/1785	23/96	5395	Traven Heiser	M	17	Lincoln	NE	00:22:55.70	00:47:21.61	00:23:53.33	7:11	01:34:10.64
234	36/2922	8/531	2507	Jenn Hummel	F	36	Valley	NE	00:21:50.55	00:49:16.20	00:23:09.81	7:11	01:34:16.57
235	37/2922	5/454	3369	Tiffany Murray	F	33	Lincoln	NE	00:22:02.28	00:49:25.95	00:22:50.57	7:11	01:34:18.81
236	199/1785	3/80	4243	Mark Patton	M	56	Lincoln	NE	00:21:48.70	00:49:13.16	00:23:19.45	7:11	01:34:21.32
237	38/2922	6/454	696	Michelle Webb	F	34	Olathe	KS	00:21:09.53	00:49:23.13	00:23:53.32	7:12	01:34:25.98
238	200/1785	34/253	3570	Adam Zeiszler	M	33	Omaha	NE	00:22:22.51	00:50:02.56	00:22:01.95	7:12	01:34:27.03
239	201/1785	14/215	4318	Nicholas George	M	40	Omaha	NE	00:21:57.47	00:48:56.42	00:23:33.38	7:12	01:34:27.27
240	202/1785	36/181	4269	Brock Fitzgerald	M	24	Lincoln	NE	00:22:53.43	00:49:14.18	00:22:22.28	7:12	01:34:29.91
241	203/1785	15/215	4824	Ryan Garlock	M	43	Lincoln	NE	00:21:58.50	00:49:01.99	00:23:31.43	7:12	01:34:31.93
242	39/2922	7/454	1070	Elisha Hartzell	F	34	Omaha	NE	00:21:48.43	00:49:49.24	00:22:58.33	7:12	01:34:36.02
243	40/2922	9/508	458	Bridgette James	F	27	Lincoln	NE	00:22:00.79	00:48:56.68	00:23:38.73	7:13	01:34:36.21
244	204/1785	33/276	4873	Matt Person	M	39	Omaha	NE	00:21:26.61	00:49:48.29	00:23:24.29	7:13	01:34:39.19
245	205/1785	40/260	3785	Kyle Austin	M	29	Omaha	NE	00:20:38.25	00:48:24.04	00:25:39.18	7:13	01:34:41.48

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
246	206/1785	16/215	5383	Ashley Nielsen	M	41	Sioux Falls	SD	00:21:56.77	00:49:46.30	00:22:58.77	7:13	01:34:41.84
247	207/1785	11/172	3698	Corey Russman	M	46	Lincoln	NE	00:21:52.24	00:49:38.97	00:23:11.71	7:13	01:34:42.92
248	208/1785	35/253	3373	Halley Griess	M	33	Urbandale	IA	00:21:32.45	00:47:50.73	00:25:22.99	7:13	01:34:46.18
249	209/1785	36/253	4745	Matt Bring	M	31	Omaha	NE	00:22:01.28	00:49:08.02	00:23:39.67	7:13	01:34:48.98
250	210/1785	37/181	4013	Zach Harris	M	21	Lincoln	NE	00:22:49.53	00:50:22.04	00:21:46.76	7:14	01:34:58.34
251	211/1785	4/80	6395	Paul Westendorf	M	57	Sioux Falls	SD	00:22:34.04	00:49:53.52	00:22:33.36	7:14	01:35:00.93
252	212/1785	6/145	5245	David Holding	M	51	Lincoln	NE	00:22:26.44	00:49:37.11	00:23:01.25	7:15	01:35:04.81
253	213/1785	12/172	3827	Jeff Porter	M	47	Plymouth	NE	00:21:57.55	00:49:39.47	00:23:27.80	7:15	01:35:04.83
254	214/1785	24/96	4407	Colin Tomcak	M	17	Omaha	NE	00:22:09.36	00:50:04.98	00:22:51.25	7:15	01:35:05.59
255	41/2922	9/531	595	Kelia Dubas	F	37	Omaha	NE	00:22:02.62	00:49:45.66	00:23:24.53	7:15	01:35:12.82
256	42/2922	3/335	6390	Kaylene Schoenhard	F	41	Sioux Falls	SD	00:21:56.48	00:50:01.76	00:23:15.32	7:15	01:35:13.57
257	215/1785	38/181	4229	Nick Stanley	M	23	Lincoln	NE	00:21:56.73	00:49:22.31	00:23:55.17	7:15	01:35:14.21
258	216/1785	1/26	4221	Paul Braunschweiler	M	68	Elkhorn	NE	00:22:17.72	00:49:50.36	00:23:10.27	7:16	01:35:18.36
259	217/1785	41/260	6398	Tanner Dunn	M	25	Blair	NE	00:22:28.69	00:49:37.14	00:23:12.93	7:16	01:35:18.77
260	218/1785	34/276	4996	Nat Auxier	M	38	Omaha	NE	00:23:04.54	00:51:07.24	00:21:08.70	7:16	01:35:20.48
261	219/1785	13/172	4179	Daniel Campos	M	45	Omaha	NE	00:22:04.81	00:49:27.45	00:23:49.19	7:16	01:35:21.45
262	220/1785	35/276	3812	Chris Mcbratney	M	39	Fremont	NE	00:21:31.53	00:50:01.03	00:23:48.92	7:16	01:35:21.48
263	221/1785	14/172	6501	Kevin Cattau	M	47	Norfolk	NE	00:22:40.45	00:50:05.93	00:22:37.80	7:16	01:35:24.19
264	222/1785	37/253	5036	Billy Petracek	M	31	Lincoln	NE	00:22:54.37	00:50:02.89	00:22:30.38	7:16	01:35:27.64
265	223/1785	36/276	4640	Al Provorse	M	35	Lincoln	NE	00:22:47.25	00:50:01.04	00:22:39.92	7:16	01:35:28.21
266	43/2922	10/531	681	Piper Larson	F	38	Louisville	NE	00:22:06.07	00:49:41.46	00:23:41.80	7:17	01:35:29.34
267	224/1785	7/145	6521	Kent Lentz	M	52	Grand Island	NE	00:23:22.01	00:49:43.74	00:22:24.38	7:17	01:35:30.14
268	225/1785	42/260	5196	Thomas Faughn	M	28	Lincoln	NE	00:23:12.89	00:49:48.38	00:22:39.47	7:17	01:35:40.74
269	44/2922	11/531	134	Sarah Neubert	F	38	Omaha	NE	00:22:04.44	00:49:33.29	00:24:03.80	7:17	01:35:41.53
270	226/1785	5/80	4080	Cornelius Murray	M	58	Lincoln	NE	00:22:37.88	00:49:45.04	00:23:19.70	7:18	01:35:42.63
271	227/1785	43/260	4468	Jesse Genrich	M	29	Lincoln	NE	00:21:57.81	00:49:59.74	00:23:47.92	7:18	01:35:45.48
272	228/1785	39/181	3826	Giovanni Quezada	M	24	Omaha	NE	00:23:10.63	00:49:47.12	00:22:47.84	7:18	01:35:45.60
273	45/2922	12/531	6369	Ryan Duerk	F	36	Lincoln	NE	00:22:06.51	00:50:20.18	00:23:21.22	7:18	01:35:47.92
274	229/1785	44/260	5210	Brad Bouc	M	29	Lincoln	NE	00:22:05.89	00:50:19.99	00:23:22.19	7:18	01:35:48.07
275	230/1785	15/172	3592	Dan Fisher	M	46	Pleasant Dale	NE	00:22:00.65	00:50:01.74	00:23:46.78	7:18	01:35:49.17
276	231/1785	25/96	4306	Mark Schroll	M	16	Omaha	NE	00:19:43.77	00:49:32.33	00:26:35.18	7:18	01:35:51.29
277	46/2922	2/128	1927	Payton Schneider	F	18	Tacoma	WA	00:21:56.85	00:50:19.15	00:23:43.36	7:19	01:35:59.36
278	232/1785	17/215	5473	Zach Girthoffer	M	40	Omaha	NE	00:21:41.71	00:49:50.32	00:24:28.18	7:19	01:36:00.22
279	233/1785	26/96	4106	Sam Weber	M	16	Lincoln	NE	00:22:00.98	00:50:10.89	00:23:49.04	7:19	01:36:00.91
280	234/1785	27/96	7101	Steven Orozco	M	16	Fort Collins	CO	00:22:17.31	00:50:34.09	00:23:11.67	7:19	01:36:03.07



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
281	235/1785	37/276	6439	Derek Witt	M	38	Omaha	NE	00:22:51.45	00:49:55.85	00:23:16.90	7:19	01:36:04.21
282	236/1785	45/260	6119	Jake Merz	M	25	Fremont	NE	00:22:35.13	00:50:39.28	00:22:53.16	7:19	01:36:07.57
283	237/1785	16/172	3540	Paul Brinkman	M	48	Lincoln	NE	00:23:00.47	00:50:04.14	00:23:03.32	7:19	01:36:07.93
284	238/1785	40/181	4853	Colby Kresak	M	24	Lincoln	NE	00:23:20.19	00:49:01.87	00:23:52.17	7:20	01:36:14.23
285	239/1785	28/96	5302	Cole Erlemeier	M	18	Lincoln	NE	00:23:09.73	00:50:58.88	00:22:09.25	7:20	01:36:17.87
286	240/1785	38/276	5147	Zachary Martens	M	35	Lincoln	NE	00:22:20.92	00:50:33.46	00:23:25.89	7:20	01:36:20.27
287	241/1785	41/181	6497	Bemnet Habtu	M	21	Lincoln	NE	00:23:44.42	00:49:32.39	00:23:10.61	7:21	01:36:27.42
288	47/2922	3/128	1042	Laura Martin	F	17	Hickman	NE	00:22:02.51	00:50:05.37	00:24:19.84	7:21	01:36:27.73
289	242/1785	8/145	5498	Erik Eggland	M	51	Ankeny	IA	00:22:29.07	00:50:38.61	00:23:20.93	7:21	01:36:28.62
290	243/1785	39/276	6441	Aksel Nelsen	M	36	Lincoln	NE	00:21:44.54	00:49:46.69	00:24:59.08	7:21	01:36:30.31
291	244/1785	38/253	3911	Josh Peavy	M	33	Omaha	NE	00:22:01.19	00:49:37.54	00:24:53.84	7:21	01:36:32.57
292	48/2922	8/345	3488	Abby Lawson	F	23	Omaha	NE	00:21:53.54	00:50:31.52	00:24:09.20	7:22	01:36:34.26
293	245/1785	42/181	3861	Keagan Palmer	M	23	Grand Island	NE	00:22:04.89	00:50:23.71	00:24:05.74	7:22	01:36:34.34
294	246/1785	40/276	6007	Ryan Curtis	M	36	Omaha	NE	00:22:13.56	00:50:15.77	00:24:06.27	7:22	01:36:35.61
295	49/2922	8/454	399	Abby Redland	F	32	Lincoln	NE	00:21:31.78	00:50:15.52	00:24:48.55	7:22	01:36:35.86
296	247/1785	39/253	4916	Derek Sinica	M	34	Lincoln	NE	00:22:39.49	00:50:10.43	00:23:47.31	7:22	01:36:37.23
297	248/1785	9/145	5237	Andrew Rathjen	M	50	Grand Island	NE	00:22:36.15	00:50:06.52	00:23:55.61	7:22	01:36:38.28
298	50/2922	1/122	1775	Wanda Essink	F	58	Lincoln	NE	00:23:09.48	00:49:18.52	00:24:10.89	7:22	01:36:38.90
299	249/1785	29/96	4574	Mason Pair	M	16	Lincoln	NE	00:22:15.52	00:50:12.29	00:24:13.95	7:22	01:36:41.77
300	250/1785	46/260	3744	Jared Pixley	M	28	Lincoln	NE	00:23:16.95	00:50:25.01	00:23:00.35	7:22	01:36:42.32
301	51/2922	4/128	2196	Maria Boman	F	19	Edina	MN	00:23:28.64	00:50:45.90	00:22:30.69	7:22	01:36:45.24
302	251/1785	18/215	3511	Dan Walker	M	40	Omaha	NE	00:22:29.01	00:50:27.97	00:23:48.97	7:22	01:36:45.96
303	52/2922	13/531	1453	Carly Heard	F	37	Burbank	SD	00:22:53.28	00:50:38.19	00:23:14.85	7:22	01:36:46.32
304	252/1785	30/96	3932	Dominic Ferraro	M	16	Lincoln	NE	00:22:15.79	00:50:12.04	00:24:26.20	7:23	01:36:54.03
305	253/1785	31/96	3411	Cardin Ngo	M	16	Lincoln	NE	00:22:52.43	00:51:53.07	00:22:08.96	7:23	01:36:54.47
306	254/1785	2/25	6342	Charlie Nielsen	M	14	Omaha	NE	00:22:39.10	00:50:37.29	00:23:38.41	7:23	01:36:54.81
307	255/1785	32/96	3386	Garrett Wells	M	19	Cedar Creek	NE	00:22:37.79	00:50:31.23	00:23:46.63	7:23	01:36:55.67
308	256/1785	19/215	4877	Shane Elwood	M	40	Hickman	NE	00:23:11.97	00:52:07.56	00:21:37.29	7:23	01:36:56.83
309	53/2922	9/454	1643	Shawntae Razo	F	33	Lincoln	NE	00:22:31.50	00:50:43.55	00:23:42.67	7:23	01:36:57.72
310	54/2922	9/345	2565	Natalie Kurtenbach	F	23	Omaha	NE	00:23:24.14	00:51:45.83	00:21:50.28	7:23	01:37:00.25
311	257/1785	20/215	5697	Todd McGinnis	M	44	Shenandoah	IA	00:22:39.99	00:50:46.59	00:23:34.29	7:24	01:37:00.87
312	258/1785	41/276	3523	Jeff Jones	M	39	Omaha	NE	00:23:06.80	00:51:24.85	00:22:29.61	7:24	01:37:01.27
313	55/2922	14/531	6143	Sarah Bickerstaff	F	36	Omaha	NE	00:22:59.44	00:50:25.55	00:23:43.73	7:24	01:37:08.73
314	56/2922	5/128	3780	Taylor Searcey	F	17	Lincoln	NE	00:22:50.71	00:50:48.06	00:23:30.65	7:24	01:37:09.43
315	57/2922	10/345	6180	Willa Koenig	F	21	Lincoln	NE	00:22:49.94	00:51:08.02	00:23:17.17	7:25	01:37:15.13

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
316	259/1785	42/276	4253	Miguel Dominguez	M	38	Lincoln	NE	00:23:30.49	00:52:03.75	00:21:47.59	7:25	01:37:21.83
317	260/1785	43/276	3555	Tim Buchholz	M	38	Juniata	NE	00:22:06.98	00:49:38.97	00:25:37.78	7:25	01:37:23.73
318	261/1785	44/276	6550	Toby Gibson	M	37	Omaha	NE	00:23:33.11	00:49:32.77	00:24:19.35	7:25	01:37:25.24
319	58/2922	10/454	3479	Molli Budd	F	31	Omaha	NE	00:23:05.98	00:51:28.30	00:22:53.61	7:26	01:37:27.90
320	262/1785	33/96	6582	Matt Johnson	M	17	Lincoln	NE	00:22:26.65	00:51:11.38	00:23:55.86	7:26	01:37:33.89
321	59/2922	11/454	3310	Emily Steenson	F	34	Lincoln	NE	00:22:37.05	00:51:02.25	00:23:58.24	7:26	01:37:37.55
322	263/1785	40/253	6428	Matt Luvera	M	33	Omaha	NE	00:22:39.80	00:50:51.52	00:24:07.17	7:26	01:37:38.50
323	264/1785	17/172	3344	Brian Fleming	M	45	Lincoln	NE	00:23:07.46	00:51:13.13	00:23:18.62	7:26	01:37:39.22
324	265/1785	41/253	6487	Caleb Nabower	M	30	Omaha	NE	00:22:30.97	00:50:40.34	00:24:27.93	7:26	01:37:39.25
325	266/1785	18/172	6415	Ron Graff	M	47	Lincoln	NE	00:22:33.74	00:50:22.71	00:24:43.54	7:27	01:37:40.00
326	267/1785	34/96	6339	Zachary Pauley	M	18	Lincoln	NE	00:22:46.03	00:51:04.52	00:23:51.17	7:27	01:37:41.73
327	268/1785	45/276	4440	Ryan Kenney	M	37	Elkhorn	NE	00:22:26.14	00:50:53.16	00:24:23.21	7:27	01:37:42.51
328	269/1785	42/253	4022	Ryan Gartner	M	33	Pembroke Pines	FL	00:23:02.11	00:50:58.84	00:23:41.85	7:27	01:37:42.81
329	60/2922	12/454	305	Carrie Bostar	F	33	Lincoln	NE	00:23:11.21	00:51:13.48	00:23:18.60	7:27	01:37:43.29
330	270/1785	43/253	4525	Taylor Kendle	M	31	Lincoln	NE	00:22:47.98	00:51:46.81	00:23:09.44	7:27	01:37:44.24
331	271/1785	43/181	5129	Will Keitges	M	20	Lincoln	NE	00:21:55.95	00:50:27.24	00:25:23.86	7:27	01:37:47.06
332	61/2922	11/345	582	Sydney Svehla	F	24	Hastings	NE	00:22:04.04	00:50:53.09	00:24:52.92	7:27	01:37:50.06
333	272/1785	44/181	3832	Nate Stolze	M	23	Norfolk	NE	00:22:16.71	00:49:57.70	00:25:36.34	7:27	01:37:50.75
334	273/1785	44/253	4195	Tom Clutter	M	32	Omaha	NE	00:23:24.76	00:50:16.91	00:24:14.11	7:28	01:37:55.79
335	274/1785	21/215	5404	Josh Graves	M	40	Omaha	NE	00:22:54.21	00:51:03.96	00:23:59.05	7:28	01:37:57.22
336	275/1785	46/276	5508	Thad Jarus	M	35	Lincoln	NE	00:23:08.38	00:51:10.55	00:23:38.62	7:28	01:37:57.55
337	276/1785	47/276	4381	Brett Ritter	M	38	Elkhorn	NE	00:23:29.91	00:51:22.88	00:23:05.69	7:28	01:37:58.49
338	277/1785	10/145	4615	Steven Sousek	M	53	Lincoln	NE	00:23:08.10	00:51:25.17	00:23:27.02	7:28	01:38:00.30
339	278/1785	22/215	4068	Chad Steiner	M	44	Lincoln	NE	00:23:29.67	00:51:13.05	00:23:23.08	7:28	01:38:05.80
340	279/1785	45/253	3538	Alex Manning	M	30	Omaha	NE	00:22:33.45	00:51:04.96	00:24:29.72	7:29	01:38:08.14
341	280/1785	45/181	4976	Jackson Fischer	M	22	Denton	NE	00:22:50.22	00:51:20.43	00:24:04.70	7:29	01:38:15.35
342	281/1785	48/276	4652	Jesse Anderson	M	35	Lincoln	NE	00:21:57.16	00:50:23.68	00:25:56.70	7:29	01:38:17.55
343	282/1785	46/253	3643	Levi Peters	M	33	Lincoln	NE	00:22:15.38	00:51:27.30	00:24:36.42	7:30	01:38:19.10
344	283/1785	49/276	5835	Jeremy Renfro	M	39	Lincoln	NE	00:23:43.49	00:50:43.20	00:23:53.64	7:30	01:38:20.33
345	284/1785	47/260	4847	Austan Haynes	M	29	Omaha	NE	00:23:03.97	00:50:25.73	00:24:51.91	7:30	01:38:21.62
346	285/1785	50/276	4248	Nick Miller	M	35	Lincoln	NE	00:22:16.60	00:52:18.27	00:23:47.83	7:30	01:38:22.70
347	62/2922	6/128	1043	Josephine Blatny	F	17	Fairbury	NE	00:22:53.30	00:50:48.27	00:24:44.22	7:30	01:38:25.80
348	286/1785	51/276	4753	Ryan Sattler	M	38	Omaha	NE	00:22:47.58	00:51:12.35	00:24:28.82	7:30	01:38:28.76
349	63/2922	1/148	1075	Marcia Esola	F	52	Omaha	NE	00:23:02.05	00:51:39.52	00:23:53.74	7:31	01:38:35.32
350	287/1785	48/260	3506	Taylor Adams	M	27	Firth	NE	00:22:37.59	00:49:28.87	00:26:28.86	7:31	01:38:35.33

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
351	288/1785	46/181	3327	Jared Yost	M	22	Lincoln	NE	00:23:37.43	00:51:59.50	00:22:59.86	7:31	01:38:36.79
352	289/1785	11/145	3688	J J Yost	M	53	Lincoln	NE	00:23:37.44	00:51:59.62	00:22:59.72	7:31	01:38:36.79
353	290/1785	3/25	4246	Chandler Berry	M	14	Lincoln	NE	00:25:53.39	00:50:37.17	00:22:10.28	7:31	01:38:40.85
354	291/1785	47/181	4518	Taylor Demint	M	21	Lincoln	NE	00:23:11.57	00:51:17.53	00:24:12.10	7:31	01:38:41.20
355	64/2922	2/122	2204	Mary Burke Morrow	F	55	Lincoln	NE	00:23:21.53	00:51:03.53	00:24:16.42	7:31	01:38:41.48
356	292/1785	23/215	4412	Kevin Sypal	M	40	Lincoln	NE	00:23:29.23	00:51:46.46	00:23:29.15	7:31	01:38:44.85
357	293/1785	19/172	4499	Tim Farmer	M	48	Lincoln	NE	00:22:03.11	00:51:08.05	00:25:34.19	7:32	01:38:45.35
358	294/1785	52/276	3661	Blaise Reineke	M	38	Lincoln	NE	00:22:47.81	00:51:37.70	00:24:20.11	7:32	01:38:45.63
359	65/2922	10/508	687	Sarah Seaman	F	28	Omaha	NE	00:22:53.23	00:51:11.27	00:24:43.61	7:32	01:38:48.12
360	295/1785	20/172	6486	Joseph Kummer	M	47	Lincoln	NE	00:23:06.05	00:51:30.24	00:24:19.38	7:32	01:38:55.67
361	296/1785	24/215	4709	Dan Knerl	M	40	Warrensburg	MO	00:23:19.05	00:52:06.52	00:23:31.42	7:32	01:38:57.00
362	297/1785	25/215	4503	Tony Rouse	M	40	Lincoln	NE	00:21:42.86	00:51:21.04	00:25:54.05	7:32	01:38:57.95
363	298/1785	35/96	6216	Jake Witter	M	16	David City	NE	00:22:53.49	00:52:36.83	00:23:28.85	7:33	01:38:59.17
364	299/1785	49/260	3757	Ryan Scoular	M	28	Omaha	NE	00:22:14.43	00:50:29.60	00:26:16.43	7:33	01:39:00.47
365	300/1785	53/276	5538	Richard Schwartz	M	35	Lincoln	NE	00:22:43.40	00:51:42.95	00:24:34.38	7:33	01:39:00.73
366	301/1785	47/253	4093	Daniel Bax	M	33	Lincoln	NE	00:22:53.08	00:51:43.33	00:24:29.30	7:33	01:39:05.71
367	302/1785	12/145	4164	Randy Leeper	M	50	Omaha	NE	00:23:36.41	00:52:28.24	00:23:01.45	7:33	01:39:06.11
368	66/2922	2/258	1444	Lyn Kummer	F	47	Lincoln	NE	00:22:48.01	00:51:49.27	00:24:29.07	7:33	01:39:06.36
369	303/1785	48/253	4842	Andrew Daro	M	31	David City	NE	00:22:52.47	00:51:53.85	00:24:20.09	7:33	01:39:06.42
370	67/2922	3/258	1010	Kami Alessandro	F	47	Omaha	NE	00:22:46.05	00:51:55.84	00:24:28.76	7:33	01:39:10.66
371	304/1785	36/96	6615	Aaron Jendro	M	15	Omaha	NE	00:23:41.62	00:52:32.12	00:23:02.21	7:34	01:39:15.96
372	305/1785	48/181	3728	Michael Cohen	M	24	Lincoln	NE	00:23:32.45	00:52:07.61	00:23:36.14	7:34	01:39:16.21
373	306/1785	54/276	3737	Kyle Herber	M	38	Bennington	NE	00:23:19.40	00:51:38.54	00:24:18.58	7:34	01:39:16.52
374	307/1785	49/253	3676	Hunter Arterburn	M	30	Nebraska City	NE	00:23:14.15	00:52:33.50	00:23:29.27	7:34	01:39:16.93
375	308/1785	49/181	4171	Andrew Musil	M	24	Lincoln	NE	00:23:18.02	00:52:10.27	00:23:52.10	7:34	01:39:20.40
376	309/1785	55/276	4091	Mark Richardson	M	37	Lincoln	NE	00:23:14.40	00:52:10.27	00:23:56.11	7:34	01:39:20.79
377	310/1785	56/276	4781	Mike Dudley	M	37	Mcperson	KS	00:23:13.21	00:52:20.35	00:23:47.84	7:34	01:39:21.40
378	311/1785	50/253	6358	Aaron Schaad	M	34	Lincoln	NE	00:23:16.78	00:52:09.02	00:23:57.18	7:34	01:39:22.98
379	312/1785	26/215	3608	Jim Hudson	M	44	Ceresco	NE	00:22:24.60	00:52:51.25	00:24:10.19	7:35	01:39:26.04
380	68/2922	4/258	1941	Jennifer Furze	F	46	Papillion	NE	00:23:22.39	00:51:39.46	00:24:24.31	7:35	01:39:26.17
381	313/1785	50/260	4461	Cody Henschke	M	28	Omaha	NE	00:23:36.14	00:52:31.85	00:23:18.23	7:35	01:39:26.23
382	314/1785	57/276	6107	Grant Empson	M	38	Elkhorn	NE	00:22:56.52	00:51:12.70	00:25:18.51	7:35	01:39:27.74
383	69/2922	15/531	2673	Carly Davis	F	35	Lincoln	NE	00:23:28.61	00:52:07.51	00:23:52.22	7:35	01:39:28.34
384	315/1785	27/215	4372	Jason Kubik	M	44	Wichita	KS	00:23:31.05	00:52:29.92	00:23:27.57	7:35	01:39:28.55
385	316/1785	21/172	3711	Van Dewald	M	49	Bennington	NE	00:24:06.55	00:51:47.85	00:23:35.17	7:35	01:39:29.57

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
386	317/1785	28/215	3539	Jacob Huckins	M	41	Omaha	NE	00:23:26.62	00:52:09.36	00:23:53.91	7:35	01:39:29.90
387	70/2922	11/508	6495	Brooke Sweeney	F	29	Bettendorf	IA	00:23:20.57	00:51:56.17	00:24:16.56	7:35	01:39:33.30
388	318/1785	51/253	3885	Nathan Lau	M	30	Lincoln	NE	00:24:06.58	00:53:41.94	00:21:45.27	7:35	01:39:33.79
389	71/2922	2/148	3726	Shelly Tvrdy	F	54	Seward	NE	00:24:37.06	00:51:35.69	00:23:23.97	7:35	01:39:36.73
390	319/1785	6/80	5095	Joe Wolff	M	57	Omaha	NE	00:23:26.02	00:52:35.14	00:23:39.35	7:36	01:39:40.52
391	72/2922	4/335	1191	Bryn Gardner	F	43	Lincoln	NE	00:23:25.16	00:51:57.16	00:24:18.72	7:36	01:39:41.06
392	320/1785	13/145	5870	Douglas Lambe	M	51	Newark	DE	00:21:57.26	00:51:27.61	00:26:17.35	7:36	01:39:42.23
393	73/2922	16/531	1169	Kristie Brezenski	F	39	Columbus	NE	00:23:45.14	00:52:30.86	00:23:27.18	7:36	01:39:43.18
394	321/1785	52/253	5050	Martin Ertz	M	34	Omaha	NE	00:23:51.78	00:52:38.78	00:23:12.95	7:36	01:39:43.52
395	322/1785	29/215	4419	Joshua Sales	M	42	Olathe	KS	00:23:43.79	00:52:18.02	00:23:41.92	7:36	01:39:43.73
396	323/1785	50/181	6492	Brett Krajewski	M	22	Lincoln	NE	00:23:44.69	00:51:27.33	00:24:31.96	7:36	01:39:43.98
397	74/2922	12/508	279	Karla Hernandez	F	27	Lincoln	NE	00:23:32.05	00:52:30.95	00:23:41.65	7:36	01:39:44.66
398	75/2922	5/335	216	Kat Baum	F	41	Lincoln	NE	00:22:48.85	00:51:39.53	00:25:16.92	7:36	01:39:45.30
399	324/1785	58/276	5340	Derek Keasling	M	35	Aurora	NE	00:25:25.30	00:51:13.94	00:23:06.65	7:36	01:39:45.90
400	325/1785	51/260	4328	Clay Finck	M	25	Omaha	NE	00:22:59.87	00:52:47.03	00:23:59.49	7:36	01:39:46.39
401	326/1785	22/172	3782	Vidya Davuluri	M	45	Lincoln	NE	00:23:00.01	00:51:25.30	00:25:21.89	7:36	01:39:47.21
402	327/1785	14/145	4559	Tom Macy	M	52	Omaha	NE	00:23:22.04	00:52:17.52	00:24:08.38	7:36	01:39:47.94
403	328/1785	51/181	4970	Scott Hild	M	24	Edgar	NE	00:22:29.11	00:51:18.73	00:26:00.61	7:36	01:39:48.46
404	329/1785	52/260	3588	Brady West	M	28	Omaha	NE	00:23:56.81	00:52:31.68	00:23:23.27	7:37	01:39:51.76
405	330/1785	59/276	3843	Tyson Stewart	M	37	Lincoln	NE	00:23:25.10	00:51:30.30	00:24:57.32	7:37	01:39:52.73
406	76/2922	13/454	3391	Kelley Mason	F	33	Roca	NE	00:22:24.74	00:52:36.18	00:24:56.11	7:37	01:39:57.04
407	331/1785	15/145	5514	Bryon Pickett	M	51	Lincoln	NE	00:23:20.09	00:52:30.10	00:24:10.08	7:37	01:40:00.28
408	332/1785	53/260	4613	Parker Vicroy	M	27	Lincoln	NE	00:24:19.25	00:53:54.94	00:21:48.19	7:37	01:40:02.39
409	333/1785	54/260	3587	Eric Tarsikes	M	28	Omaha	NE	00:22:56.52	00:52:23.06	00:24:44.28	7:37	01:40:03.87
410	334/1785	37/96	3783	Calen Olsen	M	19	Lincoln	NE	00:21:12.67	00:50:36.72	00:28:23.60	7:38	01:40:13.00
411	335/1785	60/276	4584	Brandon Lyons	M	35	Lincoln	NE	00:23:43.12	00:53:02.64	00:23:29.77	7:38	01:40:15.54
412	77/2922	6/335	1057	Krista Austin	F	44	Papillion	NE	00:23:25.77	00:52:41.90	00:24:10.03	7:39	01:40:17.70
413	78/2922	17/531	1757	Nicole Desai	F	39	Houston	TX	00:23:14.82	00:51:52.28	00:25:11.10	7:39	01:40:18.21
414	336/1785	53/253	3318	Lane Carr	M	30	Lincoln	NE	00:23:40.05	00:53:04.97	00:23:36.72	7:39	01:40:21.75
415	337/1785	23/172	3549	Brad Okamoto	M	48	Lincoln	NE	00:23:04.33	00:52:42.12	00:24:35.84	7:39	01:40:22.30
416	79/2922	18/531	954	Robyn Gonzales	F	36	Lincoln	NE	00:23:06.41	00:52:41.64	00:24:35.91	7:39	01:40:23.97
417	338/1785	54/253	4465	Matt Allen	M	32	Omaha	NE	00:23:25.97	00:52:30.38	00:24:29.47	7:39	01:40:25.84
418	339/1785	38/96	4038	Michael Frandolig	M	18	Lincoln	NE	00:22:28.23	00:52:30.85	00:25:28.09	7:39	01:40:27.18
419	340/1785	7/80	4509	John Neal	M	57	Lincoln	NE	00:24:19.31	00:52:49.41	00:23:18.73	7:39	01:40:27.46
420	341/1785	39/96	3504	Zach Kozak	M	15	Lincoln	NE	00:23:07.42	00:52:22.32	00:24:58.57	7:39	01:40:28.32

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
421	342/1785	55/253	4596	Justin Feerhusen	M	34	Lincoln	NE	00:23:14.29	00:52:45.99	00:24:28.44	7:39	01:40:28.72
422	80/2922	14/454	2244	Audrey Brydl-Andrews	F	33	Lincoln	NE	00:23:14.78	00:52:45.79	00:24:28.43	7:39	01:40:29.01
423	343/1785	61/276	3811	Shannon Ibarra	M	39	Lincoln	NE	00:22:49.20	00:52:12.97	00:25:31.17	7:40	01:40:33.35
424	344/1785	30/215	5018	Jesse Hays	M	41	Beatrice	NE	00:23:22.22	00:52:55.64	00:24:16.25	7:40	01:40:34.12
425	345/1785	16/145	4634	Jeff Wickett	M	53	Norfolk	NE	00:23:18.68	00:52:41.31	00:24:40.77	7:40	01:40:40.78
426	346/1785	56/253	4239	Michael Mckay	M	34	Omaha	NE	00:23:43.18	00:52:27.91	00:24:31.48	7:40	01:40:42.57
427	81/2922	7/335	936	Christine Sales	F	41	Olathe	KS	00:23:30.54	00:52:40.12	00:24:33.78	7:41	01:40:44.45
428	347/1785	57/253	6392	Travis Hagge	M	32	Lincoln	NE	00:23:29.61	00:52:41.31	00:24:38.23	7:41	01:40:49.16
429	348/1785	58/253	5139	Nathaniel Bundy	M	30	Lincoln	NE	00:22:51.14	00:51:50.62	00:26:08.83	7:41	01:40:50.59
430	349/1785	62/276	4882	Austin Johnson	M	38	Lennox	SD	00:23:37.88	00:52:20.30	00:24:53.09	7:41	01:40:51.27
431	82/2922	7/128	1056	Alivia Austin	F	15	Papillion	NE	00:23:30.87	00:51:46.70	00:25:35.41	7:41	01:40:52.99
432	350/1785	63/276	4600	Brandon Maydew	M	35	Omaha	NE	00:24:04.66	00:52:53.05	00:23:55.48	7:41	01:40:53.20
433	351/1785	17/145	4307	Chris Johnson	M	51	Omaha	NE	00:23:46.04	00:52:39.12	00:24:32.62	7:42	01:40:57.80
434	352/1785	59/253	3635	Sam Suesz	M	30	Lincoln	NE	00:22:36.13	00:53:52.66	00:24:29.01	7:42	01:40:57.81
435	353/1785	52/181	3498	Reeve Johnson	M	20	Omaha	NE	00:23:32.63	00:52:55.20	00:24:30.58	7:42	01:40:58.41
436	354/1785	18/145	4670	Bryce Johnson	M	53	Lincoln	NE	00:23:05.02	00:52:05.54	00:25:49.11	7:42	01:40:59.67
437	355/1785	64/276	4908	Jeffrey Saunders	M	38	Yukon	OK	00:23:11.22	00:52:23.46	00:25:29.23	7:42	01:41:03.92
438	83/2922	5/258	2358	Kjersten Welch	F	49	Sioux City	IA	00:24:13.08	00:52:21.69	00:24:33.33	7:42	01:41:08.10
439	356/1785	65/276	6332	Todd Goodman	M	38	Juniata	NE	00:22:50.34	00:53:05.85	00:25:12.75	7:42	01:41:08.94
440	357/1785	60/253	4069	Matt Loeffler	M	33	Columbus	NE	00:23:15.06	00:52:28.50	00:25:25.85	7:42	01:41:09.41
441	358/1785	55/260	6491	Jacob Rix	M	25	Omaha	NE	00:22:39.91	00:53:15.00	00:25:22.67	7:43	01:41:17.59
442	359/1785	66/276	3924	Daniel Rokser	M	39	Omaha	NE	00:23:25.07	00:52:48.40	00:25:05.14	7:43	01:41:18.62
443	84/2922	13/508	1111	Emma Stewart	F	25	Crete	NE	00:23:22.64	00:52:54.79	00:25:02.15	7:43	01:41:19.59
444	360/1785	61/253	3925	Drew Partridge	M	30	Lincoln	NE	00:24:40.75	00:52:36.86	00:24:02.31	7:43	01:41:19.93
445	361/1785	31/215	5446	Chad Kudym	M	44	Eagle	NE	00:23:49.29	00:52:55.75	00:24:36.96	7:43	01:41:22.01
446	362/1785	62/253	4504	Jediah Kautz	M	34	Hastings	NE	00:23:42.45	00:53:36.33	00:24:03.42	7:43	01:41:22.21
447	363/1785	19/145	4165	Larry Carlson	M	52	Honey Creek	IA	00:23:41.00	00:53:21.97	00:24:19.69	7:44	01:41:22.67
448	364/1785	67/276	4024	Scott Hula	M	36	Lincoln	NE	00:23:00.00	00:52:20.47	00:26:03.59	7:44	01:41:24.07
449	365/1785	24/172	5238	James Boerner	M	45	Bellevue	NE	00:23:35.26	00:53:17.55	00:24:31.58	7:44	01:41:24.40
450	85/2922	19/531	6607	Miki Loos	F	37	Shickley	NE	00:23:07.42	00:53:25.68	00:24:53.69	7:44	01:41:26.80
451	366/1785	40/96	3905	Ben Maendele	M	16	Firth	NE	00:21:07.06	00:53:18.86	00:27:02.42	7:44	01:41:28.35
452	367/1785	63/253	4395	David Evans	M	34	Papillion	NE	00:23:11.04	00:53:24.04	00:24:53.81	7:44	01:41:28.89
453	86/2922	15/454	924	Amy Evans	F	34	Papillion	NE	00:23:12.39	00:53:24.52	00:24:53.61	7:44	01:41:30.52
454	87/2922	16/454	987	Erin Pinneo	F	34	York	NE	00:23:28.39	00:52:58.64	00:25:03.56	7:44	01:41:30.59
455	368/1785	64/253	6092	Jared West	M	31	Lincoln	NE	00:24:44.48	00:53:13.98	00:23:32.36	7:44	01:41:30.82

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
456	369/1785	68/276	4647	Justin Husmann	M	38	Valley	NE	00:23:58.33	00:54:01.18	00:23:32.87	7:44	01:41:32.39
457	88/2922	17/454	947	Jillian Olson	F	34	Council Bluffs	IA	00:23:02.01	00:52:17.55	00:26:14.33	7:44	01:41:33.90
458	370/1785	32/215	5164	Steve Allen	M	41	Lincoln	NE	00:22:51.61	00:53:25.13	00:25:18.12	7:44	01:41:34.87
459	371/1785	33/215	4051	Chad Epperson	M	41	Lincoln	NE	00:24:31.64	00:52:24.69	00:24:38.67	7:44	01:41:35.00
460	372/1785	69/276	5430	Aaron Rutt	M	37	Lincoln	NE	00:23:27.78	00:53:10.82	00:24:59.23	7:45	01:41:37.84
461	89/2922	18/454	726	Amanda Parker	F	31	Carlisle	IA	00:22:13.35	00:52:55.51	00:26:30.19	7:45	01:41:39.06
462	373/1785	56/260	4284	Austin Simon	M	25	Sioux City	IA	00:24:26.33	00:53:40.69	00:23:32.64	7:45	01:41:39.66
463	374/1785	57/260	3749	Curtis Leicht	M	25	Lincoln	NE	00:23:29.96	00:52:34.00	00:25:36.53	7:45	01:41:40.49
464	375/1785	53/181	4938	Josiah Aakre	M	21	Omaha	NE	00:24:05.41	00:52:49.37	00:24:46.40	7:45	01:41:41.19
465	376/1785	58/260	5223	Derek Fouts	M	27	Franklin	NE	00:23:37.15	00:53:17.91	00:24:47.09	7:45	01:41:42.16
466	90/2922	20/531	1978	Lisa Curtis	F	35	Omaha	NE	00:22:53.12	00:53:02.98	00:25:49.72	7:45	01:41:45.82
467	91/2922	8/335	1340	Becky Hochard	F	42	Salida	CO	00:23:37.55	00:52:34.83	00:25:34.34	7:45	01:41:46.72
468	92/2922	19/454	2006	Brooke Hawthorne	F	30	Lincoln	NE	00:23:09.89	00:53:28.30	00:25:10.16	7:45	01:41:48.35
469	377/1785	2/26	3463	Tracy Shagin	M	67	Fort Collins	CO	00:24:01.26	00:52:46.65	00:25:00.99	7:46	01:41:48.90
470	378/1785	41/96	6290	Ziad Nass	M	18	Lincoln	NE	00:23:17.23	00:53:17.77	00:25:14.37	7:46	01:41:49.38
471	379/1785	70/276	4292	Brian Hippe	M	35	Lincoln	NE	00:22:34.26	00:52:14.12	00:27:03.31	7:46	01:41:51.70
472	380/1785	59/260	6483	Brian Richard	M	26	Omaha	NE	00:24:39.90	00:54:18.53	00:22:57.76	7:46	01:41:56.19
473	381/1785	25/172	4217	Von Holbrook	M	48	Encinitas	CA	00:23:44.31	00:53:03.36	00:25:08.61	7:46	01:41:56.28
474	382/1785	71/276	4725	Isaac Berg	M	36	Grand Island	NE	00:23:21.75	00:53:27.59	00:25:11.49	7:46	01:42:00.84
475	383/1785	54/181	6259	J T Hamm	M	22	Mccool Junction	NE	00:23:24.15	00:52:45.01	00:25:52.69	7:46	01:42:01.85
476	384/1785	20/145	4494	David Fuson	M	51	Lincoln	NE	00:23:32.93	00:53:01.42	00:25:29.34	7:47	01:42:03.69
477	385/1785	55/181	5890	Blake Lagasse	M	21	Omaha	NE	00:25:31.33	00:54:12.01	00:22:20.35	7:47	01:42:03.69
478	93/2922	21/531	219	Andrea Bowen	F	39	Omaha	NE	00:23:52.78	00:53:54.53	00:24:16.45	7:47	01:42:03.76
479	386/1785	56/181	5292	Steven Bader	M	22	Lincoln	NE	00:23:43.31	00:50:15.74	00:28:05.12	7:47	01:42:04.17
480	387/1785	60/260	4281	Josiah Schiller	M	28	Sioux City	IA	00:24:25.61	00:53:40.80	00:23:58.96	7:47	01:42:05.39
481	388/1785	34/215	4624	Christian Kroos	M	41	Kenesaw	NE	00:23:13.09	00:53:36.50	00:25:16.92	7:47	01:42:06.52
482	389/1785	26/172	5521	Brian Ray	M	48	Omaha	NE	00:24:06.43	00:53:25.59	00:24:37.70	7:47	01:42:09.73
483	390/1785	21/145	6544	Chuck Ford	M	52	Lincoln	NE	00:23:47.24	00:53:41.03	00:24:45.17	7:47	01:42:13.45
484	391/1785	35/215	4644	Jonathon Brezenski	M	40	Columbus	NE	00:23:44.74	00:52:39.51	00:25:51.89	7:48	01:42:16.15
485	392/1785	65/253	4905	Michael Beaudoin	M	32	Bellevue	NE	00:22:57.80	00:54:05.07	00:25:13.42	7:48	01:42:16.29
486	393/1785	57/181	5644	Bill Spilker	M	24	Lincoln	NE	00:23:42.68	00:53:12.19	00:25:21.60	7:48	01:42:16.48
487	94/2922	12/345	505	Alyssa Thavenet	F	24	Omaha	NE	00:25:05.38	00:53:35.48	00:23:35.89	7:48	01:42:16.75
488	95/2922	8/128	6323	Devon Zurek	F	19	Blair	NE	00:24:24.83	00:53:42.76	00:24:09.46	7:48	01:42:17.06
489	394/1785	36/215	5490	Jake Messersmith	M	41	Lincoln	NE	00:23:20.00	00:53:54.52	00:25:03.29	7:48	01:42:17.81
490	395/1785	66/253	3603	Adam Letheby	M	34	Lincoln	NE	00:23:11.11	00:53:06.37	00:26:00.58	7:48	01:42:18.06

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
491	396/1785	42/96	3666	John Ansley	M	17	Hemingford	NE	00:23:38.66	00:54:23.83	00:24:16.60	7:48	01:42:19.09
492	96/2922	6/258	871	Angie Thompson	F	45	Brookings	SD	00:23:35.80	00:53:40.02	00:25:03.91	7:48	01:42:19.74
493	397/1785	43/96	5269	Alex Swoboda	M	19	Juniata	NE	00:22:44.96	00:52:48.26	00:26:47.22	7:48	01:42:20.46
494	398/1785	8/80	3713	Ron Myers	M	56	Elkhorn	NE	00:24:51.21	00:53:34.45	00:23:55.26	7:48	01:42:20.93
495	399/1785	44/96	6114	Matthew Barrett	M	19	Independence	MO	00:22:55.24	00:54:17.03	00:25:10.37	7:48	01:42:22.65
496	97/2922	22/531	6616	Tricia Fredericks	F	36	Omaha	NE	00:23:51.35	00:54:04.02	00:24:27.88	7:48	01:42:23.26
497	400/1785	58/181	6359	Daniel Robertson	M	22	Lincoln	NE	00:24:51.11	00:53:29.58	00:24:03.52	7:48	01:42:24.22
498	401/1785	59/181	6099	Griffin Thomas	M	23	Lincoln	NE	00:23:17.78	00:53:28.10	00:25:44.18	7:49	01:42:30.07
499	402/1785	27/172	4611	Mike Reed	M	47	Omaha	NE	00:23:01.11	00:52:18.82	00:27:10.60	7:49	01:42:30.53
500	403/1785	67/253	5320	Joshua Monroe	M	31	Omaha	NE	00:23:56.36	00:54:12.51	00:24:22.91	7:49	01:42:31.79
501	98/2922	20/454	6284	Whitney Bernecker	F	32	Lincoln	NE	00:22:46.90	00:53:28.04	00:26:17.81	7:49	01:42:32.76
502	99/2922	13/345	1966	Chloe Swoboda	F	21	Juniata	NE	00:23:33.53	00:54:44.21	00:24:16.11	7:49	01:42:33.86
503	100/2922	14/508	6423	Hannah Johnson	F	29	Lincoln	NE	00:25:28.38	00:53:04.43	00:24:04.77	7:49	01:42:37.59
504	404/1785	4/25	3508	Tyler Hanson	M	13	Axtell	NE	00:23:58.09	00:54:11.78	00:24:29.97	7:49	01:42:39.85
505	405/1785	3/26	4738	Robert Freese	M	66	Ceresco	NE	00:24:18.50	00:52:42.10	00:25:42.61	7:50	01:42:43.22
506	406/1785	72/276	3605	Andy Meyer	M	37	Arcadia	NE	00:24:15.32	00:53:14.37	00:25:15.11	7:50	01:42:44.81
507	407/1785	22/145	5360	Chad Sheeley	M	50	Wahpeton	ND	00:24:24.54	00:54:18.33	00:24:02.80	7:50	01:42:45.67
508	408/1785	23/145	3851	Eric Seals	M	52	Wichita	KS	00:23:54.60	00:53:46.45	00:25:05.58	7:50	01:42:46.63
509	101/2922	23/531	2418	Tanya Molleker	F	39	Valley Center	KS	00:24:48.28	00:53:36.79	00:24:21.98	7:50	01:42:47.05
510	409/1785	45/96	4346	Emmanuel Cano	M	16	Lincoln	NE	00:23:09.81	00:52:23.01	00:27:14.60	7:50	01:42:47.44
511	410/1785	68/253	5183	Tom Prickett	M	34	Glenwood	IA	00:24:12.80	00:54:09.16	00:24:26.69	7:50	01:42:48.66
512	411/1785	28/172	4366	Jason Weber	M	45	Lincoln	NE	00:23:31.47	00:53:31.78	00:25:47.92	7:50	01:42:51.17
513	412/1785	69/253	6071	John Sheffield	M	33	Papillion	NE	00:22:46.37	00:53:24.52	00:26:41.11	7:50	01:42:52.00
514	413/1785	61/260	5359	Bret Sheeley	M	28	Lincoln	NE	00:24:26.04	00:54:17.53	00:24:10.09	7:50	01:42:53.67
515	102/2922	15/508	2063	Madeline Brown	F	28	Omaha	NE	00:23:13.43	00:53:57.92	00:25:42.64	7:50	01:42:53.99
516	103/2922	24/531	839	Christy Prang	F	36	Lincoln	NE	00:23:27.54	00:53:11.61	00:26:15.32	7:51	01:42:54.48
517	414/1785	73/276	5891	Michael Shively	M	37	Aurora	NE	00:24:03.52	00:53:30.95	00:25:21.03	7:51	01:42:55.50
518	415/1785	60/181	5346	William Targy	M	22	Bellevue	NE	00:23:26.73	00:53:16.67	00:26:14.23	7:51	01:42:57.64
519	104/2922	21/454	6385	Brooke Coady	F	33	Elkhorn	NE	00:22:03.12	00:52:43.28	00:28:13.06	7:51	01:42:59.47
520	416/1785	74/276	5598	Mark Gudgel	M	38	Omaha	NE	00:24:02.76	00:54:01.44	00:24:55.87	7:51	01:43:00.08
521	105/2922	22/454	3469	Meagan Driesen	F	30	Omaha	NE	00:23:26.69	00:54:06.73	00:25:29.88	7:51	01:43:03.30
522	106/2922	3/122	1284	Sarah Fredrickson	F	56	Omaha	NE	00:24:27.11	00:53:38.35	00:24:59.70	7:51	01:43:05.17
523	417/1785	75/276	6602	Ryan Gerds	M	39	Lincoln	NE	00:24:18.28	00:54:22.78	00:24:24.70	7:51	01:43:05.77
524	107/2922	9/335	213	Allison Nielsen	F	40	Elmwood	NE	00:23:29.41	00:53:52.71	00:25:44.68	7:51	01:43:06.81
525	418/1785	61/181	4298	Tyler Helmick	M	24	Lincoln	NE	00:24:35.06	00:52:55.82	00:25:37.44	7:52	01:43:08.33

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
526	419/1785	76/276	3920	Adam Brady	M	35	Seward	NE	00:23:17.09	00:54:23.39	00:25:28.17	7:52	01:43:08.66
527	420/1785	70/253	6121	Dan Bargen	M	32	Lincoln	NE	00:24:09.51	00:54:07.56	00:24:54.46	7:52	01:43:11.54
528	108/2922	16/508	4078	Emma Cornell	F	27	Lincoln	NE	00:23:31.70	00:53:45.17	00:25:54.83	7:52	01:43:11.71
529	421/1785	62/260	5365	Jose Hernandez	M	26	Lincoln	NE	00:23:15.39	00:53:38.16	00:26:18.27	7:52	01:43:11.83
530	109/2922	23/454	617	Theresa Brodeur	F	31	Lincoln	NE	00:23:49.28	00:54:24.25	00:24:59.86	7:52	01:43:13.39
531	422/1785	63/260	3629	Samuel Jaksich	M	26	Elkhorn	NE	00:23:31.73	00:53:08.56	00:26:34.16	7:52	01:43:14.46
532	110/2922	25/531	2879	Jamie Cooper	F	36	Omaha	NE	00:23:03.22	00:53:38.43	00:26:33.03	7:52	01:43:14.69
533	423/1785	62/181	6276	Nick Gray	M	24	Lincoln	NE	00:23:51.46	00:53:41.88	00:25:42.85	7:52	01:43:16.20
534	424/1785	77/276	6416	Jim McLaughlin	M	39	Adams	NE	00:24:33.38	00:53:45.50	00:24:57.80	7:52	01:43:16.68
535	425/1785	71/253	3601	Michael Parde	M	33	Nebraska City	NE	00:24:17.26	00:53:59.59	00:25:00.01	7:52	01:43:16.86
536	426/1785	72/253	3593	Phill Smith	M	33	Omaha	NE	00:21:31.53	00:52:19.59	00:29:27.61	7:52	01:43:18.74
537	427/1785	46/96	6480	Aden Buggi	M	15	Lincoln	NE	00:23:58.20	00:53:04.76	00:26:16.68	7:52	01:43:19.64
538	428/1785	37/215	5497	Jake Claussen	M	44	Norfolk	NE	00:23:43.46	00:54:49.15	00:24:47.60	7:52	01:43:20.22
539	429/1785	38/215	4655	Brian Sterud	M	41	Norfolk	NE	00:23:44.37	00:54:48.84	00:24:48.21	7:53	01:43:21.43
540	430/1785	24/145	4861	Knut Haasch	M	54	Omaha	NE	00:24:01.99	00:54:26.50	00:24:52.98	7:53	01:43:21.48
541	431/1785	39/215	5392	Brian Myers	M	40	Elkhorn	NE	00:24:27.69	00:54:02.63	00:24:51.32	7:53	01:43:21.64
542	111/2922	17/508	3367	Karla Park-Codney	F	27	Council Bluffs	IA	00:23:10.75	00:52:53.29	00:27:17.71	7:53	01:43:21.76
543	432/1785	78/276	5486	Cody Thomas	M	35	Lincoln	NE	00:23:15.55	00:54:37.25	00:25:32.20	7:53	01:43:25.01
544	433/1785	73/253	4480	Jeff Nienhueser	M	33	Lincoln	NE	00:23:02.23	00:54:27.48	00:25:55.59	7:53	01:43:25.31
545	434/1785	25/145	4663	Tim Starbuck	M	51	Bellevue	NE	00:24:32.92	00:54:16.22	00:24:36.54	7:53	01:43:25.69
546	435/1785	63/181	6364	Kyle Bender	M	22	Naperville	IL	00:23:57.28	00:53:42.53	00:25:46.70	7:53	01:43:26.52
547	112/2922	24/454	1067	Ame Nelson	F	31	Lincoln	NE	00:24:06.77	00:53:53.50	00:25:28.61	7:53	01:43:28.88
548	436/1785	40/215	5288	Ryan Loots	M	43	Omaha	NE	00:23:22.02	00:54:01.14	00:26:06.50	7:53	01:43:29.67
549	437/1785	29/172	4581	Bill Wenzl	M	45	Lincoln	NE	00:24:49.53	00:53:26.04	00:25:14.14	7:53	01:43:29.71
550	438/1785	74/253	4849	Zac Groenke	M	30	Lincoln	NE	00:24:43.64	00:54:36.61	00:24:10.24	7:53	01:43:30.49
551	113/2922	25/454	1167	Becky Peebles	F	33	Bellevue	NE	00:24:13.97	00:54:29.31	00:24:48.71	7:53	01:43:31.99
552	114/2922	10/335	1013	Phoebe Hampton	F	42	Lincoln	NE	00:24:01.59	00:54:34.89	00:24:56.12	7:53	01:43:32.61
553	439/1785	79/276	4342	Trevor Prai	M	35	Lincoln	NE	00:25:09.21	00:53:16.96	00:25:07.75	7:54	01:43:33.92
554	440/1785	75/253	5747	Tyler Horning	M	34	Lincoln	NE	00:23:33.80	00:54:18.91	00:25:41.76	7:54	01:43:34.48
555	441/1785	41/215	4539	Marcus Goeschel	M	41	Lincoln	NE	00:24:01.06	00:54:25.47	00:25:10.02	7:54	01:43:36.56
556	115/2922	26/531	149	Morgan Shields	F	35	Lincoln	NE	00:23:27.61	00:53:44.78	00:26:25.84	7:54	01:43:38.24
557	442/1785	64/260	6105	Logan Sudbeck	M	26	Lincoln	NE	00:23:15.83	00:53:01.73	00:27:21.17	7:54	01:43:38.75
558	443/1785	64/181	4892	Ryan Shadle	M	22	Omaha	NE	00:23:33.53	00:54:37.71	00:25:28.15	7:54	01:43:39.40
559	444/1785	65/260	4969	Jacob Wilderman	M	27	Lincoln	NE	00:23:49.65	00:55:14.62	00:24:37.18	7:54	01:43:41.45
560	116/2922	9/128	1621	Monica Hanus	F	17	Lincoln	NE	00:22:48.70	00:54:03.66	00:26:49.14	7:54	01:43:41.51



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
561	117/2922	10/128	3349	Addie Herrera	F	17	Lincoln	NE	00:22:48.70	00:54:03.87	00:26:49.26	7:54	01:43:41.84
562	445/1785	80/276	4017	Drew Pumphrey	M	35	Lincoln	NE	00:24:43.60	00:54:54.75	00:24:05.09	7:54	01:43:43.45
563	446/1785	42/215	4845	Joe Dauer	M	40	Lincoln	NE	00:23:56.85	00:55:09.17	00:24:39.18	7:54	01:43:45.21
564	118/2922	18/508	2084	Sierra Bohuslavsky	F	29	Dwight	NE	00:23:58.09	00:54:01.79	00:25:46.63	7:54	01:43:46.52
565	119/2922	27/531	2990	Monica Miller	F	38	Lyons	NE	00:24:18.81	00:54:15.15	00:25:14.31	7:55	01:43:48.27
566	447/1785	26/145	5652	Michael Davis	M	51	Omaha	NE	00:24:07.79	00:54:16.39	00:25:28.89	7:55	01:43:53.07
567	120/2922	28/531	2731	Kate Loftin	F	39	Omaha	NE	00:23:52.11	00:54:01.44	00:26:00.08	7:55	01:43:53.64
568	121/2922	26/454	4256	Jessica Johnson	F	32	Omaha	NE	00:24:10.04	00:54:08.78	00:25:35.67	7:55	01:43:54.49
569	122/2922	14/345	6136	Samantha Lahey	F	23	Federal Heights	CO	00:24:07.14	00:53:51.80	00:25:57.11	7:55	01:43:56.06
570	448/1785	81/276	4934	Dan Mccright	M	36	Seward	NE	00:24:04.79	00:54:48.63	00:25:03.26	7:55	01:43:56.69
571	449/1785	27/145	5400	Russ Brown	M	51	Omaha	NE	00:24:33.48	00:54:01.03	00:25:25.45	7:56	01:43:59.96
572	450/1785	1/42	4351	Jeff Elliott	M	61	Gretna	NE	00:24:33.47	00:54:01.58	00:25:25.10	7:56	01:44:00.15
573	123/2922	19/508	539	Tatum Wolfe	F	26	Omaha	NE	00:23:29.53	00:55:22.70	00:25:11.24	7:56	01:44:03.47
574	451/1785	47/96	5240	Ray Nierman	M	19	Harvard	NE	00:24:04.02	00:55:01.16	00:24:59.16	7:56	01:44:04.34
575	452/1785	82/276	5542	Kellen Jacobs	M	37	Norton	KS	00:24:02.58	00:54:34.10	00:25:28.90	7:56	01:44:05.59
576	453/1785	43/215	6343	Mark Nielsen	M	44	Omaha	NE	00:23:04.31	00:53:15.25	00:27:46.11	7:56	01:44:05.68
577	454/1785	9/80	5920	Kurt Krugerud	M	56	Omaha	NE	00:24:08.98	00:54:41.48	00:25:19.25	7:56	01:44:09.72
578	455/1785	44/215	4586	Steve Roker	M	44	Lincoln	NE	00:23:53.63	00:53:39.27	00:26:38.61	7:56	01:44:11.52
579	124/2922	27/454	264	Lisa Michel	F	34	Lincoln	NE	00:24:02.55	00:54:29.83	00:25:39.74	7:56	01:44:12.12
580	456/1785	45/215	3582	Giovanni Estrada	M	40	Papillion	NE	00:24:12.21	00:54:10.68	00:25:53.27	7:57	01:44:16.16
581	125/2922	11/335	1867	Erika Zink	F	42	Watertown	SD	00:23:30.37	00:54:06.41	00:26:39.49	7:57	01:44:16.27
582	126/2922	29/531	2195	Marika Brack	F	38	Lincoln	NE	00:23:40.44	00:54:19.52	00:26:18.30	7:57	01:44:18.27
583	127/2922	15/345	1972	Lucy Kohmetscher	F	23	Lincoln	NE	00:23:40.15	00:54:59.77	00:25:39.07	7:57	01:44:19.00
584	457/1785	2/42	4723	Robert Borer	M	60	Lincoln	NE	00:23:18.87	00:53:47.66	00:27:15.23	7:57	01:44:21.77
585	458/1785	28/145	3653	Matt Nelson	M	50	Lincoln	NE	00:24:20.25	00:55:45.78	00:24:15.94	7:57	01:44:21.97
586	459/1785	48/96	6269	Carter Ryan	M	15	Chadron	NE	00:23:16.64	00:56:24.32	00:24:41.28	7:57	01:44:22.25
587	460/1785	49/96	6541	Misha Gansvind	M	18	Lincoln	NE	00:23:33.48	00:53:47.20	00:27:02.05	7:57	01:44:22.73
588	461/1785	65/181	6110	Brett Novak	M	20	Kearney	NE	00:23:38.47	00:52:33.91	00:28:10.74	7:57	01:44:23.12
589	462/1785	50/96	4176	Max Schirmer	M	16	Lincoln	NE	00:23:26.94	00:52:32.29	00:28:24.11	7:57	01:44:23.34
590	463/1785	30/172	5370	Chad Brudigan	M	46	Norfolk	NE	00:23:47.64	00:55:06.31	00:25:30.83	7:57	01:44:24.78
591	128/2922	30/531	1669	Amy Dart	F	39	Lincoln	NE	00:23:57.51	00:54:29.06	00:25:59.30	7:57	01:44:25.87
592	464/1785	66/260	5391	Lance Korell	M	29	Seward	NE	00:22:27.80	00:54:16.11	00:27:42.59	7:58	01:44:26.50
593	465/1785	31/172	4664	Chad Lyons	M	47	Lincoln	NE	00:24:02.78	00:55:26.00	00:24:59.20	7:58	01:44:27.99
594	466/1785	32/172	5520	Jeff Bauman	M	47	Lincoln	NE	00:23:20.69	00:54:53.48	00:26:14.11	7:58	01:44:28.29
595	467/1785	3/42	4609	Doug Brudny	M	60	Valley	NE	00:24:08.45	00:53:52.27	00:26:29.47	7:58	01:44:30.20

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
596	468/1785	33/172	3662	Michael Kaufman	M	49	Omaha	NE	00:23:54.60	00:54:41.86	00:25:59.34	7:58	01:44:35.80
597	469/1785	83/276	3636	Luke Bonkiewicz	M	39	Lincoln	NE	00:24:02.95	00:55:06.25	00:25:26.76	7:58	01:44:35.97
598	129/2922	16/345	6298	Lauryn Perk	F	20	Yankton	SD	00:23:50.17	00:54:16.72	00:26:29.25	7:58	01:44:36.15
599	470/1785	76/253	4296	Josh Krohn	M	33	Davey	NE	00:23:55.06	00:53:41.91	00:27:00.21	7:58	01:44:37.19
600	471/1785	10/80	5573	Robert Wohlgemuth	M	55	Alton	IA	00:24:29.50	00:54:36.06	00:25:35.67	7:59	01:44:41.23
601	130/2922	28/454	1670	Katie Hille	F	34	Lincoln	NE	00:24:17.57	00:54:44.99	00:25:41.17	7:59	01:44:43.74
602	131/2922	31/531	137	Sarah Harre	F	39	Crete	NE	00:24:30.07	00:54:28.10	00:25:46.07	7:59	01:44:44.24
603	472/1785	67/260	4917	Kyle Cartwright	M	28	Lincoln	NE	00:22:49.78	00:54:23.18	00:27:31.32	7:59	01:44:44.29
604	132/2922	29/454	6122	Brittany Kuhn	F	33	Lincoln	NE	00:23:26.54	00:55:05.52	00:26:15.39	7:59	01:44:47.46
605	473/1785	84/276	5313	Brett Somsen	M	39	Tea	SD	00:22:49.93	00:50:58.11	00:31:00.45	7:59	01:44:48.49
606	474/1785	46/215	4489	Jeff Sharp	M	42	Lincoln	NE	00:25:17.29	00:55:33.49	00:24:00.16	7:59	01:44:50.95
607	133/2922	20/508	2067	Hannah Ehresman	F	25	Omaha	MN	00:23:41.57	00:55:06.77	00:26:05.42	8:00	01:44:53.76
608	475/1785	47/215	6249	Andrew Hoffman	M	40	Atkinson	NE	00:23:59.70	00:55:15.25	00:25:40.64	8:00	01:44:55.60
609	476/1785	77/253	5401	Jeremy Boon	M	32	Winside	NE	00:23:17.16	00:53:57.36	00:27:42.26	8:00	01:44:56.78
610	477/1785	85/276	4915	David Daro	M	35	Omaha	NE	00:24:27.83	00:54:41.56	00:25:49.87	8:00	01:44:59.26
611	478/1785	78/253	3622	Colby Dolan	M	30	Kansas City	MO	00:24:37.16	00:55:25.39	00:24:58.10	8:00	01:45:00.65
612	479/1785	48/215	4852	Bill Udell	M	44	Lincoln	NE	00:24:07.11	00:54:15.46	00:26:42.17	8:00	01:45:04.74
613	134/2922	32/531	2750	Amber Mcintyre	F	39	Lincoln	NE	00:23:53.07	00:55:09.26	00:26:03.44	8:01	01:45:05.77
614	480/1785	66/181	3948	Clark Stelter	M	21	Lincoln	NE	00:24:40.40	00:55:48.29	00:24:37.49	8:01	01:45:06.18
615	481/1785	86/276	5686	Marlon Good	M	37	Lincoln	NE	00:24:12.97	00:55:08.24	00:25:45.61	8:01	01:45:06.82
616	135/2922	33/531	3372	Kimberly Earnest	F	39	Columbia	MO	00:24:07.43	00:55:08.73	00:25:52.20	8:01	01:45:08.36
617	136/2922	12/335	2900	Lyndsay Jensen	F	40	Lincoln	NE	00:24:05.73	00:54:05.36	00:26:57.61	8:01	01:45:08.71
618	482/1785	49/215	5659	Scott Medina	M	42	Lincoln	NE	00:24:12.93	00:55:08.59	00:25:47.23	8:01	01:45:08.75
619	483/1785	68/260	4102	Chris Brostrom	M	29	Lincoln	NE	00:24:13.33	00:54:41.27	00:26:15.45	8:01	01:45:10.06
620	484/1785	69/260	5037	Kyle Svehla	M	27	Columbus	NE	00:23:21.29	00:56:08.25	00:25:41.34	8:01	01:45:10.88
621	485/1785	70/260	5029	Paolo Dapo	M	27	Omaha	NE	00:24:50.76	00:55:02.41	00:25:18.04	8:01	01:45:11.21
622	486/1785	87/276	6601	David Binerer	M	39	Lincoln	NE	00:24:29.07	00:56:02.61	00:24:40.62	8:01	01:45:12.31
623	487/1785	88/276	4459	Andrew Unterseher	M	38	Lincoln	NE	00:24:07.50	00:55:31.37	00:25:34.17	8:01	01:45:13.05
624	488/1785	50/215	4786	Josh Florea	M	42	Lincoln	NE	00:22:28.56	00:53:08.96	00:29:42.91	8:02	01:45:20.43
625	137/2922	21/508	7104	Jordan Pflingsten	F	27	Lincoln	NE	00:24:39.13	00:55:01.95	00:25:45.97	8:02	01:45:27.05
626	489/1785	67/181	4818	Michael Siefert	M	23	Omaha	NE	00:24:29.23	00:55:12.10	00:25:45.93	8:02	01:45:27.27
627	490/1785	79/253	5028	Jon Davidson	M	32	Lincoln	NE	00:24:40.06	00:55:09.28	00:25:38.53	8:02	01:45:27.87
628	491/1785	80/253	3894	Logan Dudzinski	M	30	Omaha	NE	00:24:40.22	00:55:40.41	00:25:10.46	8:02	01:45:31.09
629	138/2922	22/508	461	Samantha Dudzinski	F	29	Omaha	NE	00:24:40.55	00:55:40.33	00:25:10.26	8:02	01:45:31.15
630	139/2922	17/345	613	Reagen Schulenberg	F	20	Lincoln	NE	00:24:40.00	00:55:32.64	00:25:19.36	8:03	01:45:32.00

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
631	140/2922	11/128	1486	Grace Gokie	F	18	Lincoln	NE	00:24:40.09	00:55:32.74	00:25:19.41	8:03	01:45:32.25
632	141/2922	18/345	45	Audrey Smith	F	23	Omaha	NE	00:23:58.70	00:54:34.55	00:26:59.48	8:03	01:45:32.74
633	492/1785	71/260	6214	Joshua Krueger	M	25	Farnam	NE	00:24:38.48	00:55:28.06	00:25:26.35	8:03	01:45:32.90
634	142/2922	34/531	333	Emily Schumacher	F	36	Omaha	NE	00:23:51.31	00:54:47.78	00:26:53.82	8:03	01:45:32.91
635	493/1785	51/215	4602	David Spaulding	M	40	Bellevue	NE	00:24:13.36	00:55:55.73	00:25:24.14	8:03	01:45:33.24
636	494/1785	89/276	5836	Sean Swihart	M	37	Lincoln	NE	00:24:35.77	00:55:29.87	00:25:28.74	8:03	01:45:34.40
637	143/2922	13/335	1233	Courtney Mann	F	41	Omaha	NE	00:24:28.89	00:56:02.26	00:25:04.22	8:03	01:45:35.38
638	495/1785	72/260	4523	Brian Clymer	M	27	Saint Paul	NE	00:23:52.98	00:55:01.59	00:26:40.86	8:03	01:45:35.44
639	144/2922	23/508	268	Regan Clymer	F	28	Saint Paul	NE	00:23:52.99	00:55:01.81	00:26:40.87	8:03	01:45:35.68
640	145/2922	14/335	3387	Stephanie Semple	F	40	Omaha	NE	00:24:28.74	00:56:02.46	00:25:05.73	8:03	01:45:36.94
641	496/1785	81/253	4103	Justin Rediger	M	33	Omaha	NE	00:24:56.61	00:56:03.39	00:24:37.44	8:03	01:45:37.45
642	497/1785	73/260	4187	Ted Glaser	M	28	Lincoln	NE	00:25:06.29	00:54:56.78	00:25:39.91	8:03	01:45:42.98
643	498/1785	90/276	4220	Jeff Pavlik	M	35	Lincoln	NE	00:23:27.31	00:53:42.37	00:28:34.25	8:03	01:45:43.93
644	146/2922	3/148	968	Sharon Kruse	F	54	Elkhorn	NE	00:24:18.98	00:55:29.34	00:25:56.57	8:04	01:45:44.89
645	147/2922	4/148	6287	Jennifer Bauer	F	52	Gibbon	NE	00:24:09.03	00:55:03.48	00:26:33.83	8:04	01:45:46.35
646	148/2922	35/531	2335	Alisha Fangmeyer	F	35	Hebron	NE	00:24:48.22	00:56:18.28	00:24:42.11	8:04	01:45:48.61
647	149/2922	30/454	256	Carrie Bartels	F	30	Lincoln	NE	00:24:01.82	00:55:06.52	00:26:40.64	8:04	01:45:48.98
648	499/1785	52/215	3703	Brian Webb	M	44	Des Moines	IA	00:23:24.97	00:55:40.52	00:26:44.87	8:04	01:45:50.36
649	500/1785	29/145	3497	Tom Bredvick	M	51	Mccook	NE	00:23:45.48	00:54:58.41	00:27:06.76	8:04	01:45:50.67
650	501/1785	82/253	3561	Marek Kracl	M	31	Lincoln	NE	00:24:50.79	00:55:32.28	00:25:28.85	8:04	01:45:51.93
651	150/2922	12/128	889	Sydney Hobza	F	17	Hickman	NE	00:25:08.06	00:56:39.28	00:24:05.17	8:04	01:45:52.52
652	151/2922	19/345	4329	Jacy Mcallister	F	22	Omaha	NE	00:25:05.47	00:57:23.04	00:23:24.10	8:04	01:45:52.61
653	152/2922	31/454	1352	Stephanie Ebke	F	30	Omaha	NE	00:24:34.50	00:55:39.35	00:25:40.04	8:04	01:45:53.90
654	502/1785	74/260	6219	Zeb Brockmann	M	27	Grand Island	NE	00:23:42.43	00:54:38.90	00:27:33.30	8:04	01:45:54.63
655	503/1785	83/253	5350	James Doggett	M	33	Lincoln	NE	00:24:49.74	00:54:18.93	00:26:46.92	8:04	01:45:55.59
656	504/1785	30/145	3456	Joe Nelson	M	53	Omaha	NE	00:24:40.07	00:55:14.26	00:26:04.52	8:05	01:45:58.85
657	505/1785	91/276	6553	Dan Morrow	M	36	Lincoln	NE	00:24:20.39	00:54:52.67	00:26:46.47	8:05	01:45:59.54
658	153/2922	32/454	203	Nicki Hanseling	F	33	Lincoln	NE	00:23:46.52	00:55:21.47	00:26:52.00	8:05	01:45:59.99
659	506/1785	51/96	3392	David Campbell	M	18	Lincoln	NE	00:23:38.48	00:53:27.38	00:28:55.06	8:05	01:46:00.92
660	154/2922	33/454	414	Michelle Meyer	F	31	Lincoln	NE	00:23:39.45	00:55:09.22	00:27:15.53	8:05	01:46:04.20
661	507/1785	75/260	4929	Logan Tignor	M	27	Grand Island	NE	00:24:01.70	00:55:11.49	00:26:51.54	8:05	01:46:04.75
662	155/2922	13/128	2353	Baylie Oliver	F	19	Lincoln	NE	00:24:14.10	00:54:42.01	00:27:08.72	8:05	01:46:04.83
663	508/1785	53/215	4393	John Linn	M	44	Lincoln	NE	00:24:41.69	00:55:39.40	00:25:44.33	8:05	01:46:05.43
664	509/1785	11/80	3710	Jim Harbour	M	55	Lincoln	NE	00:24:54.61	00:56:21.13	00:24:50.48	8:05	01:46:06.22
665	156/2922	20/345	6304	Shannon Jerram	F	22	Omaha	NE	00:24:49.45	00:54:47.69	00:26:29.37	8:05	01:46:06.52

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
666	157/2922	24/508	6199	Abby Smith	F	29	Omaha	NE	00:24:53.16	00:55:39.02	00:25:34.52	8:05	01:46:06.71
667	510/1785	31/145	5356	Christopher Sommerich	M	50	Lincoln	NE	00:23:42.72	00:55:27.35	00:26:59.48	8:05	01:46:09.56
668	511/1785	68/181	4063	Jared Ethington	M	20	Papillion	NE	00:23:45.03	00:55:37.12	00:26:48.88	8:06	01:46:11.04
669	512/1785	92/276	4050	Brandon Noerrlinger	M	37	Lincoln	NE	00:23:34.95	00:57:35.97	00:25:00.20	8:06	01:46:11.13
670	158/2922	34/454	295	Tera Maydew	F	32	Omaha	NE	00:24:28.67	00:54:59.92	00:26:42.67	8:06	01:46:11.26
671	159/2922	35/454	390	Erin Ehly	F	33	Omaha	NE	00:24:28.87	00:55:00.13	00:26:42.51	8:06	01:46:11.52
672	513/1785	34/172	5685	Terry Howell	M	48	Lincoln	NE	00:24:09.54	00:56:01.74	00:26:02.16	8:06	01:46:13.44
673	514/1785	93/276	4120	Andrew Watson	M	39	Missouri Valley	IA	00:22:07.78	00:51:57.31	00:32:08.60	8:06	01:46:13.70
674	160/2922	36/454	1782	Rachel Powell	F	30	Elkhorn	NE	00:24:48.72	00:55:29.87	00:25:55.96	8:06	01:46:14.55
675	515/1785	35/172	4486	Lynn Hall	M	48	Henderson	NE	00:25:04.17	00:55:22.83	00:25:48.83	8:06	01:46:15.83
676	161/2922	14/128	2624	Sydney Reed	F	19	Holdrege	NE	00:25:02.51	00:56:39.27	00:24:34.20	8:06	01:46:15.99
677	162/2922	15/335	917	Kristi Casady	F	42	Lincoln	NE	00:24:15.33	00:55:34.79	00:26:26.93	8:06	01:46:17.06
678	516/1785	84/253	4935	Jeff Dunton	M	34	Lincoln	NE	00:24:17.68	00:56:01.49	00:26:01.87	8:06	01:46:21.05
679	163/2922	21/345	608	Meredith Bowen	F	23	Omaha	NE	00:24:04.16	00:55:53.06	00:26:25.02	8:06	01:46:22.24
680	517/1785	94/276	4960	Justin Moore	M	39	Lincoln	NE	00:26:35.68	00:55:00.44	00:24:48.26	8:07	01:46:24.39
681	164/2922	25/508	572	Grace Raun	F	28	Lincoln	NE	00:24:14.29	00:55:34.35	00:26:38.42	8:07	01:46:27.07
682	518/1785	76/260	4744	Mike Schroeder	M	29	Wood River	NE	00:25:00.84	00:55:34.03	00:25:54.59	8:07	01:46:29.47
683	519/1785	54/215	5409	Brent Martin	M	41	Elkhorn	NE	00:24:27.33	00:55:01.43	00:27:01.67	8:07	01:46:30.43
684	520/1785	77/260	4049	Ty Remppe	M	25	Superior	NE	00:24:31.26	00:54:53.77	00:27:11.88	8:07	01:46:36.93
685	165/2922	16/335	1356	Hilary Catron	F	42	Omaha	NE	00:23:49.62	00:55:23.72	00:27:25.50	8:08	01:46:38.84
686	166/2922	4/122	1036	Nancy Asselin	F	57	Lincoln	NE	00:24:36.80	00:55:00.45	00:27:06.01	8:08	01:46:43.27
687	521/1785	55/215	4313	Adam Winstead	M	41	Papillon	NE	00:25:30.33	00:56:04.87	00:25:08.27	8:08	01:46:43.47
688	522/1785	78/260	4260	Joe Quinn	M	25	Columbus	NE	00:23:59.16	00:55:28.16	00:27:16.17	8:08	01:46:43.50
689	167/2922	22/345	262	Megan Asselin	F	24	Lincoln	NE	00:24:37.88	00:55:00.00	00:27:06.03	8:08	01:46:43.91
690	523/1785	69/181	6262	Brandon Fowler	M	24	Omaha	NE	00:23:40.30	00:55:26.70	00:27:38.39	8:08	01:46:45.40
691	168/2922	7/258	2052	Christi Smallfoot	F	46	Nebraska City	NE	00:25:39.92	00:55:38.58	00:25:28.76	8:08	01:46:47.27
692	524/1785	32/145	5917	Randall Schramm	M	53	Papillion	NE	00:24:27.13	00:55:48.78	00:26:32.20	8:08	01:46:48.11
693	525/1785	85/253	4376	Kris Kratz	M	34	Omaha	NE	00:23:56.64	00:53:40.58	00:29:11.87	8:08	01:46:49.10
694	526/1785	4/26	3533	Dick James	M	66	Verdon	NE	00:24:21.27	00:55:14.08	00:27:13.95	8:08	01:46:49.31
695	527/1785	33/145	4966	Thomas Michalek	M	51	Hastings	NE	00:24:11.30	00:55:07.11	00:27:32.51	8:09	01:46:50.93
696	528/1785	95/276	4058	Eric Grob	M	35	Omaha	NE	00:21:47.18	00:56:16.13	00:28:47.92	8:09	01:46:51.24
697	529/1785	56/215	4851	Josh Huenergardt	M	40	Lincoln	NE	00:25:20.97	00:55:39.75	00:25:51.69	8:09	01:46:52.42
698	530/1785	79/260	6301	Ben Gilsdorf	M	29	Elkhorn	NE	00:23:31.23	00:55:45.38	00:27:41.43	8:09	01:46:58.05
699	531/1785	80/260	5024	Luke Linder	M	28	Omaha	NE	00:23:56.64	00:55:07.21	00:27:54.58	8:09	01:46:58.44
700	169/2922	26/508	6221	Emily Schmitz	F	26	Omaha	NE	00:23:58.82	00:56:02.93	00:26:56.69	8:09	01:46:58.44

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
701	170/2922	36/531	6250	Penny Befort	F	39	Deshler	NE	00:24:47.90	00:56:19.12	00:25:51.87	8:09	01:46:58.90
702	171/2922	17/335	629	Brenda Bush-Hanson	F	42	Sioux City	IA	00:24:26.60	00:55:56.36	00:26:41.17	8:10	01:47:04.13
703	172/2922	37/531	384	Maegen Wallace	F	37	Elkhorn	NE	00:24:20.80	00:56:26.03	00:26:17.41	8:10	01:47:04.25
704	532/1785	12/80	3337	David Berkowitz	M	59	Lincoln	NE	00:22:56.31	00:56:24.51	00:27:44.36	8:10	01:47:05.18
705	533/1785	52/96	5187	Jesus Palomares	M	18	Kansas City	KS	00:23:44.87	00:55:38.73	00:27:41.65	8:10	01:47:05.26
706	534/1785	86/253	4012	Manny Avina	M	30	Columbus	NE	00:23:55.30	00:53:34.53	00:29:36.78	8:10	01:47:06.62
707	173/2922	37/454	3655	Steph Scheer	F	31	Arlington	NE	00:25:27.27	00:56:56.80	00:24:44.30	8:10	01:47:08.37
708	535/1785	4/42	4249	Scott Holmes	M	60	Lincoln	NE	00:25:27.80	00:56:35.97	00:25:07.68	8:10	01:47:11.45
709	536/1785	36/172	3695	Craig Pleskac	M	49	Lincoln	NE	00:25:02.49	00:55:21.89	00:26:48.60	8:10	01:47:12.98
710	537/1785	81/260	6124	Alexander Scheideler	M	27	Omaha	NE	00:24:34.89	00:56:14.25	00:26:26.02	8:10	01:47:15.16
711	538/1785	57/215	5472	Vinnie Krikac	M	43	Lincoln	NE	00:24:10.29	00:55:56.39	00:27:09.50	8:10	01:47:16.18
712	539/1785	58/215	3352	Joshua Herr	M	43	Lincoln	NE	00:24:26.99	00:55:08.01	00:27:41.25	8:10	01:47:16.26
713	540/1785	13/80	3775	Brad Penner	M	55	Lincoln	NE	00:25:49.57	00:55:46.51	00:25:41.28	8:11	01:47:17.37
714	541/1785	96/276	4747	Dan Spivey	M	38	Bennington	NE	00:23:49.73	00:54:58.55	00:28:29.53	8:11	01:47:17.82
715	174/2922	38/454	2114	Alyson Einspahr	F	33	Arvada	CO	00:26:39.46	00:56:28.75	00:24:10.16	8:11	01:47:18.37
716	175/2922	38/531	1032	Laura Milburn	F	37	Omaha	NE	00:24:35.66	00:56:23.41	00:26:19.92	8:11	01:47:19.00
717	542/1785	82/260	3520	Dylan Mayberry	M	29	Omaha	NE	00:24:50.62	00:56:53.92	00:25:34.55	8:11	01:47:19.09
718	543/1785	97/276	3638	Nick Strobe	M	36	Lincoln	NE	00:24:44.04	00:56:14.28	00:26:23.56	8:11	01:47:21.88
719	176/2922	23/345	3474	Micah Lucas	F	24	Omaha	NE	00:26:08.10	00:56:49.14	00:24:26.39	8:11	01:47:23.64
720	177/2922	27/508	503	Jaimee Lucas	F	29	Wahoo	NE	00:25:01.87	00:55:44.21	00:26:38.16	8:11	01:47:24.24
721	178/2922	39/531	829	Heather Proft	F	37	Shelbyville	IN	00:23:44.13	00:56:53.31	00:26:47.63	8:11	01:47:25.08
722	179/2922	40/531	557	Christine Wilcox	F	37	Lincoln	NE	00:24:57.55	00:56:14.44	00:26:13.42	8:11	01:47:25.42
723	180/2922	41/531	1321	Dusty Hatt	F	39	Lincoln	NE	00:24:06.61	00:56:16.30	00:27:03.80	8:11	01:47:26.71
724	544/1785	98/276	5537	Chris Steinke	M	38	Kearney	NE	00:25:05.92	00:56:15.50	00:26:06.63	8:11	01:47:28.06
725	545/1785	99/276	4713	Scott Kuehler	M	39	Bennington	NE	00:24:27.51	00:56:17.41	00:26:44.97	8:12	01:47:29.90
726	181/2922	39/454	853	Denise Klein	F	33	Lincoln	NE	00:24:38.52	00:55:30.04	00:27:23.34	8:12	01:47:31.91
727	546/1785	14/80	4936	William Berzonsky	M	59	Lincoln	NE	00:23:51.09	00:55:29.03	00:28:13.37	8:12	01:47:33.50
728	182/2922	8/258	2013	Susan Stadig	F	47	Elkhorn	NE	00:24:48.56	00:55:35.22	00:27:09.96	8:12	01:47:33.74
729	547/1785	37/172	6281	Andrew Reynolds	M	47	Norfolk	NE	00:23:57.97	00:55:34.97	00:28:02.31	8:12	01:47:35.25
730	183/2922	42/531	6195	Maryl Sattler	F	35	Omaha	NE	00:24:54.94	00:56:05.87	00:26:38.72	8:12	01:47:39.55
731	184/2922	18/335	6564	Tina Sauser	F	42	Tilden	NE	00:24:17.19	00:55:17.48	00:28:06.54	8:12	01:47:41.22
732	548/1785	38/172	3545	Mitch Jones	M	48	Lincoln	NE	00:24:49.97	00:56:12.92	00:26:39.94	8:13	01:47:42.83
733	549/1785	70/181	6587	Billy Le	M	20	Lincoln	NE	00:25:00.26	00:55:59.55	00:26:45.93	8:13	01:47:45.75
734	550/1785	15/80	4100	Tom Harmon	M	55	Fremont	NE	00:22:52.67	00:51:34.68	00:33:19.03	8:13	01:47:46.38
735	185/2922	19/335	1531	Heather Brighton	F	41	Manhattan	KS	00:25:15.10	00:56:26.05	00:26:06.37	8:13	01:47:47.53

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
736	551/1785	5/25	6230	Evan Eich	M	13	Omaha	NE	00:24:38.96	00:55:15.07	00:27:53.89	8:13	01:47:47.93
737	186/2922	40/454	2000	Rachel Mcgill	F	31	Lincoln	NE	00:25:00.33	00:56:04.77	00:26:43.40	8:13	01:47:48.51
738	187/2922	9/258	430	Tyscha Lauterbach	F	45	Lincoln	NE	00:25:05.33	00:56:18.23	00:26:26.46	8:13	01:47:50.03
739	188/2922	28/508	1579	Carolyn Collier	F	29	Lincoln	NE	00:26:16.03	00:58:26.53	00:23:08.57	8:13	01:47:51.14
740	552/1785	59/215	6527	Tom Rowland	M	40	Hickman	NE	00:24:38.75	00:56:32.99	00:26:40.75	8:13	01:47:52.50
741	189/2922	29/508	1898	Erica Pribil	F	26	Omaha	NE	00:24:32.88	00:56:05.29	00:27:15.71	8:13	01:47:53.89
742	190/2922	20/335	942	Abbie Edie	F	42	Omaha	NE	00:24:56.54	00:56:01.05	00:26:57.87	8:13	01:47:55.46
743	553/1785	87/253	4563	Kris Martison	M	32	Lincoln	NE	00:25:02.29	00:56:20.52	00:26:32.67	8:13	01:47:55.49
744	191/2922	41/454	2089	Leah Gomez	F	34	South Sioux City	NE	00:24:03.51	00:56:07.80	00:27:44.93	8:14	01:47:56.25
745	192/2922	42/454	6556	Kayla Hoge	F	32	Omaha	NE	00:24:30.24	00:56:11.31	00:27:15.24	8:14	01:47:56.80
746	193/2922	43/454	826	Rachel Kocak	F	31	Lincoln	NE	00:23:40.65	00:55:59.88	00:28:16.44	8:14	01:47:56.97
747	194/2922	44/454	3771	Ladonna Little Elk	F	31	Lincoln	NE	00:24:05.89	00:56:14.01	00:27:37.67	8:14	01:47:57.57
748	195/2922	45/454	4110	Ashley Sitzman	F	33	Lincoln	NE	00:25:20.82	00:56:52.51	00:25:48.84	8:14	01:48:02.17
749	196/2922	43/531	1293	Lisa Brand	F	39	Yutan	NE	00:24:38.10	00:57:05.47	00:26:19.37	8:14	01:48:02.95
750	197/2922	5/148	2331	Lisa Farmer	F	50	Lincoln	NE	00:24:15.12	00:56:29.21	00:27:19.41	8:14	01:48:03.75
751	198/2922	30/508	387	Amy Lester	F	29	Lincoln	NE	00:24:43.69	00:57:04.38	00:26:16.64	8:14	01:48:04.71
752	554/1785	34/145	4337	Mark Schuldt	M	50	Papillion	NE	00:24:53.39	00:57:06.43	00:26:08.79	8:14	01:48:08.61
753	555/1785	39/172	3837	Michael Sinclair	M	45	Lincoln	NE	00:24:40.96	00:55:56.60	00:27:33.42	8:15	01:48:10.98
754	199/2922	31/508	2865	Hadly Ureste	F	26	Gibbon	NE	00:23:58.09	00:56:51.68	00:27:21.49	8:15	01:48:11.26
755	200/2922	44/531	2079	Morgan Haecke	F	37	Elkhorn	NE	00:24:20.63	00:56:26.00	00:27:24.82	8:15	01:48:11.47
756	556/1785	16/80	6101	Dan Goering	M	58	Northville	MI	00:25:00.90	00:56:57.05	00:26:13.65	8:15	01:48:11.60
757	557/1785	83/260	5225	J J Wolz	M	28	Omaha	NE	00:24:56.19	00:56:22.92	00:26:56.34	8:15	01:48:15.45
758	201/2922	45/531	895	Amanda Rutter	F	38	Osceola	NE	00:25:13.81	00:56:20.63	00:26:41.50	8:15	01:48:15.95
759	558/1785	88/253	4235	Kevin Turchik	M	33	Omaha	NE	00:23:56.03	00:56:42.48	00:27:37.74	8:15	01:48:16.27
760	559/1785	100/276	4656	Torry Bridger	M	39	Papillion	NE	00:25:16.79	00:56:56.04	00:26:04.06	8:15	01:48:16.89
761	202/2922	21/335	251	Teresa Edgerton	F	40	Lincoln	NE	00:25:17.78	00:56:56.09	00:26:04.11	8:15	01:48:17.99
762	203/2922	46/454	1092	Rachel Lucas	F	30	Grand Island	NE	00:24:34.68	00:56:33.08	00:27:11.37	8:15	01:48:19.14
763	204/2922	46/531	2316	Maureen Eck	F	37	Lincoln	NE	00:24:34.39	00:56:48.06	00:26:57.30	8:15	01:48:19.76
764	560/1785	53/96	5191	Liam Baker	M	17	Lincoln	NE	00:23:18.32	00:58:06.21	00:26:57.72	8:16	01:48:22.26
765	561/1785	17/80	5658	Terry Stutzman	M	58	Lincoln	NE	00:24:08.54	00:56:52.87	00:27:21.35	8:16	01:48:22.77
766	562/1785	84/260	7112	Ryan Ehrman	M	27	Springfiled	NE	00:27:04.56	00:57:11.30	00:24:10.11	8:16	01:48:25.99
767	205/2922	24/345	811	Chelsey Dizon	F	23	Ewa Beach	HI	00:24:01.10	00:56:27.95	00:27:59.39	8:16	01:48:28.44
768	206/2922	15/128	6308	Madison Fitch	F	18	Rapid City	SD	00:25:09.04	00:57:14.96	00:26:04.69	8:16	01:48:28.70
769	563/1785	40/172	4547	Sean Kenney	M	46	Omaha	NE	00:24:53.42	00:57:07.33	00:26:27.97	8:16	01:48:28.73
770	207/2922	10/258	822	Susan Holt	F	45	Brookings	SD	00:24:29.86	00:56:42.40	00:27:16.77	8:16	01:48:29.04

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
771	564/1785	89/253	5387	Jeremy Pierce	M	34	Hickman	NE	00:24:18.98	00:56:28.79	00:27:41.50	8:16	01:48:29.28
772	208/2922	16/128	338	Helena Occansey	F	15	Lincoln	NE	00:23:09.82	00:57:31.25	00:27:51.17	8:16	01:48:32.24
773	209/2922	11/258	6396	Lori Blum	F	47	Lincoln	NE	00:25:07.85	00:56:37.22	00:26:48.60	8:16	01:48:33.68
774	565/1785	90/253	5325	Miles Berg	M	33	York	NE	00:24:08.21	00:56:41.58	00:27:44.38	8:16	01:48:34.17
775	210/2922	47/531	135	Nicole Rischling	F	39	Omaha	NE	00:27:07.95	00:56:19.77	00:25:06.48	8:16	01:48:34.21
776	211/2922	17/128	835	Macy Rennpferd	F	19	Amboy	MN	00:25:29.69	00:56:49.17	00:26:15.57	8:16	01:48:34.44
777	212/2922	32/508	786	Allie Abraham	F	27	Omaha	NE	00:24:46.95	00:57:09.94	00:26:37.68	8:16	01:48:34.58
778	213/2922	33/508	138	Hannah Bauer	F	27	Lincoln	NE	00:24:03.77	00:55:08.50	00:29:25.38	8:17	01:48:37.66
779	214/2922	25/345	3914	Ronnie Brust	F	23	Ithaca	NE	00:25:08.55	00:55:36.74	00:27:52.43	8:17	01:48:37.73
780	215/2922	34/508	2094	Maggie Newlin	F	25	Wichita	KS	00:24:13.75	00:57:02.14	00:27:22.76	8:17	01:48:38.65
781	566/1785	35/145	4021	Daren Blythe	M	52	Roca	NE	00:24:55.81	00:55:45.23	00:27:57.99	8:17	01:48:39.03
782	216/2922	47/454	1594	Danielle Longo	F	32	Kearney	NE	00:24:57.32	00:57:29.66	00:26:12.97	8:17	01:48:39.96
783	567/1785	101/276	3680	Charles Stephan	M	35	Lincoln	NE	00:24:16.35	00:56:55.61	00:27:28.78	8:17	01:48:40.74
784	568/1785	91/253	3991	Peter Longo	M	32	Kearney	NE	00:24:58.53	00:57:29.48	00:26:13.43	8:17	01:48:41.45
785	217/2922	35/508	1636	Ashlie Varilek	F	29	Kearney	NE	00:24:36.92	00:57:13.76	00:26:54.60	8:17	01:48:45.29
786	218/2922	26/345	6316	Gabrielle Stedwill	F	23	Lincoln	NE	00:23:51.39	00:57:32.42	00:27:22.26	8:17	01:48:46.08
787	219/2922	22/335	705	Jennifer West	F	41	Watertown	SD	00:24:40.36	00:56:55.40	00:27:12.02	8:17	01:48:47.78
788	220/2922	36/508	1121	Audrey Novotny	F	25	Lincoln	NE	00:25:02.90	00:56:29.36	00:27:16.24	8:18	01:48:48.51
789	569/1785	60/215	5664	Zach Church	M	44	Lincoln	NE	00:25:10.49	00:57:47.44	00:25:50.57	8:18	01:48:48.51
790	570/1785	85/260	5242	Matthew Gauci	M	25	Lincoln	NE	00:25:44.82	00:57:20.55	00:25:43.29	8:18	01:48:48.66
791	221/2922	48/531	1432	Awesome Watson	F	38	Lincoln	NE	00:25:50.42	00:56:54.50	00:26:04.85	8:18	01:48:49.78
792	571/1785	86/260	6462	Cooper Domgard	M	28	Lincoln	NE	00:23:31.94	00:57:50.78	00:27:28.99	8:18	01:48:51.72
793	222/2922	49/531	875	Audrey Patterson	F	36	Hildreth	NE	00:24:51.42	00:57:20.44	00:26:40.05	8:18	01:48:51.92
794	572/1785	36/145	4769	Gerald Grabher	M	52	Omaha	NE	00:25:18.73	00:56:37.57	00:26:56.88	8:18	01:48:53.18
795	573/1785	41/172	4844	Matthew Baroni	M	45	Plattsmouth	NE	00:25:16.69	00:56:58.91	00:26:37.84	8:18	01:48:53.45
796	223/2922	23/335	257	Michelle Bivens	F	40	Lincoln	NE	00:25:20.99	00:56:52.59	00:26:40.04	8:18	01:48:53.63
797	574/1785	102/276	3875	Jacob Vinograd	M	36	Wentzville	MO	00:23:49.12	00:56:44.67	00:28:20.11	8:18	01:48:53.90
798	575/1785	87/260	4841	Clay Uleman	M	26	Elkhorn	NE	00:24:05.23	00:55:53.80	00:28:55.68	8:18	01:48:54.71
799	576/1785	5/42	6068	Jeff Schumann	M	62	Omaha	NE	00:26:05.64	00:57:19.23	00:25:30.03	8:18	01:48:54.90
800	224/2922	37/508	3503	Stephanie Schumann	F	27	Omaha	NE	00:26:05.77	00:57:19.84	00:25:30.23	8:18	01:48:55.84
801	225/2922	24/335	2337	Melanie Verkler	F	44	Omaha	NE	00:25:09.86	00:57:20.48	00:26:27.31	8:18	01:48:57.65
802	226/2922	25/335	1762	Laurie Baedke	F	42	Blair	NE	00:24:25.57	00:57:49.81	00:26:44.86	8:18	01:49:00.25
803	227/2922	50/531	1255	Katherine Owens	F	36	Lincoln	NE	00:24:33.04	00:56:29.40	00:27:58.39	8:18	01:49:00.84
804	228/2922	18/128	3425	Halley Rennpferd	F	19	Amboy	MN	00:25:29.79	00:56:49.94	00:26:42.44	8:19	01:49:02.17
805	229/2922	38/508	1615	Lexi Woita	F	27	Wahoo	NE	00:24:14.42	00:56:22.98	00:28:26.08	8:19	01:49:03.49

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
806	577/1785	92/253	3671	David Muff	M	31	Lincoln	NE	00:25:25.44	00:57:48.59	00:25:50.10	8:19	01:49:04.14
807	578/1785	93/253	6380	Caleb Greenfield	M	33	Lincoln	NE	00:24:53.79	00:57:05.02	00:27:05.92	8:19	01:49:04.74
808	579/1785	54/96	5398	Austin Nickels	M	19	Waverly	NE	00:23:11.68	00:54:01.15	00:31:52.54	8:19	01:49:05.38
809	580/1785	103/276	4981	Aaron Tucker	M	36	Denton	NE	00:24:41.85	00:56:46.69	00:27:37.28	8:19	01:49:05.82
810	581/1785	104/276	4138	Tyler Bachman	M	37	Lincoln	NE	00:25:10.73	00:54:59.33	00:28:57.14	8:19	01:49:07.22
811	230/2922	12/258	969	Brandi Haltom	F	48	Omaha	NE	00:25:49.89	00:58:15.16	00:25:03.87	8:19	01:49:08.93
812	582/1785	94/253	4707	Ben Shallenberger	M	30	Columbus	NE	00:25:00.37	00:54:57.40	00:29:11.20	8:19	01:49:08.97
813	583/1785	95/253	5254	Matt Boyts	M	31	Wichita	KS	00:25:51.37	00:57:14.70	00:26:03.67	8:19	01:49:09.75
814	584/1785	105/276	4773	Dylan Schenk	M	38	Lincoln	NE	00:25:35.29	00:56:16.02	00:27:19.67	8:19	01:49:10.99
815	231/2922	51/531	299	Jessica Hollander	F	37	Kearney	NE	00:25:43.61	00:57:24.47	00:26:03.44	8:19	01:49:11.53
816	585/1785	61/215	4806	Jason Rasmussen	M	40	Raleigh	NC	00:26:42.17	00:56:17.02	00:26:13.17	8:19	01:49:12.37
817	586/1785	42/172	5458	Thomas Hempel	M	49	Omaha	NE	00:26:14.96	00:57:47.90	00:25:10.34	8:19	01:49:13.21
818	587/1785	96/253	3360	Nico Tarquinio	M	31	Lincoln	NE	00:24:12.89	00:56:15.75	00:28:47.49	8:20	01:49:16.13
819	232/2922	52/531	1081	Melissa Lee	F	36	Lincoln	NE	00:24:58.09	00:57:21.27	00:26:59.03	8:20	01:49:18.40
820	233/2922	26/335	1278	Erin Russell	F	42	Papillion	NE	00:25:09.48	00:57:23.35	00:26:45.93	8:20	01:49:18.76
821	588/1785	97/253	4309	Nate Stepp	M	30	Seward	NE	00:25:53.54	00:57:49.27	00:25:36.38	8:20	01:49:19.20
822	589/1785	62/215	5385	Jerod Beach	M	40	Lincoln	NE	00:24:13.05	00:56:34.29	00:28:32.52	8:20	01:49:19.87
823	590/1785	98/253	5414	Brandon Johnson	M	33	Tea	SD	00:25:16.15	00:56:59.99	00:27:05.71	8:20	01:49:21.86
824	591/1785	71/181	5308	Zachary Denning	M	22	Neola	IA	00:23:50.03	00:57:46.25	00:27:47.21	8:20	01:49:23.50
825	592/1785	72/181	6182	Oswaldo Herrera	M	24	Omaha	NE	00:25:33.64	00:59:21.96	00:24:28.07	8:20	01:49:23.67
826	593/1785	37/145	4016	Brian Cecava	M	51	Lincoln	NE	00:26:12.65	00:58:09.17	00:25:02.89	8:20	01:49:24.72
827	594/1785	88/260	5444	Ryan Wolfe	M	28	Fremont	NE	00:25:41.46	00:57:43.88	00:26:01.10	8:20	01:49:26.44
828	234/2922	6/148	6463	Jennifer Crum	F	50	Prairie Village	KS	00:24:55.62	00:57:37.51	00:26:53.63	8:20	01:49:26.76
829	235/2922	39/508	828	Kristin Carroll	F	25	Lincoln	NE	00:25:12.66	00:56:56.26	00:27:17.96	8:20	01:49:26.89
830	236/2922	27/345	4219	Sydney Long	F	20	Lincoln	NE	00:24:55.94	00:57:37.11	00:26:53.96	8:20	01:49:27.01
831	595/1785	73/181	4175	Luke Keester	M	20	Lincoln	NE	00:24:17.64	00:55:00.72	00:30:08.69	8:20	01:49:27.05
832	596/1785	74/181	5399	Alex Hagerbaumer	M	20	Hooper	NE	00:22:32.65	00:56:50.29	00:30:04.98	8:21	01:49:27.93
833	237/2922	1/19	675	Brianne Travis	F	14	Lincoln	NE	00:25:45.55	00:58:06.17	00:25:37.03	8:21	01:49:28.76
834	238/2922	19/128	476	Jaycee Mcfadden	F	15	Davey	NE	00:25:45.16	00:58:06.77	00:25:36.98	8:21	01:49:28.92
835	239/2922	48/454	1641	Erika Knott	F	34	Hastings	NE	00:24:17.10	00:57:07.78	00:28:07.39	8:21	01:49:32.27
836	597/1785	99/253	6610	Lucas Smith	M	31	Omaha	NE	00:23:34.86	00:58:14.09	00:27:45.04	8:21	01:49:34.00
837	240/2922	13/258	187	Jennie Prussa	F	48	Lincoln	NE	00:25:16.52	00:56:51.03	00:27:27.05	8:21	01:49:34.60
838	598/1785	100/253	5167	Andrew Jaeger	M	34	Atchison	KS	00:24:31.15	00:56:45.41	00:28:18.42	8:21	01:49:34.99
839	241/2922	49/454	1949	Megan Simpson	F	32	Hickman	NE	00:23:29.53	00:57:28.29	00:28:38.32	8:21	01:49:36.14
840	599/1785	6/42	5407	Bill Schrack	M	64	Papillion	NE	00:25:04.32	00:57:07.58	00:27:24.74	8:21	01:49:36.65



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
841	600/1785	55/96	4039	Brooklyn Hanks	M	16	Lincoln	NE	00:25:45.13	00:58:07.00	00:25:44.75	8:21	01:49:36.89
842	242/2922	53/531	3859	Ashley Buhr	F	35	Lincoln	NE	00:25:10.16	00:57:09.64	00:27:17.31	8:21	01:49:37.12
843	243/2922	27/335	876	Shannon Bauer	F	41	Hildreth	NE	00:24:51.53	00:57:20.03	00:27:25.60	8:21	01:49:37.17
844	244/2922	50/454	680	Sydney Kobza	F	32	Lincoln	NE	00:26:03.25	00:57:29.53	00:26:05.41	8:21	01:49:38.20
845	601/1785	38/145	4463	Andy Bradfield	M	53	Omaha	NE	00:25:10.87	00:57:44.86	00:26:44.08	8:21	01:49:39.81
846	245/2922	54/531	2495	Megan Hartman	F	38	Kearney	NE	00:25:43.57	00:57:24.51	00:26:33.28	8:22	01:49:41.36
847	246/2922	14/258	353	Paige Knerl	F	45	Warrensburg	MO	00:25:50.65	00:57:19.75	00:26:31.38	8:22	01:49:41.78
848	247/2922	40/508	2534	Kelly Maslowsky	F	27	Kennard	NE	00:25:27.33	00:57:16.24	00:26:59.16	8:22	01:49:42.73
849	248/2922	51/454	6523	Kay Dent	F	32	Mullen	NE	00:26:03.01	00:57:49.82	00:25:52.58	8:22	01:49:45.42
850	249/2922	55/531	1411	Anne Ruhnke	F	36	Lincoln	NE	00:24:15.44	00:57:08.95	00:28:21.27	8:22	01:49:45.67
851	602/1785	106/276	3651	Michael Foley	M	38	Omaha	NE	00:26:03.71	00:57:41.60	00:26:03.98	8:22	01:49:49.30
852	603/1785	63/215	4722	Joe Schmidt	M	44	Elkhorn	NE	00:26:09.19	00:57:52.61	00:25:47.96	8:22	01:49:49.77
853	604/1785	89/260	4280	Keith Wallace	M	27	Lincoln	NE	00:24:23.54	00:57:22.90	00:28:05.29	8:22	01:49:51.73
854	605/1785	101/253	3685	Tyler Lucas	M	31	Grand Island	NE	00:24:23.17	00:56:09.53	00:29:22.17	8:23	01:49:54.88
855	606/1785	18/80	3521	Robert Beck	M	57	Lincoln	NE	00:26:05.62	00:57:56.95	00:25:53.89	8:23	01:49:56.47
856	607/1785	107/276	4692	Josh Bruntz	M	39	Kearney	NE	00:24:59.31	00:57:12.84	00:27:44.92	8:23	01:49:57.08
857	250/2922	56/531	1210	Stephanie Bruntz	F	39	Kearney	NE	00:25:00.40	00:57:12.26	00:27:45.23	8:23	01:49:57.89
858	608/1785	108/276	6619	Luke Blackburn	M	35	Omaha	NE	00:25:23.77	00:56:30.75	00:28:04.02	8:23	01:49:58.55
859	609/1785	109/276	3596	Travis Johnston	M	35	Omaha	NE	00:23:37.81	00:56:37.48	00:29:46.54	8:23	01:50:01.83
860	251/2922	20/128	1556	Elsa Jonson	F	16	Lincoln	NE	00:25:53.88	00:58:40.69	00:25:31.28	8:23	01:50:05.86
861	252/2922	57/531	2555	Amy Pflingsten	F	35	Lincoln	NE	00:25:35.86	00:57:56.13	00:26:34.00	8:23	01:50:05.99
862	253/2922	28/335	322	Rachel Bellinghausen	F	43	Omaha	NE	00:25:42.82	00:57:24.04	00:26:59.39	8:23	01:50:06.26
863	254/2922	1/41	1877	Sue Wambaugh	F	62	Lincoln	NE	00:24:43.38	00:57:47.70	00:27:37.11	8:24	01:50:08.19
864	255/2922	52/454	3374	Amber Welch	F	34	Omaha	NE	00:26:04.22	00:57:41.16	00:26:25.78	8:24	01:50:11.16
865	256/2922	28/345	502	Nicole Mellinger	F	22	Derby	KS	00:25:42.56	00:57:14.18	00:27:15.68	8:24	01:50:12.43
866	257/2922	41/508	369	Hannah Swanson	F	25	Lincoln	NE	00:25:50.45	00:58:04.22	00:26:17.97	8:24	01:50:12.65
867	610/1785	64/215	3833	John Gorman	M	40	Lincoln	NE	00:25:06.21	00:57:15.71	00:27:51.69	8:24	01:50:13.61
868	258/2922	58/531	6557	Nicole Rasmussen	F	38	Waverly	KS	00:24:46.52	00:57:52.93	00:27:34.59	8:24	01:50:14.05
869	611/1785	39/145	5596	Jesse Depriest	M	51	Omaha	NE	00:25:10.88	00:58:02.16	00:27:01.54	8:24	01:50:14.59
870	612/1785	110/276	4739	Jeffrey Gorman	M	38	Plattsmouth	NE	00:25:08.62	00:57:14.75	00:27:51.36	8:24	01:50:14.75
871	613/1785	111/276	4208	Joe Smith	M	38	Lincoln	NE	00:24:38.70	00:56:12.05	00:29:24.93	8:24	01:50:15.68
872	614/1785	112/276	4108	Matt Osmond	M	39	Lincoln	NE	00:24:26.22	00:57:31.45	00:28:18.17	8:24	01:50:15.85
873	259/2922	42/508	158	Ashley Wise	F	28	Madison	SD	00:25:35.07	00:57:31.00	00:27:10.72	8:24	01:50:16.80
874	260/2922	59/531	1348	Allison Casper	F	36	Kearney	NE	00:25:11.50	00:57:15.12	00:27:51.22	8:24	01:50:17.85
875	261/2922	29/345	2025	Amira Barsoom	F	20	Omaha	NE	00:25:00.66	00:58:25.50	00:26:52.99	8:24	01:50:19.16

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
876	262/2922	53/454	1160	Adicen Jones	F	31	York	NE	00:24:46.62	00:57:07.81	00:28:24.87	8:24	01:50:19.31
877	615/1785	6/25	3808	Joah Grover	M	13	Omaha	NE	00:24:21.04	00:53:45.74	00:32:13.19	8:24	01:50:19.98
878	263/2922	54/454	1457	Gina Torpin	F	33	Kearney	NE	00:24:00.23	00:57:33.49	00:28:46.43	8:25	01:50:20.15
879	264/2922	30/345	799	Andrea King	F	24	Ashland	NE	00:23:29.67	00:56:20.46	00:30:31.71	8:25	01:50:21.85
880	616/1785	40/145	4833	John Keith	M	52	Omaha	NE	00:25:24.42	00:58:08.19	00:26:49.75	8:25	01:50:22.36
881	617/1785	113/276	4471	Jeff Grover	M	39	Omaha	NE	00:24:21.43	00:53:45.33	00:32:17.56	8:25	01:50:24.32
882	618/1785	65/215	3888	Felipe Mendoza	M	40	Lincoln	NE	00:25:10.21	00:57:12.56	00:28:02.27	8:25	01:50:25.05
883	619/1785	90/260	5628	Brett Copley	M	28	Syracuse	NE	00:25:04.65	00:57:02.57	00:28:19.10	8:25	01:50:26.32
884	265/2922	55/454	6606	Kayla Brown	F	32	Elkhorn	NE	00:25:14.09	00:58:18.76	00:26:55.51	8:25	01:50:28.37
885	620/1785	102/253	3709	Jordan Edwards	M	33	Lincoln	NE	00:26:29.04	00:58:35.97	00:25:25.16	8:25	01:50:30.17
886	266/2922	31/345	1803	Anna Mcdonald	F	22	Evergreen	CO	00:26:58.13	00:57:44.96	00:25:47.42	8:25	01:50:30.52
887	267/2922	32/345	998	Renee Lohaus	F	23	Bellevue	NE	00:25:44.95	00:58:22.86	00:26:23.92	8:25	01:50:31.74
888	621/1785	103/253	3962	Seth Abbott	M	30	Omaha	NE	00:24:03.14	00:57:09.06	00:29:20.00	8:25	01:50:32.21
889	622/1785	114/276	5544	Chris Thull	M	35	Plattsmouth	NE	00:24:13.04	00:56:57.00	00:29:22.36	8:25	01:50:32.41
890	268/2922	56/454	7100	Robyn Swartzentruber	F	33	Milford	NE	00:25:46.70	00:57:33.06	00:27:12.65	8:25	01:50:32.41
891	269/2922	2/19	477	Julia Haller	F	14	Lincoln	NE	00:24:13.59	00:57:54.01	00:28:26.23	8:26	01:50:33.84
892	270/2922	15/258	790	Dawn Lewis	F	45	Arlington	NE	00:24:47.79	00:58:18.78	00:27:28.12	8:26	01:50:34.69
893	271/2922	57/454	6424	Amanda Bruntz	F	32	Friend	NE	00:24:39.59	00:56:51.52	00:29:04.28	8:26	01:50:35.40
894	272/2922	21/128	6471	Delphina Tabor	F	18	Lincoln	NE	00:26:27.93	00:58:28.82	00:25:39.46	8:26	01:50:36.22
895	623/1785	115/276	5305	Joe Ebmeier	M	37	Lincoln	NE	00:23:35.70	00:57:08.44	00:29:54.93	8:26	01:50:39.07
896	624/1785	66/215	6408	Tony Baumert	M	43	Lincoln	NE	00:27:01.32	00:57:10.56	00:26:28.29	8:26	01:50:40.18
897	273/2922	58/454	1406	Lindsey Langemeier	F	32	Colon	NE	00:25:32.28	00:57:33.52	00:27:34.93	8:26	01:50:40.74
898	625/1785	116/276	5597	Eric Yost	M	39	Lavista	NE	00:24:50.37	00:58:30.34	00:27:20.82	8:26	01:50:41.54
899	626/1785	56/96	4334	Stephen Dobie	M	19	Amboy	MN	00:25:29.69	00:56:49.91	00:28:22.86	8:26	01:50:42.47
900	274/2922	7/148	3296	Donna Rau	F	51	Lincoln	NE	00:26:27.04	00:58:29.12	00:25:46.65	8:26	01:50:42.82
901	275/2922	16/258	1098	Jennifer Renton	F	45	Lincoln	NE	00:26:12.28	00:58:26.54	00:26:04.41	8:26	01:50:43.25
902	627/1785	41/145	6186	Jeffrey Rudy	M	54	Lincoln	NE	00:25:16.58	00:57:42.35	00:27:45.55	8:26	01:50:44.49
903	276/2922	8/148	1428	Jeanne Bouwens	F	53	Lincoln	NE	00:25:42.96	00:58:29.61	00:26:33.17	8:26	01:50:45.75
904	277/2922	59/454	6192	Rachel Rodriguez	F	34	Gibbon	NE	00:25:17.53	00:57:24.44	00:28:03.99	8:26	01:50:45.97
905	628/1785	19/80	5546	Mark Traynowicz	M	56	Lincoln	NE	00:25:29.49	00:57:15.68	00:28:01.85	8:27	01:50:47.03
906	629/1785	104/253	3519	Adam Lauderback	M	30	Lincoln	NE	00:27:09.99	00:57:18.19	00:26:19.91	8:27	01:50:48.10
907	630/1785	117/276	6515	Mike Weygand	M	38	Brandon	SD	00:24:59.61	00:58:56.80	00:26:52.21	8:27	01:50:48.63
908	278/2922	33/345	5492	Taylor Buhr	F	24	Filley	NE	00:25:48.13	00:58:13.19	00:26:47.65	8:27	01:50:48.98
909	279/2922	29/335	202	Krista Siefker	F	44	Eagle	NE	00:25:26.30	00:58:01.33	00:27:22.60	8:27	01:50:50.24
910	631/1785	105/253	4439	Andrew Umland	M	33	Lincoln	NE	00:24:29.28	00:56:56.48	00:29:24.74	8:27	01:50:50.50

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
911	632/1785	118/276	6175	John Hansen	M	36	Council Bluffs	IA	00:25:28.38	00:58:16.19	00:27:06.95	8:27	01:50:51.53
912	633/1785	91/260	5248	Ryan Dibben	M	27	Blair	NE	00:23:04.34	00:57:40.45	00:30:07.26	8:27	01:50:52.05
913	634/1785	43/172	5516	Douglas Kaupa	M	46	Council Bluffs	IA	00:24:35.26	00:57:42.61	00:28:34.55	8:27	01:50:52.43
914	635/1785	75/181	5194	Tanner Goldsmith	M	24	Beatrice	NE	00:24:56.37	00:57:31.37	00:28:24.90	8:27	01:50:52.64
915	636/1785	67/215	5448	Matthew Will	M	40	Lincoln	NE	00:25:20.44	00:57:45.56	00:27:47.16	8:27	01:50:53.17
916	637/1785	106/253	3857	Seth Fuenning	M	33	Lincoln	NE	00:24:43.01	00:56:54.79	00:29:15.43	8:27	01:50:53.24
917	638/1785	42/145	3982	Michael Moravec	M	50	David City	NE	00:23:09.43	00:57:20.79	00:30:26.58	8:27	01:50:56.80
918	280/2922	60/454	925	Rachel Benzoni	F	32	Omaha	NE	00:25:27.52	00:57:23.50	00:28:07.59	8:27	01:50:58.62
919	639/1785	92/260	6588	Kyle Mcglade	M	26	Council Bluffs	IA	00:24:52.65	00:59:05.69	00:27:00.75	8:27	01:50:59.10
920	281/2922	43/508	661	Ginger Waite	F	29	Lincoln	NE	00:25:44.23	00:58:36.84	00:26:38.69	8:28	01:50:59.77
921	282/2922	61/454	3984	Laurel Anderson	F	33	Wichita	KS	00:26:01.46	00:57:58.86	00:26:59.93	8:28	01:51:00.26
922	640/1785	107/253	5646	Michael Fagan	M	33	Omaha	NE	00:26:14.54	00:58:15.35	00:26:31.36	8:28	01:51:01.25
923	641/1785	76/181	6571	Mike Faber	M	23	Lincoln	NE	00:24:36.31	00:56:54.34	00:29:31.03	8:28	01:51:01.68
924	642/1785	93/260	3628	William Taylor Jr.	M	26	Lincoln	NE	00:22:34.80	00:51:46.03	00:36:40.87	8:28	01:51:01.70
925	283/2922	62/454	1395	Katie Fagan	F	34	Omaha	NE	00:26:14.93	00:58:15.59	00:26:31.18	8:28	01:51:01.71
926	643/1785	119/276	4726	Jason Gehrken	M	36	Omaha	NE	00:26:14.10	00:57:44.83	00:27:03.49	8:28	01:51:02.43
927	644/1785	108/253	4092	Shane Orth	M	32	Lincoln	NE	00:25:11.78	00:58:02.85	00:27:49.84	8:28	01:51:04.48
928	284/2922	63/454	615	Caitlin Orth	F	31	Lincoln	NE	00:25:12.17	00:58:03.01	00:27:49.67	8:28	01:51:04.86
929	285/2922	60/531	6401	Katie Johnson	F	36	Sioux City	IA	00:26:41.49	00:58:48.41	00:25:36.04	8:28	01:51:05.94
930	645/1785	44/172	6256	Ron Freiburger	M	47	Omaha	NE	00:25:40.69	00:58:59.24	00:26:26.25	8:28	01:51:06.18
931	286/2922	17/258	1113	Amy Clausen	F	46	Norfolk	NE	00:24:46.06	00:58:57.37	00:27:23.07	8:28	01:51:06.51
932	287/2922	61/531	1404	Stacey Brichacek	F	35	Omaha	NE	00:25:07.39	00:58:14.21	00:27:45.43	8:28	01:51:07.04
933	288/2922	34/345	1632	Bernice Gutierrez	F	23	Omaha	NE	00:25:57.32	00:56:57.91	00:28:12.07	8:28	01:51:07.30
934	289/2922	22/128	286	Camden Hanel	F	15	Lincoln	NE	00:26:30.31	00:59:39.09	00:24:58.17	8:28	01:51:07.57
935	646/1785	94/260	4216	Nathan Dubay	M	27	Papillion	NE	00:24:10.84	00:56:40.73	00:30:17.06	8:28	01:51:08.64
936	290/2922	44/508	2100	Mandy Mcguire	F	26	Lincoln	NE	00:27:01.41	00:58:59.27	00:25:10.03	8:28	01:51:10.71
937	291/2922	64/454	1071	Cortney Bullington	F	30	Kearney	NE	00:26:57.05	00:58:30.30	00:25:43.63	8:28	01:51:10.98
938	292/2922	30/335	1520	Kate Anthony	F	41	Maize	KS	00:25:46.35	00:58:37.37	00:26:48.71	8:28	01:51:12.44
939	647/1785	45/172	4922	Matt Anthony	M	49	Maize	KS	00:25:46.61	00:58:37.47	00:26:48.74	8:29	01:51:12.83
940	293/2922	45/508	565	Paige Masat	F	29	Norfolk	NE	00:24:19.05	00:57:54.77	00:29:01.27	8:29	01:51:15.09
941	648/1785	46/172	5753	Jake Drueke	M	46	Lincoln	NE	00:27:10.32	00:58:42.62	00:25:22.87	8:29	01:51:15.82
942	294/2922	35/345	4264	Marisa Mika	F	23	Wahoo	NE	00:24:33.88	00:57:28.18	00:29:13.93	8:29	01:51:16.00
943	649/1785	77/181	6356	Matt Wenz	M	24	Winfield	IL	00:27:10.80	00:58:01.52	00:26:05.36	8:29	01:51:17.69
944	650/1785	57/96	4250	Luke Harms	M	16	Martell	NE	00:25:26.21	00:58:07.83	00:27:43.75	8:29	01:51:17.80
945	295/2922	36/345	120	Elizabeth Buchholz	F	23	Lincoln	NE	00:26:56.45	00:57:41.87	00:26:40.35	8:29	01:51:18.68

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
946	296/2922	62/531	489	Summer Fahnholz	F	39	Omaha	NE	00:24:57.17	00:58:09.98	00:28:13.46	8:29	01:51:20.62
947	297/2922	23/128	6593	Claire Griffin	F	17	Lincoln	NE	00:25:01.80	00:58:39.20	00:27:39.80	8:29	01:51:20.81
948	651/1785	95/260	4475	Ryan Messman	M	28	Lincoln	NE	00:23:58.12	00:57:58.12	00:29:25.11	8:29	01:51:21.37
949	652/1785	58/96	4223	Nicholas St Onge	M	18	Omaha	NE	00:24:23.62	00:57:14.26	00:29:45.20	8:29	01:51:23.08
950	653/1785	68/215	5548	Matt Rut	M	41	Lincoln	NE	00:24:55.00	00:57:38.25	00:28:50.26	8:29	01:51:23.51
951	298/2922	46/508	2951	Carrie Hoerer	F	26	Omaha	NE	00:25:33.24	00:58:37.90	00:27:12.50	8:29	01:51:23.64
952	654/1785	120/276	4968	Adam Raun	M	36	Lincoln	NE	00:25:19.53	00:58:53.36	00:27:12.94	8:30	01:51:25.85
953	299/2922	47/508	2188	Shelby Watson	F	28	Firth	NE	00:26:34.75	00:58:39.01	00:26:12.82	8:30	01:51:26.59
954	655/1785	69/215	5879	Loren Kelle	M	44	Beatrice	NE	00:23:54.06	00:58:02.70	00:29:31.73	8:30	01:51:28.50
955	656/1785	109/253	3567	Kevin Tracy	M	34	Omaha	NE	00:25:56.34	00:57:52.37	00:27:40.34	8:30	01:51:29.06
956	300/2922	63/531	885	Bobbi Underberg	F	38	Sioux Falls	SD	00:25:48.32	00:58:14.22	00:27:27.69	8:30	01:51:30.24
957	301/2922	18/258	1535	Nicole Anderson	F	45	Winterset	IA	00:25:56.56	00:58:16.28	00:27:19.09	8:30	01:51:31.94
958	657/1785	110/253	5011	Nick Vanous	M	34	Lincoln	NE	00:25:25.10	00:58:38.90	00:27:28.81	8:30	01:51:32.81
959	302/2922	5/122	6510	Kallie Harris	F	56	Cedar Rapids	IA	00:25:48.41	00:58:10.70	00:27:33.81	8:30	01:51:32.93
960	303/2922	37/345	663	Randi Putera	F	24	Crete	NE	00:23:43.56	00:59:20.22	00:28:30.39	8:30	01:51:34.18
961	658/1785	121/276	5339	Nicholas Pitsch	M	37	Omaha	NE	00:25:18.71	00:58:53.16	00:27:24.24	8:30	01:51:36.11
962	659/1785	7/25	3848	Matthew Cover	M	14	Weeping Water	NE	00:25:18.43	00:58:08.91	00:28:08.87	8:30	01:51:36.21
963	304/2922	48/508	729	Megan Bates	F	29	Lincoln	NE	00:26:29.22	00:58:38.34	00:26:29.15	8:30	01:51:36.71
964	660/1785	70/215	6618	Tony Goetsch	M	44	Sioux Falls	SD	00:26:11.38	00:59:04.26	00:26:21.69	8:30	01:51:37.34
965	661/1785	47/172	5214	Matthew Auch Moedy	M	46	Lincoln	NE	00:26:27.90	00:58:41.48	00:26:29.98	8:31	01:51:39.37
966	305/2922	64/531	197	Amanda Hemenway	F	38	Lincoln	NE	00:25:50.93	00:59:28.87	00:26:20.06	8:31	01:51:39.87
967	306/2922	65/531	907	Jessica Wehner	F	36	Lincoln	NE	00:25:51.51	00:59:28.65	00:26:20.64	8:31	01:51:40.81
968	307/2922	65/454	1461	Rachel Person	F	31	Omaha	NE	00:26:00.77	00:58:13.83	00:27:26.60	8:31	01:51:41.21
969	662/1785	7/42	6146	John Hornig	M	60	Elkhorn	NE	00:25:28.80	00:59:01.64	00:27:11.06	8:31	01:51:41.51
970	308/2922	31/335	1513	Angie Mosher	F	42	Bellevue	NE	00:25:09.20	00:57:52.73	00:28:42.02	8:31	01:51:43.96
971	663/1785	5/26	5910	Jerry Lee	M	69	Omaha	NE	00:25:26.79	00:58:06.62	00:28:15.14	8:31	01:51:48.55
972	664/1785	71/215	4551	Grant Settje	M	40	Laurel	NE	00:25:24.79	00:59:23.57	00:27:00.57	8:31	01:51:48.94
973	665/1785	72/215	5297	Scott Cartwright	M	40	Gretna	NE	00:25:34.38	00:58:37.30	00:27:42.32	8:32	01:51:54.01
974	309/2922	19/258	1017	Diane Challacombe	F	47	Manhattan	KS	00:26:42.29	00:59:23.25	00:25:49.31	8:32	01:51:54.87
975	666/1785	43/145	4954	Jon Jonson	M	53	Lincoln	NE	00:25:53.47	00:58:41.10	00:27:21.20	8:32	01:51:55.78
976	667/1785	44/145	4358	Chad Underberg	M	50	Sioux Falls	SD	00:25:48.98	00:58:26.64	00:27:41.43	8:32	01:51:57.06
977	310/2922	49/508	626	Elizabeth Millsap	F	27	Kearney	NE	00:25:03.86	00:58:48.18	00:28:05.05	8:32	01:51:57.09
978	668/1785	111/253	4437	Brock Hansen	M	33	Omaha	NE	00:24:46.91	00:58:31.36	00:28:38.88	8:32	01:51:57.16
979	669/1785	45/145	5643	Patrick Schwebach	M	52	Sioux Falls	SD	00:25:34.89	00:58:01.69	00:28:21.10	8:32	01:51:57.68
980	311/2922	66/454	4201	Erin Benson	F	33	Omaha	NE	00:25:07.77	00:58:37.64	00:28:13.80	8:32	01:51:59.21

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
981	312/2922	32/335	311	Sarah Grove	F	41	Council Blfs	IA	00:26:12.96	00:59:12.49	00:26:34.64	8:32	01:52:00.10
982	313/2922	66/531	372	Laura Smiddy	F	39	Underwood	IA	00:26:12.54	00:59:13.20	00:26:34.70	8:32	01:52:00.44
983	314/2922	50/508	177	Katie Maire	F	26	Lavista	NE	00:26:39.04	00:57:42.87	00:27:38.91	8:32	01:52:00.83
984	315/2922	67/531	1084	Emily Penry	F	39	Omaha	NE	00:25:50.29	00:58:15.25	00:27:58.39	8:32	01:52:03.93
985	316/2922	33/335	870	Lisa Walter	F	41	Council Bluffs	IA	00:24:40.19	00:59:29.02	00:27:55.19	8:32	01:52:04.41
986	317/2922	68/531	2929	Jayne Lowell	F	39	Lincoln	NE	00:25:06.47	00:58:55.81	00:28:02.14	8:32	01:52:04.43
987	670/1785	59/96	5135	Heath Haberman	M	19	Utica	NE	00:23:58.51	00:57:12.91	00:30:53.13	8:32	01:52:04.55
988	671/1785	96/260	3994	Andrew Sheridan	M	27	Columbus	NE	00:27:03.48	00:59:06.71	00:25:54.52	8:32	01:52:04.73
989	672/1785	73/215	4804	Jason Gernstein	M	43	Grand Island	NE	00:25:47.95	00:58:52.51	00:27:24.72	8:33	01:52:05.19
990	673/1785	74/215	6384	Mitchel Tracy	M	44	Genoa	NE	00:23:49.10	00:58:41.47	00:29:35.09	8:33	01:52:05.67
991	318/2922	38/345	531	Emily Harsin	F	23	Milford	NE	00:27:04.03	00:59:07.58	00:25:54.73	8:33	01:52:06.36
992	674/1785	60/96	6575	Treyvin Schlueter	M	19	Wood Lake	NE	00:22:42.54	00:59:25.17	00:29:58.86	8:33	01:52:06.58
993	675/1785	78/181	3769	Nolan Thurston	M	23	Olathe	KS	00:26:45.85	00:59:27.31	00:25:55.09	8:33	01:52:08.26
994	676/1785	75/215	5227	Sam Wilson	M	44	Lincoln	NE	00:26:42.54	00:58:50.28	00:26:37.13	8:33	01:52:09.96
995	319/2922	34/335	1053	Sarah Wilson	F	42	Lincoln	NE	00:26:41.99	00:58:51.02	00:26:37.19	8:33	01:52:10.21
996	320/2922	39/345	2020	Carolyn Thayer	F	21	Grand Island	NE	00:25:26.94	00:58:50.65	00:27:52.85	8:33	01:52:10.45
997	677/1785	112/253	3554	Tyler Anderson	M	34	Omaha	NE	00:25:45.10	00:58:38.60	00:27:48.35	8:33	01:52:12.05
998	321/2922	51/508	2727	Courtneyu Kastelic	F	27	Omaha	NE	00:24:18.97	00:59:14.20	00:28:42.04	8:33	01:52:15.23
999	322/2922	24/128	2664	Jessica Rau	F	19	Lincoln	NE	00:26:28.75	00:59:47.79	00:25:59.13	8:33	01:52:15.68
1000	678/1785	20/80	3677	Michael Wadzinski	M	59	Sioux City	IA	00:25:30.87	00:58:16.64	00:28:28.39	8:33	01:52:15.91
1001	323/2922	52/508	1722	Michala Remund	F	27	La Vista	NE	00:26:06.49	00:58:31.29	00:27:39.33	8:33	01:52:17.11
1002	324/2922	53/508	1483	Alexis Lehman	F	29	Lincoln	NE	00:25:16.79	00:58:37.62	00:28:23.34	8:33	01:52:17.76
1003	679/1785	8/25	3399	Cole Welstead	M	14	Lincoln	NE	00:25:07.15	00:58:53.87	00:28:16.80	8:33	01:52:17.83
1004	680/1785	76/215	5406	Benjamin Foust	M	43	Nebraska City	NE	00:26:51.77	00:59:46.80	00:25:40.09	8:34	01:52:18.67
1005	325/2922	6/122	2300	Julie Olmstead	F	56	Webster City	IA	00:24:42.20	00:58:55.40	00:28:42.83	8:34	01:52:20.44
1006	326/2922	35/335	1608	Koral Booth	F	40	Bellevue	NE	00:26:20.97	00:59:26.67	00:26:32.85	8:34	01:52:20.50
1007	681/1785	48/172	4828	Ryan Blakestad	M	47	Omaha	NE	00:25:56.81	00:58:57.80	00:27:27.12	8:34	01:52:21.73
1008	682/1785	113/253	4717	Bryce Sadd	M	33	Elm Creek	NE	00:26:25.46	00:59:12.87	00:26:44.82	8:34	01:52:23.15
1009	683/1785	77/215	7107	Jeff Vaughn	M	44	Omaha	NE	00:26:46.23	00:58:26.11	00:27:10.82	8:34	01:52:23.16
1010	327/2922	40/345	2182	Quinn Wragge	F	22	Seward	NE	00:25:05.95	00:57:23.33	00:29:53.96	8:34	01:52:23.25
1011	684/1785	97/260	4308	Matt Eglseder	M	25	Omaha	NE	00:26:29.45	00:59:11.60	00:26:44.86	8:34	01:52:25.92
1012	328/2922	7/122	6133	Toni Fowler	F	55	Hastings	NE	00:26:12.83	00:59:06.09	00:27:07.38	8:34	01:52:26.31
1013	685/1785	79/181	6366	Hunter Kelley	M	24	Lincoln	NE	00:24:25.49	00:57:22.26	00:30:41.44	8:34	01:52:29.19
1014	329/2922	36/335	303	Jane Langenfeld	F	43	Omaha	NE	00:25:49.59	00:59:36.53	00:27:03.58	8:34	01:52:29.71
1015	330/2922	54/508	939	Natalie Bussard	F	25	Lincoln	NE	00:24:41.31	00:56:55.02	00:30:53.67	8:34	01:52:30.00

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1016	686/1785	9/25	3493	Jude Maguire	M	14	Columbus	NE	00:26:25.71	00:59:56.40	00:26:07.97	8:34	01:52:30.09
1017	687/1785	21/80	4839	Joe Snyder	M	56	Bloomfield	IA	00:26:01.72	00:58:54.71	00:27:33.75	8:34	01:52:30.19
1018	331/2922	55/508	2974	Taelor Purdy	F	28	Seward	NE	00:25:29.53	00:59:41.79	00:27:23.85	8:35	01:52:35.18
1019	688/1785	122/276	5436	Lucas Fairbanks	M	37	Omaha	NE	00:25:49.35	00:58:08.53	00:28:37.35	8:35	01:52:35.24
1020	332/2922	69/531	1688	Desirae Eschiti	F	39	Wilber	NE	00:25:25.38	00:58:47.29	00:28:23.11	8:35	01:52:35.79
1021	333/2922	25/128	6176	Anna Van Brocklin	F	15	Cortland	NE	00:25:08.28	00:57:36.57	00:29:50.98	8:35	01:52:35.84
1022	689/1785	46/145	6493	John Hallgren	M	50	Omaha	NE	00:26:04.30	00:59:30.02	00:27:02.16	8:35	01:52:36.48
1023	690/1785	98/260	3933	Justin Hallberg	M	29	Omaha	NE	00:25:32.49	00:58:35.90	00:28:28.98	8:35	01:52:37.38
1024	334/2922	70/531	2324	Robin Bargaen	F	36	Superior	NE	00:26:04.58	00:59:01.22	00:27:31.84	8:35	01:52:37.64
1025	691/1785	47/145	6375	Ted Dondlinger	M	51	Omaha	NE	00:26:05.05	00:59:30.26	00:27:03.02	8:35	01:52:38.34
1026	335/2922	37/335	525	Mary Arko	F	42	Papillion	NE	00:25:09.86	00:58:59.62	00:28:29.86	8:35	01:52:39.34
1027	336/2922	67/454	721	Alison Broadwell	F	31	Papillion	NE	00:25:54.17	00:59:31.55	00:27:14.77	8:35	01:52:40.51
1028	337/2922	38/335	623	Stephanie Eells	F	44	Lincoln	NE	00:26:40.46	00:59:46.20	00:26:14.36	8:35	01:52:41.03
1029	692/1785	114/253	6406	Alex Hermann	M	30	Lincoln	NE	00:25:45.01	00:58:50.85	00:28:05.71	8:35	01:52:41.57
1030	693/1785	48/145	4232	Jon Chapman	M	53	Conesville	IA	00:25:32.97	00:58:36.20	00:28:33.08	8:35	01:52:42.26
1031	694/1785	78/215	4630	Dan Tucker	M	40	Papillion	NE	00:26:49.75	01:00:28.55	00:25:24.46	8:35	01:52:42.76
1032	338/2922	56/508	6056	Kassandra Mueller	F	27	Glenwood	IA	00:26:09.64	01:00:16.45	00:26:16.79	8:35	01:52:42.88
1033	339/2922	68/454	326	Mary Savage	F	31	Omaha	NE	00:26:01.21	00:58:59.86	00:27:42.10	8:35	01:52:43.18
1034	340/2922	71/531	381	Brandy Escamilla	F	38	Lincoln	NE	00:24:50.00	00:59:12.85	00:28:40.39	8:35	01:52:43.24
1035	695/1785	115/253	3923	Spencer Stark	M	31	Lincoln	NE	00:26:07.57	00:58:26.39	00:28:11.00	8:36	01:52:44.96
1036	696/1785	22/80	5513	Grady Hansen	M	58	Papillion	NE	00:24:56.83	00:59:25.28	00:28:23.96	8:36	01:52:46.08
1037	341/2922	57/508	3348	Megan Sisson	F	28	Omaha	NE	00:25:34.95	00:58:38.92	00:28:32.27	8:36	01:52:46.15
1038	342/2922	72/531	678	Tara King	F	38	Roca	NE	00:26:19.44	00:59:06.84	00:27:22.85	8:36	01:52:49.14
1039	343/2922	58/508	152	Chelsi Marolf	F	26	Omaha	NE	00:25:33.50	00:59:12.05	00:28:04.85	8:36	01:52:50.41
1040	697/1785	116/253	3765	Peterson Xayavong	M	33	Lincoln	NE	00:26:36.15	00:58:53.39	00:27:21.30	8:36	01:52:50.84
1041	698/1785	117/253	6100	Joshua Brown	M	34	Lincoln	NE	00:25:38.03	00:57:13.53	00:30:00.34	8:36	01:52:51.90
1042	344/2922	20/258	1196	Melissa Aksamit	F	48	Superior	NE	00:25:41.30	00:59:47.51	00:27:24.56	8:36	01:52:53.38
1043	345/2922	73/531	1101	Maggie Paulson	F	35	Elkhorn	NE	00:25:46.56	00:59:05.35	00:28:02.17	8:36	01:52:54.09
1044	699/1785	118/253	6073	Dennis Krymuza	M	32	Omaha	NE	00:26:10.54	00:59:11.20	00:27:37.49	8:37	01:52:59.24
1045	700/1785	49/172	5405	Eric Gautschi	M	48	Omaha	NE	00:25:50.44	01:00:49.82	00:26:19.41	8:37	01:52:59.68
1046	701/1785	79/215	5093	John Weland	M	44	Omaha	NE	00:24:58.92	00:58:58.34	00:29:04.46	8:37	01:53:01.72
1047	346/2922	59/508	945	Marisa Bardell	F	25	Lincoln	NE	00:27:19.94	00:58:47.88	00:26:54.33	8:37	01:53:02.17
1048	702/1785	50/172	5640	Bob Ahrens	M	46	Lincoln	NE	00:24:50.55	00:57:37.59	00:30:34.85	8:37	01:53:02.99
1049	347/2922	39/335	1279	Karen Borchert	F	41	Omaha	NE	00:25:00.46	00:59:29.10	00:28:34.57	8:37	01:53:04.14
1050	348/2922	69/454	118	Lauren Kvasnicka	F	30	Minneapolis	MN	00:25:53.80	00:59:46.78	00:27:24.34	8:37	01:53:04.92

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1051	703/1785	61/96	4561	Denham Free	M	15	Hickman	NE	00:23:29.97	00:58:36.51	00:30:59.91	8:37	01:53:06.40
1052	704/1785	99/260	3754	C J Horan	M	27	Mount Vernon	IA	00:25:52.81	00:56:15.77	00:30:57.85	8:37	01:53:06.44
1053	705/1785	80/215	6569	Damon Busse	M	40	Cherokee	IA	00:26:48.26	00:59:36.08	00:26:42.47	8:37	01:53:06.82
1054	349/2922	60/508	6503	Amy Schamber	F	29	Omaha	NE	00:25:11.26	00:58:15.64	00:29:40.17	8:37	01:53:07.08
1055	706/1785	51/172	4923	Doug Chos	M	46	York	NE	00:25:40.83	00:59:30.29	00:27:57.31	8:37	01:53:08.44
1056	350/2922	61/508	2201	Natalie Takacs	F	27	Omaha	NE	00:27:05.62	00:59:07.80	00:26:55.24	8:37	01:53:08.67
1057	707/1785	119/253	4651	Andy Gregg	M	34	Juniata	NE	00:26:28.83	00:58:39.92	00:28:00.46	8:37	01:53:09.22
1058	708/1785	100/260	5246	Michael Forget	M	27	Martensdale	IA	00:24:11.26	00:57:55.61	00:31:03.25	8:37	01:53:10.13
1059	709/1785	80/181	6612	Zebadiah Barta	M	20	Lincoln	NE	00:26:53.05	00:59:11.17	00:27:06.51	8:38	01:53:10.74
1060	710/1785	101/260	3940	David Meier	M	26	Lincoln	NE	00:25:30.60	00:57:57.44	00:29:43.07	8:38	01:53:11.12
1061	351/2922	41/345	6069	Maekayla Ward	F	22	Kearney	NE	00:24:52.10	00:58:49.57	00:29:30.05	8:38	01:53:11.72
1062	711/1785	102/260	6363	Jeremiah Back	M	25	Sioux City	IA	00:25:28.56	01:00:04.58	00:27:39.56	8:38	01:53:12.70
1063	352/2922	42/345	818	Sabre Menninga	F	20	Burchard	NE	00:26:52.89	00:58:03.76	00:28:18.42	8:38	01:53:15.07
1064	712/1785	123/276	4632	David Weekley	M	35	Olathe	KS	00:25:15.18	00:58:54.26	00:29:07.24	8:38	01:53:16.69
1065	713/1785	103/260	5341	Vance Keller	M	29	Omaha	NE	00:24:57.13	00:59:37.18	00:28:42.42	8:38	01:53:16.75
1066	353/2922	74/531	2262	Kristin Gentry	F	37	Lavista	NE	00:25:55.27	00:58:53.76	00:28:29.91	8:38	01:53:18.95
1067	354/2922	70/454	6451	Lacey Byers	F	33	Marysville	KS	00:25:53.84	00:59:34.52	00:27:50.65	8:38	01:53:19.02
1068	714/1785	49/145	5780	Scott Piening	M	50	Pleasant Dale	NE	00:26:33.45	00:58:27.17	00:28:19.64	8:38	01:53:20.27
1069	355/2922	62/508	1290	Abbey Lund	F	29	Omaha	NE	00:26:01.58	00:59:10.57	00:28:08.24	8:38	01:53:20.39
1070	715/1785	120/253	6183	Adam Johnson	M	32	Bellevue	NE	00:25:34.63	00:59:33.57	00:28:12.46	8:38	01:53:20.67
1071	716/1785	52/172	5155	Blake Anderson	M	47	Lincoln	NE	00:25:46.35	00:59:31.01	00:28:05.10	8:38	01:53:22.47
1072	717/1785	62/96	3928	Joe Volkmer	M	15	Lincoln	NE	00:26:11.82	00:59:21.26	00:27:49.98	8:38	01:53:23.06
1073	356/2922	43/345	1709	Lexi Askey	F	23	Phillips	NE	00:25:45.11	00:57:34.25	00:30:04.50	8:39	01:53:23.87
1074	357/2922	71/454	6201	Kalynn Palmisano	F	30	Lincoln	NE	00:24:31.75	00:57:47.76	00:31:05.19	8:39	01:53:24.70
1075	718/1785	50/145	5319	Bryan Areman	M	54	Lincoln	NE	00:26:02.88	00:59:37.91	00:27:48.16	8:39	01:53:28.96
1076	358/2922	9/148	1938	Helen North	F	54	Omaha	NE	00:26:33.31	00:59:44.77	00:27:12.42	8:39	01:53:30.50
1077	719/1785	53/172	4257	Kevin Ruff	M	49	Omaha	NE	00:26:51.84	01:00:11.72	00:26:28.08	8:39	01:53:31.64
1078	359/2922	63/508	1506	Katherin Reyes	F	25	Chula Vista	CA	00:25:09.49	00:57:56.83	00:30:26.00	8:39	01:53:32.33
1079	360/2922	26/128	6338	Makayla Harrison	F	19	Omaha	NE	00:26:52.95	00:59:22.95	00:27:17.12	8:39	01:53:33.03
1080	361/2922	44/345	571	Destiny Gines	F	22	Omaha	NE	00:25:09.75	00:58:46.72	00:29:37.00	8:39	01:53:33.48
1081	720/1785	124/276	4476	Scott Jefferson	M	39	Omaha	NE	00:26:32.50	00:59:45.22	00:27:15.83	8:39	01:53:33.55
1082	721/1785	8/42	4428	Lee Cornell	M	60	Omaha	NE	00:27:47.51	00:59:03.77	00:26:43.42	8:39	01:53:34.70
1083	362/2922	10/148	3313	Julie Feist	F	52	Beatrice	NE	00:25:46.57	00:59:16.99	00:28:32.47	8:39	01:53:36.03
1084	363/2922	11/148	1755	Kristi Peterson	F	54	Fairbury	NE	00:26:36.77	00:59:53.56	00:27:06.27	8:39	01:53:36.60
1085	722/1785	54/172	4864	George Chaney	M	48	Aurora	NE	00:26:54.58	01:00:03.81	00:26:40.59	8:40	01:53:38.99

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1086	723/1785	104/260	4294	Andrew Schmanski	M	27	Omaha	NE	00:25:36.82	01:02:13.31	00:25:50.61	8:40	01:53:40.74
1087	724/1785	81/215	6000	Brian Larson	M	44	Waverly	NE	00:27:25.30	00:59:16.04	00:26:59.57	8:40	01:53:40.92
1088	364/2922	40/335	6154	Anne Duggins	F	42	Omaha	NE	00:26:00.48	00:59:13.46	00:28:27.13	8:40	01:53:41.07
1089	365/2922	21/258	973	Neile Anderson	F	45	Hastings	NE	00:25:16.79	00:58:48.65	00:29:37.44	8:40	01:53:42.89
1090	366/2922	64/508	869	Tina Boyles	F	29	Burr Oak	KS	00:26:28.57	01:00:02.75	00:27:12.10	8:40	01:53:43.43
1091	725/1785	81/181	4261	Kenny Bristol	M	24	Mcperson	KS	00:27:34.79	01:00:33.02	00:25:36.45	8:40	01:53:44.26
1092	367/2922	72/454	803	Codi Sailors	F	32	Brownville	NE	00:26:22.35	01:00:08.92	00:27:13.04	8:40	01:53:44.32
1093	368/2922	75/531	2906	Shannon Helgoth	F	37	Kearney	NE	00:26:25.15	00:59:23.60	00:27:56.55	8:40	01:53:45.31
1094	369/2922	27/128	6225	Lauren Van Treeck	F	16	Lincoln	NE	00:25:12.80	00:58:56.77	00:29:37.59	8:40	01:53:47.16
1095	726/1785	125/276	5358	Owen Carr	M	35	Lincoln	NE	00:26:38.42	01:00:01.46	00:27:08.04	8:40	01:53:47.92
1096	370/2922	76/531	1118	Ashley Johnson	F	35	Lincoln	NE	00:25:31.11	01:00:23.04	00:27:54.10	8:40	01:53:48.26
1097	727/1785	55/172	4040	William Thibodeau	M	46	Omaha	NE	00:26:09.04	01:00:18.70	00:27:20.59	8:40	01:53:48.34
1098	371/2922	8/122	1109	Sheila Stevens	F	56	Lincoln	NE	00:26:07.76	00:59:35.33	00:28:06.15	8:40	01:53:49.25
1099	728/1785	82/215	3417	Lem Sheard	M	40	Carter Lake	IA	00:26:08.14	00:59:54.76	00:27:46.37	8:40	01:53:49.28
1100	372/2922	73/454	752	Malika Yadgarova	F	34	Lincoln	NE	00:26:38.34	01:00:01.70	00:27:11.72	8:41	01:53:51.76
1101	373/2922	22/258	2761	Janelle Coady	F	48	Roca	NE	00:25:29.04	00:59:06.53	00:29:16.93	8:41	01:53:52.50
1102	729/1785	56/172	5193	Matt Harris	M	48	Lincoln	NE	00:26:16.29	01:00:19.65	00:27:16.98	8:41	01:53:52.93
1103	374/2922	28/128	2001	Natalee Phachit	F	15	Lincoln	NE	00:25:44.63	00:58:08.37	00:30:01.17	8:41	01:53:54.18
1104	375/2922	77/531	6434	Lisa Langenberg	F	36	Norfolk	NE	00:24:28.92	00:57:25.66	00:31:59.67	8:41	01:53:54.26
1105	730/1785	57/172	4259	Fred Maguire	M	47	Columbus	NE	00:26:25.56	01:00:13.27	00:27:15.85	8:41	01:53:54.68
1106	731/1785	23/80	5907	Leland Poppe	M	57	North Platte	NE	00:26:21.82	01:00:09.55	00:27:24.86	8:41	01:53:56.24
1107	376/2922	65/508	3368	Erin Schroeder	F	27	Wood River	NE	00:25:00.92	00:59:08.41	00:29:47.06	8:41	01:53:56.39
1108	377/2922	78/531	1197	Amanda Fangmeier	F	35	Denton	NE	00:26:33.51	01:00:11.95	00:27:11.33	8:41	01:53:56.80
1109	378/2922	74/454	884	Viviana Christensen	F	32	Lincoln	NE	00:23:40.28	00:56:11.53	00:34:07.61	8:41	01:53:59.43
1110	732/1785	121/253	5587	Matt Kotera	M	34	Lincoln	NE	00:25:31.79	00:59:17.29	00:29:13.92	8:42	01:54:03.01
1111	733/1785	122/253	5432	Seth McClintock	M	34	Omaha	NE	00:23:41.91	00:57:40.92	00:32:41.75	8:42	01:54:04.59
1112	379/2922	75/454	2185	Alicia O'keefe	F	34	Lincoln	NE	00:25:39.48	00:59:59.82	00:28:25.34	8:42	01:54:04.64
1113	380/2922	76/454	2186	Betsy Perkins	F	33	Hickman	NE	00:25:40.20	00:59:59.83	00:28:25.52	8:42	01:54:05.56
1114	734/1785	83/215	5262	Joe Kaup	M	40	Omaha	NE	00:26:39.31	01:00:00.23	00:27:26.67	8:42	01:54:06.22
1115	381/2922	77/454	1031	Heidi Gratopp	F	34	Lincoln	NE	00:26:35.99	01:00:40.97	00:26:49.46	8:42	01:54:06.43
1116	382/2922	9/122	382	Renee Eardensohn	F	55	Omaha	NE	00:27:25.19	00:59:58.03	00:26:43.65	8:42	01:54:06.88
1117	383/2922	12/148	1741	Kaye Kennedy	F	54	Omaha	NE	00:26:30.96	00:59:21.29	00:28:15.21	8:42	01:54:07.47
1118	735/1785	82/181	4792	Kyle Zart	M	23	Lincoln	NE	00:26:26.84	00:58:48.28	00:28:58.17	8:42	01:54:13.30
1119	384/2922	66/508	628	Hannah Heaton	F	25	Omaha	NE	00:25:52.77	01:00:19.85	00:28:00.91	8:42	01:54:13.54
1120	385/2922	41/335	6337	Lori Crawford	F	42	Beatrice	NE	00:25:48.35	00:59:15.93	00:29:10.15	8:42	01:54:14.43



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1121	736/1785	24/80	5846	Douglas Reed	M	56	Holdrege	NE	00:25:00.25	00:58:26.78	00:30:47.47	8:42	01:54:14.50
1122	386/2922	45/345	3404	Julia Lam	F	23	Sioux Falls	SD	00:26:30.80	01:00:37.78	00:27:06.77	8:42	01:54:15.36
1123	387/2922	46/345	1541	Hannah Evans	F	22	Firth	NE	00:26:31.41	01:00:37.78	00:27:06.57	8:42	01:54:15.77
1124	388/2922	79/531	909	Heather Steffens	F	36	Lincoln	NE	00:26:52.63	01:00:01.01	00:27:22.33	8:42	01:54:15.98
1125	737/1785	123/253	5693	Jake Schueth	M	34	Lincoln	NE	00:25:53.44	00:58:06.58	00:30:16.23	8:43	01:54:16.26
1126	389/2922	67/508	6405	Kristin Archer	F	26	Pierre	SD	00:26:27.23	01:00:15.57	00:27:34.40	8:43	01:54:17.20
1127	738/1785	83/181	5241	Jimmy Esola	M	23	Omaha	NE	00:27:17.49	01:01:03.37	00:25:56.89	8:43	01:54:17.76
1128	739/1785	105/260	6102	Patrick Mcgonigal	M	25	Lincoln	NE	00:28:09.88	00:59:09.43	00:26:59.95	8:43	01:54:19.27
1129	740/1785	126/276	3904	Matt Jenkins	M	38	Lincoln	NE	00:24:08.79	01:00:41.15	00:29:29.57	8:43	01:54:19.52
1130	741/1785	84/215	3855	Michael Greene	M	41	Raleigh	NC	00:26:42.78	01:00:17.54	00:27:20.47	8:43	01:54:20.80
1131	742/1785	127/276	5328	Brian Maser	M	36	Lincoln	NE	00:26:05.15	00:59:43.10	00:28:32.75	8:43	01:54:21.00
1132	743/1785	85/215	5809	Darin Foster	M	44	Omaha	NE	00:26:28.65	01:00:48.56	00:27:04.16	8:43	01:54:21.38
1133	744/1785	128/276	5503	Gerrit Guenther	M	39	Lincoln	NE	00:24:50.89	00:58:41.92	00:30:50.83	8:43	01:54:23.65
1134	390/2922	78/454	819	Amanda Breazeale	F	30	Omaha	NE	00:26:14.39	00:59:08.14	00:29:02.66	8:43	01:54:25.20
1135	745/1785	63/96	5371	Sean Dart	M	15	Lincoln	NE	00:24:22.55	01:00:47.82	00:29:15.98	8:43	01:54:26.35
1136	391/2922	29/128	310	Jade Bentley	F	18	Gibbon	NE	00:24:29.75	01:00:03.82	00:29:53.72	8:43	01:54:27.30
1137	392/2922	30/128	248	Lindsay Wilkens	F	15	Gibbon	NE	00:24:29.46	01:00:04.19	00:29:53.70	8:43	01:54:27.36
1138	393/2922	31/128	339	Alissa Bailey	F	16	Gibbon	NE	00:24:32.14	01:00:04.18	00:29:53.45	8:44	01:54:29.78
1139	746/1785	25/80	3755	Jerry Bricker	M	56	Lincoln	NE	00:26:01.79	01:00:38.68	00:27:49.48	8:44	01:54:29.97
1140	747/1785	64/96	5250	Connor Reitz	M	16	Omaha	NE	00:25:56.69	00:59:15.15	00:29:18.74	8:44	01:54:30.58
1141	394/2922	80/531	2849	Crystal Neihoff	F	37	Papillion	NE	00:26:08.49	01:00:12.63	00:28:14.30	8:44	01:54:35.43
1142	395/2922	79/454	1903	Megan Larmie	F	31	Council Bluffs	IA	00:25:32.22	00:59:53.93	00:29:09.28	8:44	01:54:35.43
1143	748/1785	84/181	5156	Josh Mccann	M	22	Ashland	NE	00:27:20.29	01:02:00.04	00:25:15.34	8:44	01:54:35.68
1144	749/1785	58/172	5892	Keith Kollasch	M	47	Auburn	NE	00:26:25.95	01:00:51.81	00:27:18.35	8:44	01:54:36.12
1145	750/1785	59/172	5908	Patrick Goracke	M	49	Lincoln	NE	00:27:09.50	00:58:34.83	00:28:53.92	8:44	01:54:38.26
1146	396/2922	81/531	1240	Ashley Neels	F	35	Syracuse	NE	00:26:08.50	01:00:18.21	00:28:11.71	8:44	01:54:38.43
1147	751/1785	51/145	4711	Michael Mulligan	M	50	Lincoln	NE	00:27:19.34	00:59:39.50	00:27:41.22	8:44	01:54:40.06
1148	752/1785	106/260	4879	Garrett Borchert	M	25	Crete	NE	00:28:39.79	01:00:33.94	00:25:27.28	8:44	01:54:41.01
1149	397/2922	32/128	140	Bethany Everts	F	15	Lincoln	NE	00:26:30.51	01:00:00.66	00:28:10.45	8:44	01:54:41.63
1150	753/1785	9/42	4147	Tom Edmisten	M	62	Norfolk	NE	00:26:11.36	01:00:15.02	00:28:15.35	8:44	01:54:41.74
1151	754/1785	129/276	4228	Matt Schaffer	M	35	Lincoln	NE	00:23:29.67	00:56:23.47	00:34:50.43	8:45	01:54:43.58
1152	755/1785	60/172	5123	Jason Judt	M	46	Norfolk	NE	00:26:14.98	00:59:49.51	00:28:39.32	8:45	01:54:43.82
1153	756/1785	26/80	3773	Pat Lawlor	M	57	Omaha	NE	00:28:03.33	00:59:44.39	00:26:57.20	8:45	01:54:44.93
1154	757/1785	61/172	4365	Aaron Holz	M	47	Lincoln	NE	00:27:02.72	01:00:26.36	00:27:16.75	8:45	01:54:45.83
1155	398/2922	33/128	644	Sophia Baedke	F	15	Blair	NE	00:24:25.60	00:58:50.35	00:31:32.72	8:45	01:54:48.67

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1156	399/2922	80/454	2354	Meagan Walts	F	34	Papillion	NE	00:26:11.20	00:59:51.77	00:28:45.88	8:45	01:54:48.85
1157	400/2922	13/148	1083	Connie Radke	F	52	Omaha	NE	00:26:21.29	00:59:45.23	00:28:44.37	8:45	01:54:50.90
1158	758/1785	124/253	4434	Daniel Crowe	M	31	Lincoln	NE	00:26:49.06	01:00:48.48	00:27:15.06	8:45	01:54:52.60
1159	401/2922	81/454	1764	Krista Crowe	F	30	Lincoln	NE	00:26:49.85	01:00:48.03	00:27:15.32	8:45	01:54:53.21
1160	402/2922	82/454	843	Sara Klein	F	30	Omaha	NE	00:27:27.42	00:59:41.69	00:27:44.76	8:45	01:54:53.88
1161	759/1785	86/215	4430	Bryan Sypal	M	42	Lincoln	NE	00:26:51.86	01:00:49.14	00:27:13.67	8:45	01:54:54.68
1162	760/1785	52/145	6036	Troy Martin	M	51	Omaha	NE	00:26:13.44	01:00:43.74	00:27:58.38	8:46	01:54:55.57
1163	403/2922	83/454	865	Lauren Rabourn	F	34	Shelby	NE	00:25:47.65	00:58:30.30	00:30:39.14	8:46	01:54:57.10
1164	761/1785	107/260	5252	Kyle Berglund	M	27	Auburn	NE	00:26:34.08	00:59:32.07	00:28:51.34	8:46	01:54:57.50
1165	404/2922	68/508	1783	Shannon Liewer	F	26	Imperial	NE	00:25:52.24	01:00:20.36	00:28:44.91	8:46	01:54:57.51
1166	762/1785	125/253	5222	Scott Harms	M	32	Lincoln	NE	00:26:21.17	01:00:00.35	00:28:36.01	8:46	01:54:57.53
1167	763/1785	85/181	4287	Nicholas Tritsch	M	24	Papillion	NE	00:26:56.65	00:59:39.45	00:28:21.58	8:46	01:54:57.69
1168	764/1785	53/145	4404	Jan Madsen	M	50	Lincoln	NE	00:26:32.81	00:58:48.53	00:29:36.66	8:46	01:54:58.01
1169	405/2922	84/454	1355	Lynn Sund	F	32	Creighton	NE	00:26:31.22	01:00:31.85	00:27:55.13	8:46	01:54:58.20
1170	406/2922	42/335	2584	Amy Borgmann	F	41	Creighton	NE	00:26:31.35	01:00:31.88	00:27:55.42	8:46	01:54:58.66
1171	765/1785	62/172	5883	Frank Jesse	M	45	Chambers	NE	00:26:49.25	01:01:00.95	00:27:09.92	8:46	01:55:00.13
1172	407/2922	85/454	1219	Erin Golden	F	31	Omaha	NE	00:26:48.23	01:00:41.35	00:27:31.09	8:46	01:55:00.68
1173	408/2922	14/148	3476	Leigh Officer	F	50	Omaha	NE	00:26:35.08	01:00:01.51	00:28:24.45	8:46	01:55:01.04
1174	766/1785	126/253	3473	Neil Sandhoefner	M	32	Omaha	NE	00:26:53.91	00:59:59.10	00:28:08.39	8:46	01:55:01.41
1175	409/2922	43/335	2339	Brandi Settje	F	40	Laurel	NE	00:25:24.59	00:59:33.40	00:30:05.18	8:46	01:55:03.17
1176	767/1785	87/215	5066	Lance Davis	M	41	Lincoln	NE	00:26:48.30	01:00:48.52	00:27:27.64	8:46	01:55:04.47
1177	768/1785	54/145	4144	Paul Hernandez	M	51	Lincoln	NE	00:26:13.09	01:00:59.95	00:27:51.93	8:46	01:55:04.98
1178	410/2922	86/454	610	Ali Thelen	F	31	Lincoln	NE	00:25:22.39	01:00:43.82	00:28:59.50	8:46	01:55:05.72
1179	769/1785	63/172	3530	Mike Seevers	M	49	Omaha	NE	00:26:46.63	00:59:17.90	00:29:02.91	8:46	01:55:07.46
1180	770/1785	130/276	5364	Josh Goldin	M	37	Johnston	IA	00:27:31.88	01:01:07.84	00:26:29.23	8:47	01:55:08.95
1181	771/1785	64/172	3699	Joe Denton	M	46	Pilger	NE	00:26:02.42	00:59:41.37	00:29:26.03	8:47	01:55:09.83
1182	772/1785	131/276	6318	Kurtis Harms	M	35	Lincoln	NE	00:26:29.49	00:58:01.89	00:30:39.62	8:47	01:55:11.00
1183	773/1785	88/215	5807	Jon Simon	M	43	South Bend	NE	00:27:20.66	01:00:16.05	00:27:35.14	8:47	01:55:11.86
1184	411/2922	87/454	2157	Hannah Matousek	F	32	Wichita	KS	00:24:50.13	01:00:16.04	00:30:06.10	8:47	01:55:12.28
1185	412/2922	23/258	6200	Leirion Gaylor Baird	F	48	Lincoln	NE	00:26:38.09	01:00:11.95	00:28:22.39	8:47	01:55:12.43
1186	413/2922	82/531	6508	Rochelle Mallett	F	39	Lincoln	NE	00:26:37.70	01:00:12.76	00:28:21.97	8:47	01:55:12.43
1187	414/2922	88/454	129	Anna Wishart	F	34	Lincoln	NE	00:26:38.61	01:00:12.27	00:28:22.30	8:47	01:55:13.18
1188	774/1785	65/96	4198	Jackson Quevedo	M	17	Lincoln	NE	00:26:42.33	01:00:33.07	00:27:59.83	8:47	01:55:15.23
1189	775/1785	132/276	5185	Michael Bergwell	M	37	Lincoln	NE	00:27:15.47	01:00:00.71	00:28:01.21	8:47	01:55:17.39
1190	415/2922	24/258	974	Christine Tomcak	F	47	Omaha	NE	00:24:33.81	00:59:24.26	00:31:19.61	8:47	01:55:17.69

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1191	416/2922	47/345	5347	Nicole Mundy	F	22	Littleton	CO	00:27:24.17	01:00:19.54	00:27:38.38	8:48	01:55:22.09
1192	776/1785	55/145	5013	J.P. Caruso	M	51	Lincoln	NE	00:26:48.90	01:00:21.58	00:28:12.42	8:48	01:55:22.91
1193	417/2922	48/345	1181	Lindsay Kugel	F	22	Woodbury	MN	00:27:34.56	01:00:30.25	00:27:21.88	8:48	01:55:26.69
1194	418/2922	83/531	483	Jackie Sheets	F	35	Bennington	NE	00:26:14.15	01:00:57.97	00:28:15.24	8:48	01:55:27.37
1195	419/2922	84/531	1270	Elisabeth Pflanz	F	35	Wahoo	NE	00:27:03.69	01:00:34.89	00:27:51.86	8:48	01:55:30.44
1196	420/2922	69/508	2501	Chelby Schlichtman	F	29	Hastings	NE	00:26:57.81	01:00:53.45	00:27:41.53	8:48	01:55:32.80
1197	777/1785	89/215	4838	Matt Semple	M	41	Omaha	NE	00:27:27.20	01:01:25.58	00:26:40.21	8:48	01:55:33.00
1198	421/2922	85/531	2686	Michaela Schleicher	F	36	Lincoln	NE	00:26:59.34	01:01:11.10	00:27:23.22	8:48	01:55:33.67
1199	778/1785	56/145	4066	Michael Evans	M	52	Lincoln	NE	00:26:50.48	01:00:15.27	00:28:28.53	8:48	01:55:34.29
1200	422/2922	15/148	1157	Nancy Scheufele	F	52	Omaha	NE	00:27:07.54	01:00:25.84	00:28:01.65	8:49	01:55:35.05
1201	423/2922	70/508	403	Shelby Tewes	F	25	Omaha	NE	00:26:28.16	01:01:17.27	00:27:50.75	8:49	01:55:36.19
1202	424/2922	71/508	289	Melissa Wadzinski	F	29	Lincoln	NE	00:25:19.56	00:59:54.28	00:30:23.39	8:49	01:55:37.23
1203	425/2922	72/508	291	Marisa Mcclintock	F	28	Elkhorn	NE	00:24:29.34	01:01:51.68	00:29:17.39	8:49	01:55:38.42
1204	426/2922	73/508	2250	Hannah Luber	F	27	Grand Island	NE	00:26:56.96	01:01:19.49	00:27:22.72	8:49	01:55:39.17
1205	779/1785	90/215	4794	Ryan Luedtke	M	40	Lincoln	NE	00:27:32.31	01:01:08.77	00:27:01.16	8:49	01:55:42.24
1206	780/1785	127/253	4662	Rhett Wurst	M	34	Omaha	NE	00:27:26.64	01:00:42.53	00:27:34.07	8:49	01:55:43.24
1207	781/1785	57/145	6404	Jon Dalton	M	53	Lincoln	NE	00:26:17.72	00:59:59.55	00:29:27.90	8:49	01:55:45.17
1208	782/1785	128/253	3546	Ben Taylor	M	32	Lincoln	NE	00:25:14.89	01:00:52.20	00:29:40.35	8:49	01:55:47.44
1209	427/2922	89/454	462	Amy Wagenknecht	F	33	Omaha	NE	00:27:21.48	01:00:43.61	00:27:43.28	8:50	01:55:48.38
1210	783/1785	58/145	6275	Mark Svoboda	M	52	Pender	NE	00:26:37.54	01:01:00.17	00:28:12.13	8:50	01:55:49.85
1211	428/2922	16/148	757	Dorothy Becker	F	52	Greeley	CO	00:27:13.97	00:59:55.94	00:28:40.10	8:50	01:55:50.03
1212	429/2922	86/531	506	Amber Heim	F	39	Valley	NE	00:24:46.93	00:59:54.24	00:31:08.94	8:50	01:55:50.11
1213	430/2922	44/335	435	Molly Erickson	F	40	Omaha	NE	00:26:00.89	01:00:50.34	00:28:59.04	8:50	01:55:50.28
1214	431/2922	74/508	2964	Alexis Mcclure	F	27	Wisner	NE	00:25:44.22	01:00:18.69	00:29:47.69	8:50	01:55:50.61
1215	784/1785	129/253	5447	Brent Bober	M	33	Lincoln	NE	00:27:01.32	01:01:16.90	00:27:33.14	8:50	01:55:51.37
1216	785/1785	65/172	5354	Michael Wilmeth	M	45	Omaha	NE	00:25:07.92	01:01:21.41	00:29:22.17	8:50	01:55:51.51
1217	432/2922	75/508	2622	Alyssa Cochnar	F	25	Dorchester	NE	00:26:51.09	01:01:02.06	00:27:59.30	8:50	01:55:52.45
1218	786/1785	108/260	5850	Lucas Martin	M	25	Lincoln	NE	00:25:23.39	00:59:09.56	00:31:20.35	8:50	01:55:53.31
1219	433/2922	90/454	863	Ali Rae	F	32	Fort Calhoun	NE	00:26:21.10	01:01:02.97	00:28:30.35	8:50	01:55:54.44
1220	787/1785	133/276	4595	Kaj Stauffer	M	37	Lincoln	NE	00:26:38.16	01:00:38.53	00:28:38.08	8:50	01:55:54.78
1221	788/1785	134/276	4903	Benjamin J Loos	M	39	Lincoln	NE	00:27:30.32	01:00:40.92	00:27:46.10	8:50	01:55:57.34
1222	434/2922	87/531	2033	Brooke Koch	F	38	Blue Springs	NE	00:26:56.91	01:01:17.67	00:27:43.32	8:50	01:55:57.92
1223	789/1785	135/276	3619	Jeff Ashelford	M	38	Lincoln	NE	00:27:30.53	01:00:41.05	00:27:46.51	8:50	01:55:58.10
1224	790/1785	136/276	4087	Ryan Norris	M	36	Lincoln	NE	00:27:31.42	01:00:41.04	00:27:46.41	8:50	01:55:58.87
1225	791/1785	137/276	5897	Wade Miller	M	35	Seward	NE	00:25:53.54	00:59:40.51	00:30:24.96	8:50	01:55:59.01

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1226	792/1785	130/253	5326	Jeremy Spale	M	34	Lincoln	NE	00:27:33.23	01:01:08.51	00:27:18.16	8:50	01:55:59.91
1227	435/2922	49/345	3490	Jennifer Keenan	F	23	Omaha	NE	00:25:30.78	01:01:35.97	00:28:53.67	8:50	01:56:00.43
1228	793/1785	86/181	5824	Mitch Fisher	M	20	Lincoln	NE	00:29:32.67	01:01:43.35	00:24:46.36	8:51	01:56:02.38
1229	794/1785	131/253	3627	Tyler Goodrich	M	31	Lincoln	NE	00:26:20.81	01:01:41.21	00:28:00.82	8:51	01:56:02.84
1230	436/2922	17/148	764	Martha Lipson	F	51	Lincoln	NE	00:26:56.55	01:00:51.32	00:28:15.26	8:51	01:56:03.14
1231	795/1785	138/276	4121	Justin Andersson	M	39	Omaha	NE	00:26:08.51	01:00:53.10	00:29:02.00	8:51	01:56:03.62
1232	796/1785	109/260	5145	Connor Aylor	M	25	Lincoln	NE	00:27:11.37	01:01:19.47	00:27:33.08	8:51	01:56:03.92
1233	437/2922	88/531	1622	Cassie Ginapp	F	37	Crete	NE	00:27:49.65	01:01:43.43	00:26:32.21	8:51	01:56:05.30
1234	797/1785	91/215	5589	Michael Reiter	M	41	Cortland	NE	00:26:02.58	01:00:30.63	00:29:34.39	8:51	01:56:07.61
1235	798/1785	59/145	4736	Brian Obermeyer	M	53	Bennington	NE	00:26:50.03	01:01:57.28	00:27:22.51	8:51	01:56:09.82
1236	438/2922	89/531	6272	Lydia Zaragosa	F	36	Omaha	NE	00:26:14.39	01:01:21.96	00:28:34.10	8:51	01:56:10.46
1237	799/1785	66/172	5445	William Stolzenburg	M	48	Lincoln	NE	00:26:21.04	01:00:05.28	00:29:45.35	8:51	01:56:11.68
1238	800/1785	110/260	4748	Matthew Cunningham	M	29	Lincoln	NE	00:25:19.05	00:59:33.77	00:31:20.92	8:51	01:56:13.74
1239	439/2922	91/454	3416	Britany Shaw	F	30	Lincoln	NE	00:27:21.29	00:59:36.27	00:29:16.33	8:51	01:56:13.90
1240	440/2922	18/148	794	Jody Peterson	F	52	Yutan	NE	00:25:37.31	01:00:53.53	00:29:44.17	8:52	01:56:15.01
1241	801/1785	111/260	4795	Zack Hicks	M	28	Lincoln	NE	00:26:57.92	00:58:42.46	00:30:34.68	8:52	01:56:15.06
1242	802/1785	132/253	4255	Benjamin King	M	33	Coralville	IA	00:27:32.90	01:00:29.25	00:28:13.08	8:52	01:56:15.23
1243	441/2922	50/345	1787	Abigail Haworth	F	20	Wheaton	IL	00:27:16.02	01:02:04.06	00:26:57.08	8:52	01:56:17.16
1244	442/2922	76/508	2192	Rachel Lukowski	F	25	Lincoln	NE	00:27:04.04	01:01:07.78	00:28:05.76	8:52	01:56:17.58
1245	803/1785	10/42	3363	Paul Shreve	M	61	Elkhorn	NE	00:25:48.83	00:59:21.42	00:31:08.16	8:52	01:56:18.41
1246	443/2922	77/508	684	Kristen Andersen	F	27	Lincoln	NE	00:26:34.77	01:01:11.86	00:28:32.20	8:52	01:56:18.85
1247	444/2922	51/345	4194	Nicole Legler	F	21	Lincoln	NE	00:27:06.81	01:01:07.05	00:28:05.33	8:52	01:56:19.19
1248	445/2922	45/335	2261	Catherine Nixon	F	41	Lincoln	NE	00:26:39.82	01:00:22.00	00:29:18.10	8:52	01:56:19.93
1249	804/1785	60/145	3939	Trevor Barton	M	52	Omaha	NE	00:25:40.50	01:01:27.12	00:29:12.31	8:52	01:56:19.94
1250	805/1785	92/215	4385	Matthew Goeken	M	40	Lincoln	NE	00:24:36.56	01:01:35.22	00:30:08.55	8:52	01:56:20.34
1251	446/2922	90/531	1320	Sarah Podany	F	37	Elkhorn	NE	00:26:23.57	01:02:01.30	00:27:57.84	8:52	01:56:22.72
1252	447/2922	19/148	1866	Sarah Reiffenberger	F	54	Watertown	SD	00:27:12.68	01:00:52.27	00:28:19.10	8:52	01:56:24.06
1253	448/2922	78/508	2198	Sarah Johnson	F	25	Omaha	NE	00:26:50.36	01:00:04.86	00:29:29.07	8:52	01:56:24.29
1254	806/1785	139/276	5834	Michael Bachman	M	35	Giltner	NE	00:25:50.08	01:00:22.83	00:30:11.50	8:52	01:56:24.42
1255	807/1785	112/260	4854	Jack Sunderman	M	26	Lincoln	NE	00:27:07.75	01:00:06.57	00:29:10.44	8:52	01:56:24.76
1256	449/2922	79/508	6327	Laura Stueck	F	29	Hickman	NE	00:27:27.01	01:01:34.49	00:27:24.09	8:52	01:56:25.59
1257	450/2922	91/531	1593	Lisa Wenzl	F	37	Auburn	NE	00:27:44.60	01:01:01.52	00:27:39.50	8:52	01:56:25.63
1258	451/2922	92/454	1931	Peggy Korth-Cheney	F	32	Denton	NE	00:25:50.82	01:01:17.83	00:29:18.92	8:53	01:56:27.58
1259	452/2922	10/122	711	Carol Vosbeck	F	58	Helena	MT	00:28:05.23	01:01:09.88	00:27:13.21	8:53	01:56:28.33
1260	453/2922	92/531	277	Rachell Rowley	F	35	Lincoln	NE	00:26:22.30	00:59:51.45	00:30:15.75	8:53	01:56:29.51

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1261	454/2922	52/345	634	Kayla Locke	F	24	Malcolm	NE	00:25:52.67	01:00:20.43	00:30:16.83	8:53	01:56:29.93
1262	808/1785	113/260	5829	Michael Lindgren	M	27	Lincoln	NE	00:25:40.89	01:00:08.96	00:30:41.07	8:53	01:56:30.93
1263	455/2922	93/531	2620	Stephanie Widoe	F	35	Lincoln	NE	00:26:12.70	01:01:09.50	00:29:09.32	8:53	01:56:31.53
1264	456/2922	94/531	1763	Jessica Gerdes	F	38	Auburn	NE	00:27:43.55	01:01:02.44	00:27:47.79	8:53	01:56:33.78
1265	457/2922	25/258	325	Michelle Clark	F	46	Omaha	NE	00:24:45.61	01:00:58.54	00:30:50.24	8:53	01:56:34.39
1266	458/2922	80/508	3378	Katie Shalon	F	26	Omaha	NE	00:26:38.54	01:01:43.28	00:28:13.17	8:53	01:56:35.00
1267	459/2922	95/531	2059	Jessica Meyer	F	38	Lytton	IA	00:27:42.29	01:01:05.04	00:27:48.84	8:53	01:56:36.18
1268	809/1785	140/276	5039	Joshua Dorcey	M	36	Seward	NE	00:26:46.48	01:00:58.08	00:28:51.62	8:53	01:56:36.18
1269	460/2922	1/23	328	Bev Janak	F	65	Omaha	NE	00:27:25.64	01:00:58.53	00:28:13.06	8:53	01:56:37.24
1270	461/2922	11/122	2834	Kay Reeves	F	56	Springfield	NE	00:26:10.11	01:00:39.69	00:29:48.20	8:53	01:56:38.01
1271	810/1785	141/276	4380	Aaron Lemke	M	37	Lincoln	NE	00:25:36.55	01:02:32.07	00:28:30.72	8:53	01:56:39.35
1272	462/2922	34/128	346	Corynne Olsen	F	15	Lincoln	NE	00:26:25.42	01:01:11.92	00:29:03.45	8:54	01:56:40.80
1273	811/1785	61/145	6130	Kevin Nielsen	M	54	Oxford	NE	00:27:39.88	01:02:10.09	00:26:53.20	8:54	01:56:43.18
1274	463/2922	26/258	2057	Heather Ruff	F	47	Omaha	NE	00:26:53.19	01:00:21.98	00:29:31.64	8:54	01:56:46.82
1275	464/2922	46/335	349	Beth Ludwig	F	43	Lincoln	NE	00:26:43.57	01:00:53.25	00:29:10.18	8:54	01:56:47.00
1276	812/1785	142/276	5683	Scott Rosenbaugh	M	36	Lincoln	NE	00:26:06.73	01:03:20.50	00:27:19.90	8:54	01:56:47.13
1277	813/1785	133/253	4676	Tyler Newlun	M	33	Lincoln	NE	00:26:10.55	01:00:32.03	00:30:05.42	8:54	01:56:48.00
1278	814/1785	134/253	5501	Brian Ford	M	33	Omaha	NE	00:27:05.26	01:01:19.03	00:28:26.05	8:54	01:56:50.35
1279	465/2922	96/531	1309	Kalli Mustard	F	38	Omaha	NE	00:26:23.57	01:02:01.05	00:28:27.15	8:54	01:56:51.78
1280	466/2922	93/454	6165	Evan Fullmer	F	31	Omaha	NE	00:27:13.90	01:02:18.89	00:27:19.44	8:54	01:56:52.23
1281	815/1785	143/276	6075	Mitchell Stehlik	M	35	Grand Island	NE	00:26:42.54	00:59:45.47	00:30:24.23	8:54	01:56:52.25
1282	467/2922	97/531	2987	Ashley Kennedy	F	35	Lincoln	NE	00:27:07.36	01:01:34.62	00:28:12.09	8:55	01:56:54.08
1283	468/2922	47/335	6435	Niki Eisenmann	F	40	Lincoln	NE	00:27:07.36	01:01:35.03	00:28:11.91	8:55	01:56:54.31
1284	816/1785	93/215	5092	Adam Sellhorn	M	40	Lincoln	NE	00:27:31.80	01:01:45.98	00:27:36.72	8:55	01:56:54.50
1285	817/1785	27/80	5545	Kevin Fields	M	57	Seward	NE	00:26:48.79	01:00:57.16	00:29:08.68	8:55	01:56:54.64
1286	469/2922	94/454	3952	Ashley Fehringer	F	33	Peetz	CO	00:25:44.76	01:01:13.67	00:30:01.88	8:55	01:57:00.31
1287	470/2922	12/122	1699	Christine Steinhauser	F	56	Kearney	NE	00:26:40.30	01:00:52.41	00:29:28.05	8:55	01:57:00.76
1288	471/2922	95/454	594	Emily Dillon	F	32	Arlington	NE	00:26:32.14	01:00:27.51	00:30:02.91	8:55	01:57:02.57
1289	472/2922	98/531	2778	Jenn Kurpgeweit	F	37	Lincoln	NE	00:26:16.06	01:01:40.31	00:29:07.62	8:55	01:57:03.99
1290	473/2922	27/258	618	Dayana Corredor	F	46	Lincoln	NE	00:27:04.04	01:00:25.40	00:29:34.60	8:55	01:57:04.04
1291	818/1785	67/172	4716	Patrick Kelly	M	49	Papillion	NE	00:26:21.97	01:00:57.11	00:29:47.91	8:56	01:57:06.99
1292	819/1785	144/276	4694	Ryan Fellows	M	38	Omaha	NE	00:25:15.76	01:01:56.18	00:29:55.91	8:56	01:57:07.85
1293	820/1785	62/145	4791	Tim Borchers	M	50	Nebraska City	NE	00:27:05.69	01:01:32.28	00:28:29.92	8:56	01:57:07.90
1294	474/2922	99/531	776	Brynn Mahnke	F	36	Omaha	NE	00:27:46.94	01:01:49.35	00:27:32.51	8:56	01:57:08.81
1295	821/1785	66/96	4599	Andrew Ruder	M	19	Lincoln	NE	00:26:03.76	01:02:14.41	00:28:51.92	8:56	01:57:10.10

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1296	475/2922	53/345	3985	Janey Malcolm	F	24	Lincoln	NE	00:26:57.84	01:00:26.57	00:29:46.01	8:56	01:57:10.42
1297	822/1785	63/145	4991	Terry Malcolm	M	54	Falls City	NE	00:26:57.86	01:00:26.74	00:29:46.01	8:56	01:57:10.62
1298	823/1785	135/253	4387	Cody Parker	M	33	Lincoln	NE	00:27:19.53	01:02:11.54	00:27:40.71	8:56	01:57:11.79
1299	824/1785	64/145	3922	John Findley	M	50	Lincoln	NE	00:29:40.84	01:01:04.61	00:26:26.37	8:56	01:57:11.82
1300	476/2922	96/454	643	Ashley Johnson	F	30	Lincoln	NE	00:27:24.70	01:01:52.32	00:27:55.73	8:56	01:57:12.76
1301	477/2922	81/508	6414	Jordan Brink	F	25	Omaha	NE	00:26:36.23	01:01:59.58	00:28:37.14	8:56	01:57:12.96
1302	825/1785	114/260	5705	Connor Shields	M	26	Fort Calhoun	NE	00:25:51.85	01:01:23.67	00:30:00.80	8:56	01:57:16.34
1303	478/2922	82/508	2163	Justine Sebade	F	25	Emerson	NE	00:26:39.92	01:01:59.76	00:28:37.24	8:56	01:57:16.93
1304	479/2922	83/508	6315	Nika Zuerlein	F	28	Omaha	NE	00:27:01.17	01:01:19.61	00:28:56.19	8:56	01:57:16.98
1305	826/1785	94/215	5437	David Beatty	M	41	Lincoln	NE	00:27:16.30	01:01:23.54	00:28:38.62	8:56	01:57:18.47
1306	827/1785	95/215	4680	Bret Maydew	M	41	Platte	SD	00:26:09.08	01:01:53.39	00:29:16.44	8:56	01:57:18.91
1307	828/1785	136/253	3607	Paul Bauer	M	32	Lincoln	NE	00:27:41.19	01:01:37.72	00:28:01.25	8:57	01:57:20.16
1308	480/2922	20/148	3742	Shelly Haller	F	51	Ceresco	NE	00:26:43.79	01:00:08.28	00:30:28.18	8:57	01:57:20.25
1309	829/1785	28/80	3708	T J Novak	M	59	Lincoln	NE	00:26:55.53	01:02:05.26	00:28:20.04	8:57	01:57:20.84
1310	830/1785	65/145	6438	Shane Keller	M	50	Water;pp	NE	00:26:05.53	01:02:41.85	00:28:33.45	8:57	01:57:20.84
1311	831/1785	145/276	4788	Tom Randa	M	38	Lincoln	NE	00:25:06.70	01:01:37.17	00:30:36.99	8:57	01:57:20.86
1312	481/2922	13/122	6426	Susan Smisek	F	59	Omaha	NE	00:26:05.70	01:02:42.26	00:28:33.12	8:57	01:57:21.09
1313	832/1785	68/172	6388	Mike McCormick	M	49	Lincoln	NE	00:26:31.81	01:00:34.26	00:30:15.32	8:57	01:57:21.40
1314	482/2922	97/454	930	Amanda Wilson	F	30	Omaha	NE	00:25:52.80	01:02:20.53	00:29:08.41	8:57	01:57:21.74
1315	483/2922	100/531	1189	Kim Keller	F	39	Lincoln	NE	00:26:34.04	01:00:46.25	00:30:01.91	8:57	01:57:22.21
1316	833/1785	69/172	6407	Mike Martin	M	45	Lincoln	NE	00:26:13.59	01:01:49.16	00:29:19.70	8:57	01:57:22.46
1317	834/1785	115/260	5094	Bryce Berg	M	26	Lincoln	NE	00:29:14.76	01:00:41.34	00:27:26.79	8:57	01:57:22.90
1318	484/2922	48/335	3004	Jessica Bauer	F	43	Omaha	NE	00:26:05.37	01:01:45.59	00:29:34.00	8:57	01:57:24.97
1319	835/1785	87/181	5802	Ryan Ochsner	M	21	Saronville	NE	00:27:14.27	01:00:46.21	00:29:25.06	8:57	01:57:25.55
1320	836/1785	96/215	7114	Aaron Mittelstet	M	42	Lincoln	NE	00:26:38.05	01:00:58.72	00:29:50.24	8:57	01:57:27.01
1321	837/1785	70/172	5082	Francisco Souto	M	46	Lincoln	NE	00:27:03.43	01:00:33.54	00:29:50.68	8:57	01:57:27.65
1322	485/2922	28/258	1963	Johanna Barnes	F	45	Wayne	NE	00:27:43.11	01:01:57.72	00:27:47.88	8:57	01:57:28.71
1323	486/2922	29/258	142	Linda Kramer	F	47	Stapleton	NE	00:26:10.35	01:00:55.65	00:30:23.25	8:57	01:57:29.25
1324	838/1785	97/215	6252	Matt Schulte	M	40	Lincoln	NE	00:27:46.83	01:02:50.15	00:26:52.71	8:57	01:57:29.69
1325	487/2922	98/454	576	Melissa Gronseth	F	32	Sioux Falls	SD	00:29:25.24	01:00:48.09	00:27:16.58	8:57	01:57:29.91
1326	839/1785	116/260	6125	Kaleb Vig	M	25	Apple Valley	MN	00:28:53.35	01:01:35.79	00:27:01.11	8:57	01:57:30.26
1327	840/1785	117/260	6517	Tyler Mueller	M	29	Glenwood	IA	00:27:10.97	01:01:48.78	00:28:30.57	8:57	01:57:30.33
1328	488/2922	84/508	3362	Katie Kudron	F	27	Lincoln	NE	00:26:43.09	01:01:02.82	00:29:48.38	8:58	01:57:34.30
1329	489/2922	49/335	2619	Julie Mcnaughton	F	43	Lincoln	NE	00:27:37.73	01:02:11.20	00:27:46.40	8:58	01:57:35.33
1330	841/1785	98/215	6235	Jack Sheard	M	41	Grand Island	NE	00:27:20.66	01:00:52.46	00:29:22.62	8:58	01:57:35.74

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1331	490/2922	50/335	290	Sarah White	F	40	Leavenworth	KS	00:27:35.75	01:01:47.61	00:28:12.52	8:58	01:57:35.89
1332	491/2922	85/508	1359	Whitney Dam	F	28	Hooper	NE	00:25:38.98	01:02:45.57	00:29:11.35	8:58	01:57:35.91
1333	842/1785	99/215	5100	Jeremy Lavene	M	42	Lincoln	NE	00:24:32.89	01:00:48.03	00:32:16.94	8:58	01:57:37.86
1334	492/2922	101/531	1388	Kari Bruns	F	37	Madison	SD	00:25:34.62	01:02:09.22	00:29:54.74	8:58	01:57:38.59
1335	843/1785	118/260	4876	Ben Reimer	M	27	Omaha	NE	00:27:24.17	01:01:53.91	00:28:20.63	8:58	01:57:38.72
1336	844/1785	137/253	5046	Shawn Adamek	M	32	Lincoln	NE	00:27:05.58	01:00:34.25	00:30:00.86	8:58	01:57:40.70
1337	845/1785	146/276	4964	Jeremy Dugger	M	38	Madrid	IA	00:28:57.41	00:59:54.00	00:28:49.38	8:58	01:57:40.80
1338	846/1785	138/253	4043	Wycliffe Tinaga	M	32	Lincoln	NE	00:26:21.04	01:02:54.30	00:28:25.51	8:58	01:57:40.85
1339	847/1785	71/172	3684	Li Tan	M	47	Lincoln	NE	00:27:33.84	01:00:29.86	00:29:37.54	8:58	01:57:41.25
1340	493/2922	86/508	912	Jenny Vestle	F	25	Omaha	NE	00:26:17.40	01:02:03.26	00:29:20.84	8:58	01:57:41.50
1341	494/2922	99/454	2133	Whitney Cyr	F	32	Omaha	NE	00:26:34.78	01:01:27.03	00:29:40.42	8:58	01:57:42.24
1342	848/1785	88/181	6558	Jeyson Martinez	M	22	Lincoln	NE	00:26:29.08	01:01:25.06	00:29:48.64	8:58	01:57:42.78
1343	849/1785	147/276	3566	Joseph Kramer	M	35	Omaha	NE	00:26:37.19	01:01:44.97	00:29:20.88	8:58	01:57:43.05
1344	495/2922	100/454	1339	Andrea Luedtke	F	34	Lincoln	NE	00:27:33.08	01:01:14.32	00:28:56.77	8:58	01:57:44.17
1345	850/1785	148/276	3989	Andrew Eckerson	M	35	Lincoln	NE	00:25:59.99	01:02:01.16	00:29:43.18	8:58	01:57:44.33
1346	496/2922	101/454	1816	Faith Towle	F	32	Seward	NE	00:26:37.69	01:01:26.96	00:29:40.52	8:58	01:57:45.18
1347	851/1785	149/276	4659	Derek Contreras	M	37	Gretna	NE	00:26:14.52	01:01:14.03	00:30:17.43	8:59	01:57:45.99
1348	852/1785	139/253	5769	Andrew Miller	M	34	Lincoln	NE	00:26:56.79	01:01:17.88	00:29:31.57	8:59	01:57:46.25
1349	853/1785	11/42	5523	Pat Donahue	M	62	Lincoln	NE	00:26:43.66	01:02:05.91	00:28:57.29	8:59	01:57:46.86
1350	854/1785	67/96	4918	Jack Jakub	M	19	Bruno	NE	00:29:08.81	00:58:51.64	00:29:48.02	8:59	01:57:48.48
1351	497/2922	102/531	410	Stephanie Huddle	F	39	Lincoln	NE	00:27:25.04	01:02:20.04	00:28:03.91	8:59	01:57:48.99
1352	498/2922	102/454	3447	Emily Zurcher	F	30	Lincoln	NE	00:27:12.10	01:01:38.49	00:29:01.73	8:59	01:57:52.32
1353	499/2922	103/531	2082	Michelle Kildare	F	37	Lincoln	NE	00:27:44.96	01:02:33.04	00:27:34.66	8:59	01:57:52.67
1354	855/1785	72/172	4880	Brian Harter	M	45	Lincoln	NE	00:27:27.89	01:02:20.06	00:28:05.07	8:59	01:57:53.03
1355	856/1785	140/253	3614	Alex Hook	M	34	Omaha	NE	00:27:29.98	01:02:43.72	00:27:39.65	8:59	01:57:53.37
1356	500/2922	51/335	668	Carrie Watson	F	42	Missouri Valley	IA	00:25:13.59	01:01:24.77	00:31:15.34	8:59	01:57:53.71
1357	501/2922	104/531	1257	Katie Mlady	F	35	Lincoln	NE	00:28:53.05	01:00:56.34	00:28:04.42	8:59	01:57:53.82
1358	502/2922	105/531	245	Mary Clare Sweet	F	36	Omaha	NE	00:27:30.39	01:02:43.69	00:27:39.89	8:59	01:57:53.97
1359	503/2922	87/508	5318	Carly Love	F	29	Columbia	MO	00:27:31.82	01:02:57.93	00:27:25.17	8:59	01:57:54.92
1360	504/2922	54/345	1433	Darcy Barry	F	24	Weston	NE	00:27:20.54	01:02:16.33	00:28:18.17	8:59	01:57:55.05
1361	505/2922	88/508	1507	Brooke Peterson	F	25	Genoa	NE	00:27:21.06	01:02:15.86	00:28:18.33	8:59	01:57:55.25
1362	506/2922	106/531	2608	Kristin Kremer	F	37	Papillion	NE	00:26:47.34	01:01:09.18	00:29:59.00	8:59	01:57:55.53
1363	857/1785	89/181	5397	Matthew Morton	M	21	Nehawka	NE	00:26:36.65	01:02:04.39	00:29:15.64	8:59	01:57:56.68
1364	507/2922	107/531	2387	Kellie Smith	F	36	Derby	KS	00:27:42.80	01:01:58.31	00:28:15.93	8:59	01:57:57.05
1365	508/2922	52/335	2374	Ashley Miller	F	42	Valley Center	KS	00:27:43.37	01:01:58.21	00:28:15.68	8:59	01:57:57.26

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1366	509/2922	2/41	193	Kristine Story	F	60	Omaha	NE	00:27:22.45	01:01:34.16	00:29:01.08	8:59	01:57:57.70
1367	510/2922	103/454	2126	Ashton Thorell	F	33	Loomis	NE	00:26:48.80	01:02:00.59	00:29:09.67	9:00	01:57:59.07
1368	511/2922	3/41	163	Therese Liegl	F	61	Lincoln	NE	00:26:52.10	01:01:35.48	00:29:32.92	9:00	01:58:00.50
1369	512/2922	30/258	1707	Taylor Biehl	F	48	Fairbury	NE	00:27:34.22	01:01:34.16	00:28:52.47	9:00	01:58:00.85
1370	858/1785	100/215	5970	James Wentz Jr	M	42	Andover	KS	00:27:54.26	01:01:38.59	00:28:28.78	9:00	01:58:01.64
1371	513/2922	35/128	6213	Kennedy Filbrandt	F	16	Lincoln	NE	00:25:26.82	01:03:08.96	00:29:26.68	9:00	01:58:02.47
1372	859/1785	29/80	4907	Jerry Pape	M	57	Lincoln	NE	00:25:27.20	01:00:46.71	00:31:49.01	9:00	01:58:02.92
1373	860/1785	66/145	4002	Kevin Beattie	M	51	Lincoln	NE	00:28:07.09	01:00:56.47	00:29:00.03	9:00	01:58:03.59
1374	514/2922	53/335	5181	Alicia Fries	F	41	Lincoln	NE	00:27:51.82	01:02:09.20	00:28:03.26	9:00	01:58:04.29
1375	515/2922	89/508	1761	Rachel Hitz	F	25	York	NE	00:27:02.14	01:01:26.93	00:29:36.45	9:00	01:58:05.53
1376	861/1785	90/181	5790	Grant Bednar	M	23	Lincoln	NE	00:27:15.25	01:02:21.03	00:28:30.60	9:00	01:58:06.88
1377	862/1785	30/80	5478	Steve Merkel	M	58	Omaha	NE	00:26:26.79	01:01:30.96	00:30:09.75	9:00	01:58:07.51
1378	863/1785	31/80	3681	Russ Sladky	M	55	Cedar Creek	NE	00:26:26.60	01:01:30.95	00:30:10.13	9:00	01:58:07.68
1379	516/2922	31/258	2744	Monica Carrell	F	48	Omaha	NE	00:26:21.73	01:02:38.32	00:29:08.21	9:00	01:58:08.26
1380	517/2922	54/335	817	Maria Munoz	F	42	Omaha	NE	00:27:40.31	01:01:43.88	00:28:44.08	9:00	01:58:08.27
1381	864/1785	141/253	6546	Daniel Walkemeyer	M	31	Norfolk	VA	00:25:28.79	01:01:04.93	00:31:35.57	9:00	01:58:09.30
1382	518/2922	90/508	534	Meredith Kuczora	F	25	Omaha	NE	00:26:41.72	01:03:19.42	00:28:08.54	9:00	01:58:09.69
1383	519/2922	36/128	1393	Madison Schwarzenbach	F	17	Eagle	NE	00:25:02.67	01:03:59.66	00:29:10.85	9:01	01:58:13.18
1384	520/2922	108/531	2771	Danielle Wells	F	36	Norfolk	NE	00:28:02.16	01:02:16.03	00:27:55.09	9:01	01:58:13.28
1385	521/2922	104/454	2130	Heather Mcquillan	F	34	Holdrege	NE	00:26:47.58	01:02:06.30	00:29:19.90	9:01	01:58:13.79
1386	865/1785	119/260	5258	Jake Rich	M	28	Hadar	NE	00:28:02.90	01:02:15.53	00:27:55.44	9:01	01:58:13.88
1387	866/1785	67/145	5299	Toby Sandal	M	54	Sioux City	IA	00:27:53.65	01:02:03.76	00:28:17.66	9:01	01:58:15.07
1388	867/1785	73/172	6603	Steve Oberdin	M	48	Omaha	NE	00:27:56.06	01:01:46.20	00:28:32.95	9:01	01:58:15.22
1389	868/1785	32/80	6534	Lawrence Taber	M	56	Stafford	VA	00:26:04.07	01:01:30.83	00:30:40.43	9:01	01:58:15.34
1390	522/2922	109/531	808	Whitney Gibson	F	39	Lincoln	NE	00:26:43.44	01:00:52.76	00:30:39.64	9:01	01:58:15.85
1391	523/2922	55/345	6148	Lucy Long	F	23	Grand Island	NE	00:26:43.76	01:02:20.89	00:29:11.46	9:01	01:58:16.11
1392	524/2922	91/508	6473	Junela Mahusay	F	28	Lincoln	NE	00:27:01.25	01:01:16.09	00:29:59.41	9:01	01:58:16.75
1393	869/1785	68/145	5874	Tom Kuzala	M	54	Gretna	NE	00:26:57.11	01:02:10.13	00:29:09.77	9:01	01:58:17.02
1394	870/1785	69/145	6599	Matt Buckwalter	M	52	Lincoln	NE	00:26:51.19	01:01:30.37	00:29:56.73	9:01	01:58:18.31
1395	525/2922	110/531	2903	Becky Corman	F	38	Brisgeport	NE	00:27:08.05	01:02:33.94	00:28:40.51	9:01	01:58:22.51
1396	526/2922	56/345	1629	Hailey Lehms	F	22	Lincoln	NE	00:26:31.22	01:02:03.79	00:29:48.14	9:01	01:58:23.15
1397	527/2922	111/531	2194	Rebecca Boellstorff	F	36	Lincoln	NE	00:23:58.58	01:02:10.58	00:32:14.50	9:01	01:58:23.68
1398	528/2922	105/454	3432	Krishna Bezwada	F	31	Omaha	NE	00:26:30.02	01:00:02.45	00:31:51.69	9:01	01:58:24.17
1399	529/2922	37/128	2170	Emma Mays	F	19	Lincoln	NE	00:27:02.87	01:02:04.26	00:29:17.45	9:01	01:58:24.58
1400	871/1785	91/181	5771	Christian Miller	M	23	Minatare	NE	00:25:00.57	01:02:00.59	00:31:24.67	9:02	01:58:25.84



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1401	530/2922	112/531	4326	Abbie Soneson	F	35	Holdrege	NE	00:26:47.57	01:02:06.51	00:29:32.10	9:02	01:58:26.19
1402	872/1785	150/276	3609	Bryan Seck	M	38	Lincoln	NE	00:28:45.01	01:03:03.12	00:26:40.62	9:02	01:58:28.76
1403	531/2922	92/508	3436	Amy Froeschl	F	27	Omaha	NE	00:28:16.03	01:02:01.14	00:28:14.92	9:02	01:58:32.10
1404	873/1785	92/181	4643	Patrick Morrow	M	24	Lincoln	NE	00:27:32.05	01:01:16.19	00:29:45.25	9:02	01:58:33.50
1405	532/2922	55/335	2345	Mindy Herzog	F	40	Council Bluffs	IA	00:25:53.21	01:02:04.52	00:30:36.27	9:02	01:58:34.01
1406	533/2922	113/531	722	Anna Jordan	F	36	Lincoln	NE	00:25:56.30	01:02:20.95	00:30:16.92	9:02	01:58:34.18
1407	534/2922	93/508	559	Kaila Meals	F	28	Lincoln	NE	00:26:55.60	01:01:41.07	00:29:57.63	9:02	01:58:34.30
1408	535/2922	106/454	570	Cortney Denker	F	31	Lincoln	NE	00:26:31.03	01:02:03.90	00:29:59.57	9:02	01:58:34.51
1409	874/1785	93/181	5847	Reese Hogue	M	24	Columbus	NE	00:27:47.05	01:02:37.10	00:28:11.10	9:02	01:58:35.26
1410	536/2922	56/335	3144	Kari Gibbons	F	40	Minneapolis	MN	00:28:24.47	01:02:52.59	00:27:19.51	9:02	01:58:36.57
1411	875/1785	74/172	6173	Greg Tiemann	M	48	Omaha	NE	00:25:28.60	01:00:56.22	00:32:13.64	9:03	01:58:38.48
1412	876/1785	101/215	6432	Tim Weinreich	M	41	Elkhorn	NE	00:27:20.41	00:59:52.03	00:31:26.41	9:03	01:58:38.86
1413	877/1785	75/172	4336	Marc Wharton	M	45	Omaha	NE	00:25:51.69	01:00:50.35	00:31:58.82	9:03	01:58:40.87
1414	537/2922	107/454	3951	Lacey Russell	F	33	Sidney	NE	00:25:44.75	01:01:13.68	00:31:42.63	9:03	01:58:41.06
1415	538/2922	94/508	224	Elizabeth Tiffany	F	26	Omaha	NE	00:28:19.84	01:01:53.28	00:28:29.12	9:03	01:58:42.25
1416	539/2922	21/148	1158	Megan Berry Barlow	F	50	Weeping Water	NE	00:27:39.83	01:02:01.76	00:29:01.51	9:03	01:58:43.11
1417	878/1785	120/260	4932	Andre Orduna	M	26	Lincoln	NE	00:27:11.73	01:01:33.06	00:29:58.50	9:03	01:58:43.29
1418	879/1785	142/253	5761	Dan Zieg	M	34	Bennet	NE	00:27:16.72	01:02:56.57	00:28:31.17	9:03	01:58:44.47
1419	540/2922	57/335	3880	Nicole Wentz	F	41	Andover	KS	00:27:27.23	01:01:41.50	00:29:36.07	9:03	01:58:44.81
1420	541/2922	58/335	370	Bridget Weisz	F	43	Sioux Falls	SD	00:26:36.08	01:02:01.85	00:30:07.05	9:03	01:58:44.98
1421	542/2922	22/148	1695	Jennifer Burke	F	50	Lincoln	NE	00:26:26.80	01:02:06.84	00:30:13.06	9:03	01:58:46.71
1422	543/2922	108/454	3477	Amber Malcolm	F	32	Bridgeport	NE	00:27:08.25	01:02:34.15	00:29:05.97	9:03	01:58:48.37
1423	880/1785	121/260	5089	Nathan Franz	M	25	Lincoln	WI	00:26:26.22	01:02:09.44	00:30:13.14	9:03	01:58:48.80
1424	544/2922	109/454	6211	Tana Phelps	F	31	Omaha	NE	00:26:19.11	01:03:06.71	00:29:23.15	9:03	01:58:48.98
1425	545/2922	110/454	529	Meghan Sullivan	F	33	Omaha	NE	00:26:19.07	01:03:07.29	00:29:23.42	9:03	01:58:49.78
1426	546/2922	32/258	719	Jori Newell	F	45	Eagle	NE	00:27:09.84	01:02:38.98	00:29:02.28	9:03	01:58:51.11
1427	547/2922	114/531	2717	Shawna Schildt	F	39	Eagle	NE	00:27:10.24	01:02:38.64	00:29:02.35	9:03	01:58:51.24
1428	881/1785	143/253	5577	Jon Pieper	M	31	Lincoln	NE	00:28:26.80	01:01:40.64	00:28:43.97	9:04	01:58:51.41
1429	548/2922	111/454	1952	Kristy Hirschman	F	33	Grand Island	NE	00:28:18.82	01:02:07.20	00:28:26.64	9:04	01:58:52.68
1430	549/2922	14/122	988	Cathy Breinig	F	59	Hastings	NE	00:26:44.82	01:01:14.78	00:30:53.25	9:04	01:58:52.86
1431	550/2922	115/531	604	Lyndsey Harms	F	36	Hickman	NE	00:26:55.80	01:01:40.87	00:30:17.63	9:04	01:58:54.30
1432	882/1785	144/253	5915	Kyle Hilger	M	30	Lincoln	NE	00:27:21.12	01:00:46.41	00:30:47.08	9:04	01:58:54.61
1433	551/2922	57/345	5898	Riley Young	F	20	Lincoln	NE	00:30:14.76	01:01:24.64	00:27:16.48	9:04	01:58:55.89
1434	883/1785	145/253	4774	Travis Geist	M	31	Lincoln	NE	00:27:31.20	01:02:26.53	00:28:58.78	9:04	01:58:56.51
1435	552/2922	112/454	1002	Kati Miller	F	34	Lincoln	NE	00:27:22.64	01:03:23.31	00:28:10.81	9:04	01:58:56.77

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1436	884/1785	151/276	4832	Bradley Miser	M	38	Omaha	NE	00:24:26.81	00:58:52.94	00:35:37.35	9:04	01:58:57.11
1437	553/2922	33/258	758	Alison Holloran	F	47	Fort Collins	CO	00:28:15.14	01:02:01.28	00:28:41.93	9:04	01:58:58.37
1438	554/2922	38/128	4098	Hannah Moravec	F	18	David City	NE	00:27:00.76	01:01:18.81	00:30:40.17	9:04	01:58:59.74
1439	885/1785	102/215	4181	Ryan Roberts	M	41	Waterloo	NE	00:27:12.17	01:02:06.67	00:29:42.42	9:04	01:59:01.27
1440	555/2922	116/531	1467	Laura Forster	F	38	Papillion	NE	00:25:56.83	01:01:19.53	00:31:45.68	9:04	01:59:02.04
1441	556/2922	117/531	396	Andrea Davis	F	38	Lincoln	NE	00:27:13.19	01:02:07.28	00:29:41.58	9:04	01:59:02.06
1442	557/2922	118/531	738	Julia Disburg	F	35	Sioux Falls	SD	00:28:33.08	01:02:38.48	00:27:51.22	9:04	01:59:02.79
1443	558/2922	34/258	1907	Beatriz Wieseman	F	46	Omaha	NE	00:27:16.51	01:02:45.68	00:29:02.14	9:04	01:59:04.34
1444	559/2922	95/508	4712	Cicely Batie	F	26	Lincoln	NE	00:27:07.42	01:01:58.31	00:29:59.34	9:05	01:59:05.07
1445	560/2922	59/335	6347	Tara Boje	F	42	Omaha	NE	00:28:34.24	01:02:35.85	00:27:55.37	9:05	01:59:05.46
1446	886/1785	33/80	5260	Charles Arnold	M	55	Monument	CO	00:28:16.45	01:02:05.37	00:28:44.42	9:05	01:59:06.24
1447	561/2922	60/335	3634	Janna Mashek	F	43	Gibbon	NE	00:27:56.23	01:03:11.24	00:27:59.72	9:05	01:59:07.20
1448	887/1785	152/276	6039	Justin Hohn	M	37	West Des Moines	IA	00:27:13.61	01:01:12.97	00:30:40.83	9:05	01:59:07.42
1449	562/2922	113/454	124	Reyna Carbajal	F	30	Lincoln	NE	00:26:31.56	01:02:55.31	00:29:40.69	9:05	01:59:07.57
1450	563/2922	35/258	2434	Dawn Sherlock	F	46	Lincoln	NE	00:27:21.00	01:02:53.80	00:28:52.99	9:05	01:59:07.79
1451	564/2922	15/122	176	Kim Cheney	F	55	Bennet	NE	00:27:18.96	01:02:59.08	00:28:50.23	9:05	01:59:08.28
1452	888/1785	103/215	5247	Greg Wittmeier	M	42	Papillion	NE	00:27:15.42	01:01:13.17	00:30:40.78	9:05	01:59:09.37
1453	565/2922	114/454	3237	Allison Hinesley	F	34	Lincoln	NE	00:27:44.41	01:02:33.46	00:28:51.69	9:05	01:59:09.57
1454	566/2922	16/122	1103	Joanie Dergan	F	58	Omaha	NE	00:30:11.86	01:00:53.33	00:28:04.51	9:05	01:59:09.71
1455	889/1785	68/96	5304	William Bolay	M	16	Omaha	NE	00:27:42.04	01:01:50.76	00:29:37.48	9:05	01:59:10.28
1456	890/1785	104/215	5839	Anthony Long	M	42	Fort Smith	AR	00:27:11.04	01:02:35.60	00:29:23.69	9:05	01:59:10.34
1457	567/2922	36/258	2199	Michelle Sinsel	F	49	Ainsworth	NE	00:27:24.92	01:03:19.04	00:28:27.00	9:05	01:59:10.96
1458	891/1785	105/215	5452	Joseph Zimmerle	M	41	Lincoln	NE	00:26:22.36	01:02:48.69	00:30:00.02	9:05	01:59:11.07
1459	568/2922	96/508	2127	Amanda Forgey	F	29	Lincoln	NE	00:27:33.77	01:02:31.18	00:29:06.18	9:05	01:59:11.14
1460	569/2922	61/335	1161	Danielle Runnebaum	F	40	Lincoln	NE	00:28:20.91	01:02:32.99	00:28:17.37	9:05	01:59:11.28
1461	570/2922	97/508	880	Tricia Anderson	F	28	Omaha	NE	00:27:37.44	01:03:14.90	00:28:20.04	9:05	01:59:12.38
1462	571/2922	98/508	902	Janessa Ambrose	F	26	Hastings	NE	00:27:04.72	01:03:11.81	00:28:56.08	9:05	01:59:12.62
1463	572/2922	58/345	3095	Elise Wordekemper	F	23	Omaha	NE	00:27:17.29	01:01:58.17	00:29:57.21	9:05	01:59:12.67
1464	892/1785	146/253	5393	Chad Anderson	M	30	Omaha	NE	00:27:36.85	01:03:14.60	00:28:21.96	9:05	01:59:13.41
1465	573/2922	39/128	6563	Abigail Baack	F	17	Seward	NE	00:26:56.56	01:03:02.03	00:29:15.18	9:05	01:59:13.77
1466	574/2922	59/345	304	Sarah Houston	F	24	Elkhorn	NE	00:27:48.02	01:02:43.88	00:28:43.27	9:05	01:59:15.17
1467	575/2922	115/454	3574	Alicia Buller	F	32	Lincoln	NE	00:27:49.18	01:02:46.52	00:28:39.65	9:05	01:59:15.36
1468	893/1785	147/253	4955	David Mabie	M	34	Lincoln	NE	00:27:56.31	01:02:30.75	00:28:49.10	9:05	01:59:16.17
1469	576/2922	17/122	1097	Kimberly Higgins-Mormann	F	55	Elkhorn	NE	00:29:15.38	01:01:44.54	00:28:17.81	9:06	01:59:17.73
1470	577/2922	116/454	3878	Paige Mcardle	F	30	Omaha	NE	00:28:08.44	01:03:11.08	00:28:00.48	9:06	01:59:20.00

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1471	894/1785	12/42	4772	Dale Rasmussen	M	64	Ceresco	NE	00:26:08.74	01:01:12.08	00:31:59.67	9:06	01:59:20.50
1472	895/1785	122/260	5417	Ryan Ambrose	M	26	Hastings	NE	00:27:03.52	01:03:11.58	00:29:07.36	9:06	01:59:22.47
1473	578/2922	119/531	6155	Belinda Chaplin	F	37	Broken Bow	NE	00:27:37.07	01:03:24.29	00:28:22.32	9:06	01:59:23.68
1474	896/1785	106/215	4637	Sean Stanek	M	40	Nebraska City	NE	00:27:56.96	01:01:03.35	00:30:24.18	9:06	01:59:24.50
1475	897/1785	123/260	6624	Kyoji Hirao	M	26	Lincoln	NE	00:29:20.05	01:01:50.71	00:28:15.76	9:06	01:59:26.53
1476	579/2922	99/508	6271	Kersten Hanson	F	25	Bennington	NE	00:24:49.00	01:02:14.57	00:32:23.39	9:06	01:59:26.96
1477	898/1785	148/253	4432	Ben McGill	M	31	Omaha	NE	00:29:13.34	01:02:03.18	00:28:10.66	9:06	01:59:27.19
1478	580/2922	100/508	159	Madison Paff	F	28	Tega Cay	SC	00:28:10.86	01:03:10.49	00:28:06.69	9:06	01:59:28.05
1479	899/1785	124/260	3385	Jordan Warner	M	27	Tega Cay	SC	00:28:10.85	01:03:10.49	00:28:06.94	9:06	01:59:28.29
1480	581/2922	101/508	3384	Phoebe Jordan	F	25	Madison	WI	00:28:09.78	01:03:11.12	00:28:07.57	9:06	01:59:28.48
1481	900/1785	125/260	4160	Max Taylor	M	27	Lincoln	NE	00:27:50.16	01:03:33.62	00:28:04.92	9:06	01:59:28.71
1482	582/2922	3/19	2035	Taylor Koch	F	14	Blue Springs	NE	00:26:57.06	01:02:30.76	00:30:02.10	9:06	01:59:29.92
1483	583/2922	102/508	887	Kelsey Mccoy	F	25	Lincoln	NE	00:27:57.17	01:02:38.90	00:28:55.59	9:07	01:59:31.67
1484	584/2922	62/335	428	Lindsay Garlock	F	43	Lincoln	NE	00:26:03.81	01:02:30.43	00:30:59.18	9:07	01:59:33.43
1485	585/2922	60/345	2808	Mckenzie Brown	F	24	Wood River	NE	00:26:45.42	01:02:29.90	00:30:18.56	9:07	01:59:33.89
1486	901/1785	153/276	121	Andrew Scheef	M	35	Moundridge	KS	00:26:43.16	01:01:33.27	00:31:17.72	9:07	01:59:34.15
1487	586/2922	120/531	2319	Kristi Kava	F	38	Omaha	NE	00:26:21.14	01:02:14.20	00:30:58.91	9:07	01:59:34.25
1488	587/2922	61/345	1801	Sarah Endacott	F	23	Lincoln	NE	00:27:27.08	01:03:13.84	00:28:53.34	9:07	01:59:34.26
1489	588/2922	121/531	3751	Andrea Simpson	F	36	Grand Island	NE	00:29:17.82	01:03:14.51	00:27:03.10	9:07	01:59:35.44
1490	589/2922	122/531	2734	Erin Huber	F	37	Omaha	NE	00:30:17.21	01:02:08.64	00:27:10.17	9:07	01:59:36.03
1491	590/2922	23/148	131	Jenny Kuhl	F	51	Omaha	NE	00:26:51.23	01:01:15.95	00:31:29.08	9:07	01:59:36.26
1492	591/2922	63/335	2441	Anita Murnane	F	44	Papillion	NE	00:27:55.52	01:03:17.81	00:28:23.59	9:07	01:59:36.92
1493	592/2922	103/508	1733	Carley Baird	F	28	Omaha	NE	00:30:18.32	01:02:08.61	00:27:10.05	9:07	01:59:36.98
1494	902/1785	154/276	5625	Benjamin Stacy	M	36	Omaha	NE	00:25:52.14	01:00:34.41	00:33:12.00	9:07	01:59:38.56
1495	593/2922	2/23	215	Deb Grotrian	F	65	Johnson	NE	00:27:15.85	01:01:50.13	00:30:33.77	9:07	01:59:39.76
1496	594/2922	117/454	670	Danielle Parrish	F	33	Waverly	NE	00:26:36.89	01:02:34.22	00:30:28.72	9:07	01:59:39.84
1497	595/2922	64/335	2018	Naxiely Ruiz	F	40	Clay Center	NE	00:26:27.10	01:03:06.22	00:30:09.62	9:07	01:59:42.95
1498	903/1785	34/80	4350	Mike Nielsen	M	56	Springfield	NE	00:27:36.05	01:03:14.89	00:28:53.80	9:08	01:59:44.75
1499	596/2922	37/258	335	Catherine Ferguson	F	46	Lincoln	NE	00:28:19.50	01:02:20.80	00:29:05.36	9:08	01:59:45.67
1500	597/2922	38/258	1120	Brenda Steinhauser	F	49	Grand Island	NE	00:28:43.26	01:02:45.79	00:28:17.46	9:08	01:59:46.52
1501	904/1785	149/253	5642	Nathan Lee	M	31	Lincoln	NE	00:29:09.73	01:01:03.09	00:29:35.24	9:08	01:59:48.06
1502	598/2922	62/345	1576	Kimberly Borchert	F	23	Lincoln	NE	00:26:37.35	01:02:52.84	00:30:18.28	9:08	01:59:48.48
1503	599/2922	118/454	479	Cali Broders	F	33	Loveland	CO	00:26:46.15	01:02:14.27	00:30:48.29	9:08	01:59:48.72
1504	905/1785	155/276	6336	Shane Steidley	M	36	Waverly	NE	00:27:55.98	01:03:46.45	00:28:07.48	9:08	01:59:49.92
1505	600/2922	63/345	1935	Rebecca Walter	F	24	Bellevue	NE	00:27:12.39	01:02:12.23	00:30:25.30	9:08	01:59:49.93

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1506	601/2922	40/128	1185	Madison Schafers	F	18	Lincoln	NE	00:26:04.85	01:02:14.81	00:31:30.67	9:08	01:59:50.34
1507	602/2922	123/531	2716	Tausha Pokorny	F	36	Wahoo	NE	00:26:16.21	01:02:47.98	00:30:48.48	9:08	01:59:52.68
1508	906/1785	126/260	5272	Landen Haake	M	28	Gothenburg	NE	00:26:59.75	01:02:36.56	00:30:16.40	9:08	01:59:52.72
1509	603/2922	24/148	2113	Sharon Tjepkes	F	52	Sibley	IA	00:27:17.76	01:03:09.84	00:29:26.51	9:08	01:59:54.12
1510	907/1785	70/145	5499	Scott Stempson	M	51	Lincoln	NE	00:26:45.40	01:03:00.55	00:30:08.80	9:08	01:59:54.75
1511	908/1785	156/276	4420	Patrick Lill	M	39	Omaha	NE	00:26:54.45	01:03:25.54	00:29:35.15	9:08	01:59:55.15
1512	909/1785	150/253	5306	Daniel Uehling	M	34	Ralston	NE	00:27:24.68	01:01:58.68	00:30:31.88	9:08	01:59:55.25
1513	910/1785	151/253	4061	Mitchell Pearson	M	31	Plainfield	IN	00:25:58.59	01:02:14.28	00:31:42.57	9:08	01:59:55.45
1514	604/2922	18/122	3454	Susan Malany	F	57	Helena	MT	00:28:03.07	01:02:12.87	00:29:39.58	9:08	01:59:55.53
1515	605/2922	124/531	2046	Jaime Thimm	F	36	Lincoln	NE	00:28:48.91	01:03:31.76	00:27:34.92	9:08	01:59:55.59
1516	606/2922	125/531	2028	Kendra Piening	F	36	Lincoln	NE	00:28:49.82	01:03:31.51	00:27:35.73	9:09	01:59:57.07
1517	911/1785	127/260	3470	Luke Eckstein	M	28	Linwood	NE	00:26:59.01	01:02:44.25	00:30:17.94	9:09	02:00:01.20
1518	607/2922	104/508	1200	Courtney Rief	F	28	Lavista	NE	00:25:46.53	01:01:49.79	00:32:26.18	9:09	02:00:02.50
1519	608/2922	65/335	1876	Wendi Retzlaff	F	43	Eagle	NE	00:27:41.49	01:03:29.28	00:28:53.70	9:09	02:00:04.48
1520	912/1785	35/80	6549	Jeff Cole	M	55	Lincoln	NE	00:26:30.77	01:03:57.34	00:29:40.05	9:09	02:00:08.17
1521	609/2922	19/122	1326	Brenda Heideman	F	55	Marysville	KS	00:27:39.25	01:02:50.74	00:29:38.21	9:09	02:00:08.20
1522	913/1785	157/276	3926	James Boyce	M	37	Lincoln	NE	00:26:00.81	01:02:15.77	00:31:51.95	9:09	02:00:08.53
1523	914/1785	158/276	5797	Ray Solis	M	35	Haysville	KS	00:27:33.24	01:02:32.55	00:30:03.32	9:09	02:00:09.11
1524	610/2922	39/258	1205	Laura Thompson	F	47	Papillion	NE	00:27:56.37	01:03:18.10	00:28:55.78	9:10	02:00:10.25
1525	611/2922	40/258	720	Leslie Priebe	F	45	Omaha	NE	00:28:14.88	01:03:02.35	00:28:54.66	9:10	02:00:11.90
1526	612/2922	126/531	2160	Brigid Turek	F	35	Norfolk	NE	00:27:30.30	01:03:14.15	00:29:27.84	9:10	02:00:12.30
1527	613/2922	25/148	274	Becky Fields	F	54	Council Bluffs	IA	00:29:09.22	01:02:32.14	00:28:31.23	9:10	02:00:12.60
1528	614/2922	119/454	6253	Jean Larew	F	30	Omaha	NE	00:27:35.79	01:03:25.77	00:29:13.12	9:10	02:00:14.68
1529	615/2922	66/335	916	Denise Fields	F	40	Lincoln	NE	00:27:40.53	01:03:26.37	00:29:07.84	9:10	02:00:14.75
1530	616/2922	64/345	1734	Kylee Griffis	F	24	Kearney	NE	00:29:05.48	01:01:55.49	00:29:14.93	9:10	02:00:15.91
1531	617/2922	41/258	4094	Laura Moravec	F	48	David City	NE	00:26:58.09	01:01:51.40	00:31:27.28	9:10	02:00:16.78
1532	618/2922	20/122	1078	Lisa Mansur	F	56	Lincoln	NE	00:27:48.91	01:03:03.95	00:29:24.18	9:10	02:00:17.06
1533	619/2922	127/531	2011	Jessie Clere	F	39	Omaha	NE	00:27:55.76	01:02:40.97	00:29:40.36	9:10	02:00:17.09
1534	620/2922	120/454	1367	Lindsey Williams	F	33	Lincoln	NE	00:27:39.67	01:03:53.35	00:28:45.95	9:10	02:00:18.98
1535	915/1785	128/260	6184	Tyler Clawson	M	29	Omaha	NE	00:25:34.22	01:00:20.68	00:34:27.55	9:10	02:00:22.47
1536	916/1785	159/276	3805	Ashtyn Beek	M	36	Marshalltown	IA	00:28:17.13	01:02:16.50	00:29:49.63	9:11	02:00:23.26
1537	917/1785	160/276	4569	Nate Messman	M	37	Waukee	IA	00:25:51.53	01:03:03.54	00:31:28.42	9:11	02:00:23.50
1538	621/2922	42/258	747	Kimberly Garber	F	48	Sabetha	KS	00:26:50.05	01:02:20.80	00:31:12.95	9:11	02:00:23.81
1539	622/2922	105/508	5495	Rachel Leise	F	28	Lincoln	NE	00:27:05.47	01:02:33.81	00:30:46.12	9:11	02:00:25.41
1540	623/2922	67/335	1020	Melissa Sheard	F	40	Grand Island	NE	00:27:49.37	01:03:11.54	00:29:24.92	9:11	02:00:25.83

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1541	918/1785	94/181	5282	Corey Archer	M	24	Fremont	NE	00:27:35.20	01:02:27.33	00:30:26.35	9:11	02:00:28.88
1542	624/2922	41/128	510	Meredith Gaer	F	18	Lincoln	NE	00:27:33.26	01:03:36.32	00:29:19.59	9:11	02:00:29.18
1543	625/2922	43/258	1202	Wendy Wilke	F	49	Lincoln	NE	00:26:46.51	01:03:08.75	00:30:34.00	9:11	02:00:29.27
1544	626/2922	42/128	126	Abby Post	F	18	North Bend	NE	00:28:36.01	01:01:56.40	00:29:58.04	9:11	02:00:30.46
1545	627/2922	128/531	6459	Sarah Lux	F	37	Lincoln	NE	00:27:29.77	01:05:04.34	00:27:57.90	9:11	02:00:32.01
1546	628/2922	129/531	2019	Itzul Diaz	F	38	Clay Center	NE	00:26:22.63	01:03:08.23	00:31:01.19	9:11	02:00:32.06
1547	919/1785	6/26	5178	Bill Jacobitz	M	66	Papillion	NE	00:27:09.72	01:03:04.23	00:30:18.28	9:11	02:00:32.24
1548	629/2922	130/531	4079	Abby Rennau	F	35	Wood River	NE	00:27:51.34	01:02:12.40	00:30:28.65	9:11	02:00:32.40
1549	630/2922	106/508	1399	Shelby Uleman	F	27	Elkhorn	NE	00:29:10.49	01:03:25.83	00:27:56.09	9:11	02:00:32.41
1550	631/2922	131/531	1735	Sarah Droge	F	35	Tecumseh	NE	00:27:42.82	01:03:22.26	00:29:27.37	9:11	02:00:32.46
1551	632/2922	26/148	6450	Julie Selk	F	51	Omaha	NE	00:28:00.46	01:03:44.04	00:28:48.06	9:11	02:00:32.56
1552	633/2922	107/508	4645	Aleisha Thomas	F	29	Omaha	NE	00:27:14.33	01:02:47.97	00:30:32.11	9:11	02:00:34.42
1553	634/2922	132/531	1619	Noel Holle	F	38	Lincoln	NE	00:26:44.97	01:02:25.19	00:31:26.33	9:12	02:00:36.50
1554	920/1785	95/181	4429	Zach Lundak	M	24	Lincoln	NE	00:27:37.78	01:03:25.04	00:29:33.85	9:12	02:00:36.67
1555	635/2922	65/345	4029	Amber Mazankowski	F	23	Columbus	NE	00:29:48.21	01:03:12.91	00:27:35.58	9:12	02:00:36.71
1556	921/1785	76/172	4389	Rob Ostdiek	M	48	Beatrice	NE	00:28:19.38	01:03:38.69	00:28:40.00	9:12	02:00:38.09
1557	922/1785	107/215	4859	Gary Holstein	M	40	Lincoln	NE	00:26:16.66	01:03:15.45	00:31:06.70	9:12	02:00:38.82
1558	636/2922	27/148	6292	Peg Anderson	F	53	Concord	NE	00:27:15.20	01:03:04.03	00:30:20.02	9:12	02:00:39.25
1559	923/1785	77/172	4865	Niels Dunning	M	46	Omaha	NE	00:28:13.55	01:02:12.54	00:30:16.82	9:12	02:00:42.91
1560	637/2922	133/531	748	Lauren Kelly	F	38	Lincoln	NE	00:29:02.81	01:03:28.55	00:28:12.43	9:12	02:00:43.80
1561	924/1785	69/96	3396	Suhaib Shaikh	M	19	Lincoln	NE	00:27:22.12	01:02:42.28	00:30:39.41	9:12	02:00:43.81
1562	638/2922	4/41	1862	Kathy Jacobitz	F	60	Papillion	NE	00:27:46.88	01:03:06.73	00:29:50.33	9:12	02:00:43.95
1563	925/1785	129/260	3817	Evan Verwey	M	27	Omaha	NE	00:26:34.12	01:02:28.17	00:31:41.93	9:12	02:00:44.23
1564	639/2922	66/345	1412	Elizabeth Nussrallah	F	23	Kansas City	MO	00:28:27.50	01:04:07.15	00:28:10.20	9:12	02:00:44.86
1565	640/2922	67/345	512	Kaleena Rains	F	23	Omaha	NE	00:28:28.37	01:04:06.50	00:28:10.19	9:12	02:00:45.06
1566	641/2922	43/128	1880	Emily Harms	F	19	Martell	NE	00:26:56.93	01:03:47.29	00:30:01.31	9:12	02:00:45.53
1567	926/1785	161/276	5662	Matt Garity	M	36	Lincoln	NE	00:26:17.28	01:03:15.05	00:31:14.00	9:12	02:00:46.33
1568	927/1785	108/215	5784	John Bicknell	M	44	Omaha	NE	00:28:10.45	01:03:12.73	00:29:23.91	9:12	02:00:47.11
1569	928/1785	109/215	4785	Paul Dawson	M	40	Fairmont	NE	00:28:13.53	01:03:52.48	00:28:41.58	9:12	02:00:47.59
1570	929/1785	130/260	6179	Robert Tyler Mikeworth	M	28	Omaha	NE	00:28:53.91	01:04:08.13	00:27:46.26	9:12	02:00:48.31
1571	930/1785	110/215	4697	Nick Schlick	M	40	Omaha	NE	00:27:12.43	01:02:57.03	00:30:41.38	9:13	02:00:50.84
1572	931/1785	13/42	5000	David Bloomquist	M	61	Woodstock	GA	00:27:56.80	01:03:59.34	00:28:54.85	9:13	02:00:51.00
1573	642/2922	134/531	2450	Liza Baker	F	38	Waverly	NE	00:27:45.60	01:03:00.41	00:30:05.07	9:13	02:00:51.09
1574	932/1785	70/96	4447	Danny Rothgeb	M	16	Lincoln	NE	00:27:59.03	00:59:56.37	00:32:56.15	9:13	02:00:51.55
1575	643/2922	135/531	1974	Stacy Petersen	F	37	Albion	NE	00:25:57.99	01:02:38.82	00:32:14.93	9:13	02:00:51.74

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1576	644/2922	121/454	2293	Amanda Reid	F	34	Omaha	NE	00:27:47.85	01:02:57.05	00:30:09.88	9:13	02:00:54.78
1577	933/1785	78/172	5382	Shawn Kohl	M	48	Grant	NE	00:28:25.99	01:02:14.47	00:30:15.64	9:13	02:00:56.11
1578	645/2922	21/122	2396	Roberta Jacobson	F	56	Gordon	NE	00:27:41.16	01:03:33.18	00:29:42.00	9:13	02:00:56.35
1579	646/2922	68/345	2395	Denie Jacobson	F	22	Gordon	NE	00:27:42.12	01:03:32.68	00:29:41.98	9:13	02:00:56.79
1580	647/2922	108/508	3495	Lily Wallinger	F	26	Lincoln	NE	00:26:28.45	01:02:15.16	00:32:13.65	9:13	02:00:57.26
1581	648/2922	109/508	2076	Mallorie Koch	F	27	Laurel	NE	00:27:05.70	01:03:59.03	00:29:53.47	9:13	02:00:58.21
1582	649/2922	122/454	1989	Nicole Maass	F	31	Omaha	NE	00:27:24.11	01:02:56.71	00:30:38.08	9:13	02:00:58.91
1583	934/1785	36/80	4530	Richard Wiedenbeck	M	58	Walton	NE	00:27:02.22	01:03:52.83	00:30:04.32	9:13	02:00:59.37
1584	935/1785	162/276	5965	Rodney Rogers	M	39	Lincoln	NE	00:28:22.80	01:02:56.28	00:29:41.39	9:13	02:01:00.47
1585	936/1785	131/260	5777	Michael Lafleur	M	28	North Platte	NE	00:27:47.05	01:03:07.44	00:30:06.01	9:13	02:01:00.50
1586	650/2922	69/345	6144	Laurel Herrick	F	24	Bellevue	NE	00:27:16.64	01:02:37.98	00:31:06.08	9:13	02:01:00.71
1587	937/1785	14/42	5570	Greg Colan	M	61	Omaha	NE	00:29:31.81	01:01:44.85	00:29:44.27	9:13	02:01:00.93
1588	938/1785	71/145	5431	David Kohrell	M	54	Lincoln	NE	00:28:36.29	01:03:41.30	00:28:43.84	9:13	02:01:01.44
1589	651/2922	70/345	1413	Katelyn Rochat	F	24	Omaha	NE	00:27:21.70	01:03:47.33	00:29:52.72	9:13	02:01:01.76
1590	652/2922	123/454	1074	Sara Streedbeck	F	31	Lincoln	NE	00:26:16.61	01:02:50.54	00:31:56.35	9:14	02:01:03.51
1591	653/2922	124/454	3525	Sara Haas	F	33	Omaha	NE	00:28:07.09	01:03:33.36	00:29:24.75	9:14	02:01:05.21
1592	654/2922	136/531	1152	Katie Lorenzen	F	38	Papillion	NE	00:27:56.69	01:03:18.10	00:29:50.65	9:14	02:01:05.45
1593	939/1785	79/172	4383	Mark Langrud	M	46	Lincoln	NE	00:27:38.61	01:01:39.25	00:31:47.80	9:14	02:01:05.67
1594	655/2922	125/454	1156	Laura Lancaster	F	32	Wahoo	NE	00:26:58.46	01:03:59.37	00:30:08.98	9:14	02:01:06.82
1595	656/2922	22/122	993	Susan Mcclaughry	F	57	Omaha	NE	00:28:08.76	01:03:33.19	00:29:25.63	9:14	02:01:07.59
1596	940/1785	96/181	5133	Benjamin Mack	M	21	Eau Claire	WI	00:26:30.74	01:04:50.79	00:29:46.49	9:14	02:01:08.02
1597	941/1785	37/80	4931	Randy Jurgens	M	56	Omaha	NE	00:27:52.32	01:03:51.02	00:29:25.92	9:14	02:01:09.27
1598	657/2922	68/335	3563	Angela Harnly	F	44	Gretna	NE	00:27:53.08	01:03:02.46	00:30:13.92	9:14	02:01:09.47
1599	658/2922	126/454	4054	Tabatha Olson	F	33	Lincoln	NE	00:26:36.28	01:02:48.05	00:31:46.85	9:14	02:01:11.19
1600	659/2922	137/531	6371	Colleen Cooley	F	35	Omaha	NE	00:29:13.39	01:02:10.64	00:29:47.83	9:14	02:01:11.87
1601	942/1785	97/181	6325	Leon Zajimovic	M	23	North Richland Hills	TX	00:30:36.41	01:01:40.96	00:28:57.05	9:14	02:01:14.43
1602	660/2922	69/335	6074	Jenni Rudersdorf	F	40	Omaha	NE	00:27:46.16	01:04:09.23	00:29:19.16	9:14	02:01:14.56
1603	661/2922	110/508	677	Katherine Richard	F	27	Omaha	NE	00:29:01.10	01:02:28.68	00:29:45.85	9:15	02:01:15.64
1604	662/2922	127/454	2593	Tami Kreykes	F	33	Des Moines	IA	00:27:56.69	01:04:53.44	00:28:26.24	9:15	02:01:16.38
1605	663/2922	128/454	1066	Stephanie Ehrlich	F	31	Wichita	KS	00:28:48.82	01:03:00.02	00:29:28.22	9:15	02:01:17.07
1606	943/1785	98/181	6326	Kevin Mccarville	M	24	Omaha	NE	00:26:53.57	01:03:37.66	00:30:46.05	9:15	02:01:17.30
1607	664/2922	111/508	442	Rachel Knoble	F	27	Beatrice	NE	00:29:25.02	01:01:32.42	00:30:19.96	9:15	02:01:17.40
1608	665/2922	44/128	3620	Abigail Soden	F	18	Lincoln	NE	00:26:28.03	01:02:49.30	00:32:01.16	9:15	02:01:18.50
1609	944/1785	163/276	4965	Jason Dugger	M	39	Lincoln	NE	00:28:16.65	01:02:46.39	00:30:17.09	9:15	02:01:20.14
1610	666/2922	112/508	978	Amanda Harms	F	29	Lincoln	NE	00:26:54.05	01:02:57.60	00:31:28.49	9:15	02:01:20.14

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1611	667/2922	113/508	6344	Lauren Penning	F	26	Sioux Falls	SD	00:30:18.89	01:02:42.74	00:28:18.52	9:15	02:01:20.15
1612	945/1785	80/172	5121	Jason Stracke	M	48	Elkhorn	NE	00:27:43.90	01:03:20.48	00:30:16.14	9:15	02:01:20.53
1613	946/1785	132/260	5736	Ethan Beck	M	28	Lincoln	NE	00:28:43.92	01:01:43.82	00:30:55.13	9:15	02:01:22.88
1614	947/1785	7/26	5541	Jim Peter	M	67	Lincoln	NE	00:28:29.58	01:03:44.53	00:29:09.92	9:15	02:01:24.03
1615	948/1785	99/181	6070	Patrick Mccarthy	M	22	Lincoln	NE	00:29:18.98	01:04:52.06	00:27:13.18	9:15	02:01:24.23
1616	668/2922	138/531	1143	Annarose Steinke	F	37	Kearney	NE	00:25:54.79	01:03:54.03	00:31:36.61	9:15	02:01:25.43
1617	949/1785	8/26	6584	Jerry Easley	M	68	Lincoln	NE	00:29:04.48	01:03:29.51	00:28:51.62	9:15	02:01:25.61
1618	669/2922	44/258	493	Shawna Shoemaker	F	49	Hastings	NE	00:27:46.08	01:03:46.00	00:29:53.83	9:15	02:01:25.92
1619	670/2922	139/531	4510	Jenny Morrnick	F	38	Grand Island	NE	00:27:50.11	01:03:01.91	00:30:33.98	9:15	02:01:26.01
1620	671/2922	23/122	147	Suzanne Hayes	F	56	Minden	NE	00:29:50.53	01:03:44.76	00:27:52.64	9:15	02:01:27.94
1621	950/1785	164/276	5584	Matthew Owens	M	37	Lincoln	NE	00:25:52.90	01:02:57.49	00:32:38.13	9:15	02:01:28.53
1622	672/2922	140/531	6526	Katrina Hanquist	F	35	Beatrice	NE	00:27:41.46	01:05:57.41	00:27:50.27	9:16	02:01:29.14
1623	951/1785	38/80	5098	Troy Gladstone	M	55	Holt	MI	00:26:23.84	01:03:57.25	00:31:11.43	9:16	02:01:32.52
1624	952/1785	133/260	5630	Tony Rublaitus	M	27	Lincoln	NE	00:25:24.05	01:00:22.99	00:35:45.56	9:16	02:01:32.61
1625	953/1785	39/80	6386	Cameron Fisher	M	57	Cleveland	TN	00:27:04.12	01:03:38.81	00:30:49.71	9:16	02:01:32.66
1626	673/2922	114/508	6204	Chloe Nabb	F	25	Lincoln	NE	00:25:15.06	01:02:21.73	00:33:57.90	9:16	02:01:34.70
1627	674/2922	129/454	6273	Stephanie Vonderahe	F	31	Vermillion	SD	00:28:26.30	01:02:57.13	00:30:12.32	9:16	02:01:35.75
1628	954/1785	111/215	4591	Jesse Hoage	M	44	Lincoln	NE	00:27:48.82	01:02:32.55	00:31:17.21	9:16	02:01:38.58
1629	675/2922	28/148	6103	Kim Goering	F	53	Northville	MI	00:28:23.36	01:02:58.72	00:30:18.29	9:16	02:01:40.38
1630	955/1785	134/260	5386	Martin Hogan	M	25	Lincoln	NE	00:28:35.64	01:02:30.20	00:30:38.20	9:17	02:01:44.05
1631	676/2922	130/454	1059	Kelli Staack	F	31	Omaha	NE	00:27:55.50	01:03:00.21	00:30:49.12	9:17	02:01:44.84
1632	677/2922	71/345	4374	Cassie Jorges	F	22	Lincoln	NE	00:27:47.36	01:04:12.66	00:29:44.99	9:17	02:01:45.01
1633	956/1785	165/276	5211	Brandon Long	M	35	Underwood	IA	00:26:02.41	01:02:18.70	00:33:24.17	9:17	02:01:45.28
1634	678/2922	131/454	1142	Andrea Rezac	F	30	Lincoln	NE	00:28:38.09	01:03:47.57	00:29:21.62	9:17	02:01:47.28
1635	679/2922	24/122	332	Linda Larsen	F	55	Beatrice	NE	00:28:21.71	01:03:18.13	00:30:08.99	9:17	02:01:48.84
1636	680/2922	70/335	965	Sue Aliano	F	42	Omaha	NE	00:27:25.15	01:03:50.49	00:30:34.78	9:17	02:01:50.43
1637	681/2922	132/454	1730	Kelsey Bergen	F	34	Aurora	NE	00:27:25.80	01:03:28.53	00:31:00.94	9:18	02:01:55.27
1638	682/2922	71/335	1680	Jennifer Bryson	F	43	Lincoln	NE	00:27:25.40	01:04:24.97	00:30:04.96	9:18	02:01:55.34
1639	957/1785	81/172	5049	Bo Bryson	M	45	Lincoln	NE	00:27:25.57	01:04:24.99	00:30:05.13	9:18	02:01:55.69
1640	958/1785	100/181	5369	Blake Weatherly	M	24	Omaha	NE	00:27:53.53	01:02:56.67	00:31:06.64	9:18	02:01:56.86
1641	959/1785	135/260	6442	Austin Jones	M	29	Lincoln	NE	00:27:21.47	01:02:12.42	00:32:24.10	9:18	02:01:57.99
1642	683/2922	141/531	1463	Danielle Mceneaney	F	35	Sioux Falls	SD	00:26:56.79	01:03:49.54	00:31:11.70	9:18	02:01:58.03
1643	960/1785	101/181	5205	Julian Hayden	M	23	Lincoln	NE	00:27:36.89	01:02:50.97	00:31:30.23	9:18	02:01:58.10
1644	684/2922	133/454	1975	Jamie Billerbeck	F	33	Omaha	NE	00:28:30.94	01:04:23.89	00:29:03.53	9:18	02:01:58.37
1645	685/2922	142/531	6499	Dani Mather	F	39	Norfolk	NE	00:28:33.37	01:02:05.50	00:31:19.53	9:18	02:01:58.41

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1646	686/2922	143/531	1000	Lindsey Sample	F	38	Pleasant Dale	NE	00:28:48.69	01:03:35.90	00:29:34.98	9:18	02:01:59.58
1647	961/1785	112/215	4330	Dave Swan	M	44	Omaha	NE	00:24:19.98	01:04:51.79	00:32:51.60	9:18	02:02:03.38
1648	687/2922	144/531	832	Amy Judd	F	36	Lincoln	NE	00:26:38.05	01:03:14.55	00:32:12.86	9:18	02:02:05.46
1649	688/2922	72/335	918	Kristi Morrow	F	43	Lincoln	NE	00:27:55.66	01:03:16.45	00:30:53.39	9:18	02:02:05.50
1650	689/2922	45/258	877	Jennifer Gilg	F	49	Omaha	NE	00:27:30.21	01:03:44.24	00:30:52.35	9:18	02:02:06.80
1651	690/2922	145/531	1552	Stacey Brandt	F	36	Clatonia	NE	00:26:22.49	01:05:10.20	00:30:35.31	9:19	02:02:08.01
1652	691/2922	146/531	4345	Caitlin Hebrew	F	36	Omaha	NE	00:29:09.37	01:05:02.62	00:27:58.19	9:19	02:02:10.19
1653	692/2922	147/531	698	Jackie Solis	F	35	Haysville	KS	00:28:48.46	01:03:14.84	00:30:07.33	9:19	02:02:10.64
1654	693/2922	46/258	2963	Laura Gessner	F	49	Salem	SD	00:28:58.37	01:04:04.17	00:29:08.21	9:19	02:02:10.76
1655	962/1785	72/145	5612	Jerry Moeller	M	52	Plymouth	NE	00:27:49.05	01:02:35.28	00:31:46.50	9:19	02:02:10.84
1656	694/2922	73/335	2835	Diane Steinke	F	44	Lincoln	NE	00:28:29.93	01:04:09.84	00:29:34.37	9:19	02:02:14.14
1657	963/1785	152/253	5830	Matthew Teinert	M	34	Lincoln	NE	00:25:46.61	01:03:40.08	00:32:48.74	9:19	02:02:15.43
1658	964/1785	136/260	4458	Anthony Slivka	M	25	Lincoln	NE	00:26:58.31	01:02:33.93	00:32:45.68	9:19	02:02:17.92
1659	965/1785	137/260	6367	Justin Simpson	M	27	Lincoln	NE	00:26:58.51	01:02:41.47	00:32:38.75	9:19	02:02:18.74
1660	695/2922	148/531	551	Lindsay Kroll	F	36	Elkhorn	NE	00:26:39.14	01:04:02.56	00:31:38.84	9:19	02:02:20.54
1661	696/2922	72/345	1052	Sarah Van Duser	F	22	Gladstone	MO	00:27:45.37	01:04:08.76	00:30:27.17	9:20	02:02:21.31
1662	966/1785	40/80	5893	Rich Bennett	M	56	Omaha	NE	00:27:05.68	01:02:54.28	00:32:21.38	9:20	02:02:21.34
1663	697/2922	47/258	154	Melissa Timko	F	47	Helendale	CA	00:28:17.96	01:04:22.96	00:29:40.50	9:20	02:02:21.43
1664	967/1785	113/215	4564	Jeff Ambrose	M	40	Lincoln	NE	00:27:03.50	01:03:12.61	00:32:07.01	9:20	02:02:23.13
1665	698/2922	45/128	455	Jackie Barnes	F	17	Omaha	NE	00:27:45.42	01:03:54.61	00:30:45.13	9:20	02:02:25.17
1666	699/2922	46/128	473	Lauren Peyton	F	16	Omaha	NE	00:27:45.45	01:03:54.96	00:30:44.94	9:20	02:02:25.36
1667	968/1785	9/26	4507	Paul Boeshart	M	69	Lincoln	NE	00:28:04.05	01:04:38.48	00:29:43.48	9:20	02:02:26.01
1668	969/1785	138/260	5913	Nicholas Niday	M	26	Omaha	NE	00:28:00.81	01:03:17.52	00:31:08.82	9:20	02:02:27.16
1669	700/2922	74/335	2010	Jodi Laster	F	44	Lincoln	NE	00:28:09.02	01:03:55.53	00:30:23.05	9:20	02:02:27.60
1670	701/2922	149/531	3553	Pat Philippi	F	37	Axtell	NE	00:26:54.67	01:02:29.44	00:33:04.55	9:20	02:02:28.66
1671	702/2922	150/531	1625	Sara Draper	F	38	Lincoln	NE	00:28:48.91	01:03:36.47	00:30:03.62	9:20	02:02:29.01
1672	970/1785	166/276	4455	Jeff Sindelar	M	35	Dodge	NE	00:27:04.04	01:04:00.40	00:31:26.00	9:20	02:02:30.44
1673	703/2922	48/258	3043	Amy Pinkall	F	48	Lincoln	NE	00:27:58.17	01:03:25.82	00:31:06.68	9:20	02:02:30.68
1674	704/2922	134/454	233	Ariel Broekemeier	F	34	Colon	NE	00:27:02.37	01:04:04.80	00:31:23.87	9:20	02:02:31.05
1675	705/2922	47/128	3491	Lauryn Monteforte	F	18	Geneva	NE	00:28:15.95	01:04:10.52	00:30:06.01	9:20	02:02:32.48
1676	706/2922	29/148	429	Stacy Beshears	F	52	Saint Joseph	MO	00:27:03.38	01:04:44.32	00:30:45.11	9:20	02:02:32.82
1677	707/2922	49/258	746	Peggi Bolden	F	45	Beatrice	NE	00:27:57.03	01:02:38.55	00:31:57.28	9:20	02:02:32.87
1678	971/1785	15/42	4576	Larry Luedke	M	61	Wisner	NE	00:26:55.48	01:03:33.15	00:32:06.95	9:21	02:02:35.59
1679	972/1785	71/96	6174	Jacob Dalton	M	18	Lincoln	NE	00:24:52.28	01:02:36.77	00:35:08.60	9:21	02:02:37.66
1680	708/2922	151/531	2138	Tiffany Verzal	F	39	Lincoln	NE	00:28:14.94	01:03:42.04	00:30:40.74	9:21	02:02:37.73



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1681	973/1785	102/181	3701	Braeden Perkins	M	21	Lincoln	NE	00:27:55.67	01:03:00.26	00:31:45.07	9:21	02:02:41.01
1682	974/1785	73/145	6617	Jose Maytorena	M	51	Sidney	NE	00:30:27.51	01:03:07.06	00:29:06.61	9:21	02:02:41.19
1683	709/2922	152/531	708	Amanda Ulmer	F	35	Watertown	SD	00:27:09.46	01:03:58.54	00:31:34.34	9:21	02:02:42.34
1684	710/2922	115/508	227	Brianna Brass	F	26	Lincoln	NE	00:27:59.90	01:05:25.68	00:29:18.10	9:21	02:02:43.68
1685	711/2922	30/148	1865	Jill Makepeace	F	53	Watertown	SD	00:27:09.81	01:04:00.15	00:31:33.86	9:21	02:02:43.83
1686	975/1785	167/276	5867	Brad Dirksen	M	38	Lincoln	NE	00:27:00.84	01:04:13.23	00:31:30.12	9:21	02:02:44.20
1687	976/1785	103/181	3617	Ryan Stungis	M	22	Omaha	NE	00:26:59.72	01:06:20.34	00:29:26.01	9:21	02:02:46.07
1688	977/1785	153/253	265	Jonathon Reimer	M	33	Lincoln	NE	00:28:55.56	01:04:17.80	00:29:34.39	9:22	02:02:47.76
1689	712/2922	50/258	2012	Debbie Swingle	F	45	Wichita	KS	00:26:06.40	01:03:07.32	00:33:34.39	9:22	02:02:48.11
1690	713/2922	75/335	1223	Elizabeth Vander Top	F	41	Lincoln	NE	00:28:52.42	01:05:16.71	00:28:40.27	9:22	02:02:49.42
1691	714/2922	135/454	206	Sarah Machacek	F	33	Lincoln	NE	00:27:53.20	01:03:35.86	00:31:20.67	9:22	02:02:49.73
1692	715/2922	136/454	1577	Jill Tangeman	F	33	Bellevue	NE	00:27:23.00	01:04:44.08	00:30:42.69	9:22	02:02:49.77
1693	716/2922	76/335	1616	Desiree Poppe	F	40	Ogallala	NE	00:28:55.48	01:03:03.69	00:30:50.98	9:22	02:02:50.16
1694	978/1785	168/276	6038	Michael Durkin	M	36	Papillion	NE	00:28:14.69	01:04:19.31	00:30:16.21	9:22	02:02:50.21
1695	979/1785	154/253	3971	Justin Tangeman	M	33	Bellevue	NE	00:27:22.57	01:04:44.95	00:30:43.45	9:22	02:02:50.98
1696	717/2922	153/531	1058	Alesha Hintz	F	37	Omaha	NE	00:27:53.22	01:04:28.61	00:30:29.58	9:22	02:02:51.42
1697	718/2922	73/345	342	Xiaoxiao Qi	F	24	Omaha	NE	00:28:00.42	01:04:44.66	00:30:07.88	9:22	02:02:52.96
1698	980/1785	155/253	5900	Erin Nagle	M	31	Lincoln	NE	00:29:11.16	01:04:28.98	00:29:12.89	9:22	02:02:53.03
1699	719/2922	48/128	6542	Savannah Gerlach	F	18	Lincoln	NE	00:27:39.04	01:02:28.88	00:32:45.83	9:22	02:02:53.76
1700	981/1785	139/260	4327	Bruno Silva	M	28	Lincoln	NE	00:28:02.44	01:04:03.32	00:30:48.07	9:22	02:02:53.84
1701	720/2922	49/128	802	Andie Koch	F	16	Blue Springs	NE	00:27:38.88	01:02:29.27	00:32:45.94	9:22	02:02:54.10
1702	721/2922	116/508	1611	Ashley Beckman	F	28	Marquette	NE	00:28:08.90	01:04:39.95	00:30:06.09	9:22	02:02:54.94
1703	722/2922	51/258	979	Meg Circo	F	49	Omaha	NE	00:27:57.54	01:04:39.15	00:30:18.44	9:22	02:02:55.13
1704	723/2922	117/508	1986	Samantha Maass	F	28	Omaha	NE	00:27:23.82	01:02:57.44	00:32:34.03	9:22	02:02:55.29
1705	724/2922	52/258	2954	Tanya Poehler	F	45	Cairo	NE	00:28:24.37	01:04:34.37	00:29:58.29	9:22	02:02:57.03
1706	725/2922	154/531	1237	Randi Chadwell	F	36	Superior	NE	00:28:03.74	01:04:51.80	00:30:02.14	9:22	02:02:57.68
1707	982/1785	41/80	6566	Brad Johnson	M	57	Lincoln	NE	00:28:19.55	01:04:12.19	00:30:26.01	9:22	02:02:57.75
1708	983/1785	169/276	6153	Aaron Mchargue	M	35	Eagle	NE	00:28:29.79	01:05:13.12	00:29:14.87	9:22	02:02:57.79
1709	726/2922	53/258	6565	Stephanie Johnson	F	47	Lincoln	NE	00:28:19.55	01:04:12.79	00:30:25.61	9:22	02:02:57.96
1710	727/2922	155/531	1982	Andrea Basche	F	35	Lincoln	NE	00:29:24.95	01:04:58.53	00:28:37.84	9:23	02:03:01.33
1711	728/2922	50/128	716	Vivian Gay	F	15	Nebraska City	NE	00:27:58.03	01:04:46.85	00:30:17.42	9:23	02:03:02.30
1712	729/2922	137/454	2048	Katie Schomer	F	33	Raymond	NE	00:27:39.38	01:03:49.05	00:31:34.57	9:23	02:03:03.00
1713	730/2922	31/148	237	Bethany R Seals	F	50	Wichita	KS	00:28:44.17	01:03:37.33	00:30:41.54	9:23	02:03:03.04
1714	731/2922	118/508	217	Kate O'brien	F	25	Lincoln	NE	00:26:22.54	01:06:06.38	00:30:34.47	9:23	02:03:03.40
1715	732/2922	138/454	1171	Laura Dwyer	F	30	Omaha	NE	00:25:55.29	01:04:44.07	00:32:26.62	9:23	02:03:05.99

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1716	733/2922	156/531	3615	Joy Anderson	F	37	Omaha	NE	00:29:09.40	01:05:04.66	00:28:53.32	9:23	02:03:07.38
1717	984/1785	104/181	6445	Matthew Murray	M	22	Manhattan	KS	00:27:49.22	01:02:16.74	00:33:01.95	9:23	02:03:07.91
1718	985/1785	105/181	4060	David Petersen	M	22	Lincoln	NE	00:30:25.62	01:04:44.18	00:27:58.16	9:23	02:03:07.98
1719	734/2922	74/345	1703	Ashley Willis	F	22	Overland Park	KS	00:30:25.95	01:04:44.38	00:27:57.91	9:23	02:03:08.25
1720	735/2922	77/335	2458	Christy Nelson	F	41	Newcastle	NE	00:28:00.50	01:03:52.71	00:31:15.62	9:23	02:03:08.84
1721	736/2922	157/531	6319	Kaylene Harms	F	35	York	NE	00:26:48.97	01:04:59.25	00:31:20.62	9:23	02:03:08.85
1722	986/1785	106/181	6397	Justin Ferguson	M	23	Omaha	NE	00:28:24.33	01:04:20.73	00:30:25.36	9:23	02:03:10.43
1723	987/1785	170/276	5243	Terry Thoene	M	38	Lincoln	NE	00:27:22.99	01:04:13.96	00:31:35.84	9:23	02:03:12.79
1724	737/2922	78/335	6387	Katie Reisbig	F	42	Omaha	NE	00:28:24.13	01:04:20.53	00:30:28.23	9:23	02:03:12.90
1725	738/2922	158/531	1946	Stacy Thoene	F	36	Lincoln	NE	00:27:23.62	01:04:14.17	00:31:35.42	9:23	02:03:13.22
1726	988/1785	140/260	3646	Beau Poehlman	M	27	Lincoln	NE	00:29:04.95	01:05:12.50	00:28:57.92	9:24	02:03:15.37
1727	989/1785	114/215	5690	Aaron Krieser	M	43	Saint Louis	MO	00:28:29.88	01:04:36.90	00:30:08.63	9:24	02:03:15.42
1728	739/2922	119/508	855	Christina Wilson	F	27	Lincoln	NE	00:27:29.76	01:04:11.12	00:31:35.05	9:24	02:03:15.93
1729	990/1785	82/172	5180	David Palomares	M	47	Kansas	KS	00:28:15.80	01:02:59.37	00:32:01.01	9:24	02:03:16.19
1730	991/1785	72/96	4178	Justin Bui	M	19	Lincoln	NE	00:27:37.31	01:03:57.39	00:31:41.52	9:24	02:03:16.23
1731	992/1785	141/260	3791	Michael Denney	M	25	La Vista	NE	00:27:15.05	01:03:42.34	00:32:19.56	9:24	02:03:16.96
1732	740/2922	120/508	1542	Karli Kieta	F	27	Lincoln	NE	00:26:24.57	01:05:13.76	00:31:40.85	9:24	02:03:19.19
1733	993/1785	115/215	4890	Matt Kasik	M	41	Lincoln	NE	00:27:25.57	01:03:46.91	00:32:07.01	9:24	02:03:19.50
1734	741/2922	75/345	1570	Megan Lear	F	24	Kearney	NE	00:27:28.20	01:05:23.50	00:30:29.19	9:24	02:03:20.90
1735	742/2922	25/122	1029	Sandee Swanson	F	55	Scandia	KS	00:28:50.09	01:03:24.55	00:31:06.52	9:24	02:03:21.17
1736	994/1785	83/172	4493	Patrick Brown	M	45	Omaha	NE	00:26:20.10	01:04:42.47	00:32:19.88	9:24	02:03:22.45
1737	743/2922	79/335	1001	Jenny Briseno	F	42	Lincoln	NE	00:29:15.17	01:05:11.75	00:28:58.68	9:24	02:03:25.61
1738	744/2922	54/258	2861	Stephanie Hansen	F	45	Omaha	NE	00:28:12.62	01:04:12.57	00:31:01.42	9:25	02:03:26.61
1739	745/2922	51/128	1147	Lilia Selenke	F	19	Centennial	CO	00:30:51.87	01:05:46.77	00:26:50.31	9:25	02:03:28.96
1740	746/2922	121/508	7103	Dayna Nagle	F	28	Lincoln	NE	00:29:10.46	01:04:30.27	00:29:49.06	9:25	02:03:29.80
1741	747/2922	139/454	1381	Johanna Miller	F	34	Lincoln	NE	00:27:28.50	01:05:16.20	00:30:46.69	9:25	02:03:31.39
1742	748/2922	140/454	1571	Abby Detweiler	F	34	Lincoln	NE	00:27:30.09	01:05:04.77	00:30:57.36	9:25	02:03:32.22
1743	995/1785	116/215	4990	Troy Hiebner	M	42	Henderson	NE	00:29:32.88	01:04:49.27	00:29:10.46	9:25	02:03:32.61
1744	996/1785	16/42	6205	Jim Witter	M	60	David City	NE	00:28:49.79	01:05:20.95	00:29:22.11	9:25	02:03:32.85
1745	749/2922	55/258	287	Mary Lea Free	F	48	Hickman	NE	00:29:15.88	01:05:06.69	00:29:10.29	9:25	02:03:32.87
1746	750/2922	32/148	2448	Karen Huston	F	53	Omaha	NE	00:28:36.43	01:05:06.85	00:29:49.84	9:25	02:03:33.12
1747	751/2922	76/345	144	Maddie Daley	F	20	Omaha	NE	00:27:59.68	01:07:19.92	00:28:13.98	9:25	02:03:33.58
1748	752/2922	77/345	840	Kristen Loudon	F	20	Lincoln	NE	00:29:23.31	01:05:12.62	00:28:57.85	9:25	02:03:33.79
1749	997/1785	142/260	3856	Taylor Mack	M	28	Seattle	WA	00:27:35.07	01:04:13.03	00:31:45.93	9:25	02:03:34.03
1750	998/1785	171/276	4678	Josh Kramer	M	37	Lincoln	NE	00:26:07.83	01:04:16.71	00:33:11.17	9:25	02:03:35.71

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1751	753/2922	141/454	2724	Casey Cain	F	34	Lincoln	NE	00:28:49.80	01:03:36.21	00:31:13.16	9:25	02:03:39.17
1752	754/2922	159/531	2826	Emily Prickett	F	36	Glenwood	IA	00:27:54.95	01:04:33.19	00:31:12.75	9:26	02:03:40.91
1753	755/2922	122/508	315	Hannah Weekley	F	29	Olathe	KS	00:27:36.11	01:04:49.93	00:31:15.44	9:26	02:03:41.49
1754	756/2922	52/128	6519	Madison Whitney	F	19	Lincoln	NE	00:28:50.08	01:05:30.51	00:29:20.90	9:26	02:03:41.49
1755	999/1785	74/145	3976	Jeremy Murphy	M	51	Lincoln	NE	00:25:41.63	01:06:38.89	00:31:21.17	9:26	02:03:41.70
1756	1000/1785	172/276	5688	Tyler Kirchner	M	38	Ogallala	NE	00:26:13.12	01:04:33.32	00:32:55.30	9:26	02:03:41.74
1757	757/2922	53/128	574	Becca Barry	F	19	Lincoln	NE	00:27:25.22	01:04:24.45	00:31:54.70	9:26	02:03:44.37
1758	1001/1785	117/215	5201	Eric Book	M	40	Beatrice	NE	00:25:47.45	01:03:15.98	00:34:41.18	9:26	02:03:44.62
1759	1002/1785	143/260	4203	Matthew Heskett	M	28	Auburn	NE	00:26:42.97	01:03:02.35	00:34:02.36	9:26	02:03:47.68
1760	758/2922	78/345	205	Sarah Sutej	F	20	Omaha	NE	00:28:49.11	01:06:40.81	00:28:18.64	9:26	02:03:48.57
1761	1003/1785	144/260	4047	Justin Fejfar	M	29	Remsen	IA	00:28:30.02	01:04:15.38	00:31:04.81	9:26	02:03:50.22
1762	1004/1785	156/253	5126	Bernie Pieper	M	30	Lincoln	NE	00:29:03.71	01:05:06.54	00:29:40.67	9:26	02:03:50.92
1763	1005/1785	118/215	5314	Matthew Miratsky	M	42	Lincoln	NE	00:28:27.82	01:02:02.46	00:33:22.25	9:26	02:03:52.53
1764	1006/1785	75/145	5415	Matthew Bellamy	M	51	Cairo	NE	00:28:24.90	01:04:34.68	00:30:54.99	9:27	02:03:54.57
1765	759/2922	56/258	1073	Stacey Follon	F	46	Elkhorn	NE	00:26:26.72	01:05:46.12	00:31:41.90	9:27	02:03:54.74
1766	1007/1785	107/181	3988	Patrick Mcguire	M	24	Bennington	NE	00:27:30.76	01:04:23.09	00:32:01.90	9:27	02:03:55.76
1767	1008/1785	119/215	5442	Josh Barker	M	40	Lincoln	NE	00:27:37.58	01:05:10.45	00:31:07.73	9:27	02:03:55.77
1768	760/2922	160/531	879	Christine Cohoon	F	37	Omaha	NE	00:29:10.04	01:05:02.55	00:29:43.29	9:27	02:03:55.89
1769	761/2922	80/335	148	Amanda Brewer	F	40	Omaha	NE	00:29:01.24	01:04:57.70	00:29:57.29	9:27	02:03:56.23
1770	762/2922	54/128	486	Kelsey Faust	F	19	Columbus	NE	00:29:36.55	01:05:10.79	00:29:09.37	9:27	02:03:56.71
1771	763/2922	55/128	6265	Taylyn Petsche	F	17	Roca	NE	00:29:36.41	01:05:10.59	00:29:09.70	9:27	02:03:56.71
1772	764/2922	123/508	760	Jessica Zebedee	F	27	Ankeny	IA	00:28:16.51	01:04:39.71	00:31:00.51	9:27	02:03:56.73
1773	1009/1785	84/172	5534	Lee Handke	M	49	Omaha	NE	00:28:22.49	01:04:48.79	00:30:46.07	9:27	02:03:57.35
1774	765/2922	33/148	2432	Joeth Zucco	F	53	Lincoln	NE	00:28:48.54	01:05:31.72	00:29:37.99	9:27	02:03:58.26
1775	766/2922	81/335	3383	Jennifer Springer	F	40	Lincoln	NE	00:28:13.65	01:02:41.94	00:33:03.20	9:27	02:03:58.80
1776	1010/1785	85/172	5390	Peter Heath	M	47	Lincoln	NE	00:27:10.53	01:03:37.37	00:33:11.00	9:27	02:03:58.91
1777	767/2922	79/345	4096	Grace Moravec	F	20	David City	NE	00:27:00.34	01:01:23.76	00:35:36.46	9:27	02:04:00.57
1778	1011/1785	145/260	5348	Vu Do	M	29	Lincoln	NE	00:26:26.05	01:05:50.23	00:31:45.84	9:27	02:04:02.13
1779	768/2922	124/508	1725	Mara Ross	F	26	Kearney	NE	00:28:30.13	01:03:45.92	00:31:48.02	9:27	02:04:04.08
1780	1012/1785	173/276	3975	Geoff Lorenz	M	35	Lincoln	NE	00:27:55.20	01:06:51.40	00:29:19.82	9:28	02:04:06.43
1781	769/2922	142/454	694	Ashley Elrod	F	34	Omaha	NE	00:29:10.80	01:05:12.46	00:29:44.69	9:28	02:04:07.95
1782	770/2922	57/258	2442	Kendi Fraser	F	48	Omaha	NE	00:28:39.18	01:04:49.72	00:30:39.97	9:28	02:04:08.88
1783	771/2922	80/345	1182	Isabella Powers	F	21	Sacramento	CA	00:27:34.59	01:06:03.54	00:30:30.85	9:28	02:04:08.98
1784	772/2922	34/148	2445	Tammie Nussrallah	F	51	Omaha	NE	00:28:38.94	01:04:50.50	00:30:39.65	9:28	02:04:09.09
1785	773/2922	4/19	6203	Jada Sems	F	14	Lincoln	NE	00:27:48.21	01:04:46.62	00:31:38.80	9:28	02:04:13.63

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1786	774/2922	161/531	284	Jennifer Anderson	F	37	Yutan	NE	00:29:16.37	01:04:56.74	00:30:01.37	9:28	02:04:14.49
1787	775/2922	82/335	1062	Erin Pauley	F	40	Lincoln	NE	00:29:16.15	01:04:57.52	00:30:01.02	9:28	02:04:14.70
1788	776/2922	58/258	975	Laurie Eakley	F	47	Missouri Valley	IA	00:28:41.66	01:04:06.58	00:31:27.27	9:28	02:04:15.52
1789	777/2922	81/345	383	Haley Huhman	F	23	Hebron	NE	00:28:24.89	01:03:50.85	00:31:59.87	9:28	02:04:15.62
1790	1013/1785	120/215	5277	Derek Miller	M	44	Omaha	NE	00:26:54.87	01:04:24.03	00:32:57.31	9:28	02:04:16.22
1791	778/2922	162/531	3779	Stacy Cook	F	35	Lincoln	NE	00:29:13.98	01:05:17.35	00:29:45.49	9:28	02:04:16.84
1792	779/2922	59/258	695	Rachele Eller	F	49	Shelby	NE	00:28:04.24	01:04:54.73	00:31:20.99	9:29	02:04:19.97
1793	780/2922	83/335	798	Kimberly Burhoop	F	43	Walton	NE	00:27:48.00	01:04:27.94	00:32:04.32	9:29	02:04:20.27
1794	1014/1785	108/181	6329	Jonathan Fletcher	M	23	Lincoln	NE	00:27:36.29	01:03:41.69	00:33:03.72	9:29	02:04:21.71
1795	1015/1785	146/260	4912	Nathan Clausen	M	27	Norfolk	NE	00:28:38.42	01:03:37.78	00:32:05.67	9:29	02:04:21.88
1796	781/2922	84/335	2328	Jaime Manz	F	43	Wayne	NE	00:28:38.93	01:05:09.91	00:30:33.10	9:29	02:04:21.94
1797	782/2922	82/345	2017	Taylor Kortlever	F	22	Omaha	NE	00:26:28.12	01:04:44.98	00:33:09.43	9:29	02:04:22.54
1798	783/2922	143/454	358	Hannah Moran	F	31	Hastings	NE	00:28:51.80	01:08:04.26	00:27:27.19	9:29	02:04:23.26
1799	1016/1785	174/276	5101	Eric Walker	M	38	Lincoln	NE	00:26:45.44	01:02:43.10	00:34:56.24	9:29	02:04:24.79
1800	784/2922	56/128	411	Carlie Saline	F	19	Elkhorn	NE	00:29:58.55	01:05:39.92	00:28:48.01	9:29	02:04:26.49
1801	785/2922	60/258	1797	Jill Musil	F	47	Omaha	NE	00:29:01.53	01:05:23.42	00:30:01.59	9:29	02:04:26.55
1802	786/2922	125/508	4215	Jordan Haake	F	29	Gothenburg	NE	00:29:16.41	01:05:50.77	00:29:19.55	9:29	02:04:26.74
1803	1017/1785	175/276	5154	James Dicke	M	35	Lincoln	NE	00:27:42.96	01:04:44.90	00:32:01.24	9:29	02:04:29.11
1804	1018/1785	176/276	4445	Paul Murray	M	36	Bennington	NE	00:27:10.12	01:04:03.68	00:33:17.78	9:29	02:04:31.58
1805	787/2922	144/454	3725	Michelle Rahmig	F	33	Norfolk	NE	00:28:23.01	01:04:40.42	00:31:28.18	9:29	02:04:31.62
1806	788/2922	163/531	1300	Amanda Weber	F	38	Sac City	IA	00:27:58.74	01:05:02.85	00:31:30.84	9:30	02:04:32.43
1807	789/2922	26/122	1099	Malisa Radke	F	56	Bennington	NE	00:30:08.82	01:04:40.77	00:29:42.98	9:30	02:04:32.57
1808	790/2922	83/345	2159	Brianna Erickson	F	23	Omaha	NE	00:26:15.27	01:06:08.01	00:32:10.15	9:30	02:04:33.44
1809	1019/1785	147/260	4361	Reed Bellamy	M	26	Kearney	NE	00:26:14.87	01:06:07.92	00:32:10.66	9:30	02:04:33.45
1810	791/2922	85/335	3863	Sue Heaney	F	42	Omaha	NE	00:28:24.15	01:05:57.01	00:30:12.45	9:30	02:04:33.61
1811	1020/1785	86/172	5634	Scott Heaney	M	46	Omaha	NE	00:28:24.54	01:05:57.30	00:30:13.25	9:30	02:04:35.10
1812	792/2922	126/508	6151	Laura Ganow	F	26	Omaha	NE	00:28:04.09	01:05:09.28	00:31:22.84	9:30	02:04:36.22
1813	793/2922	57/128	6333	Ella Crawford	F	16	Beatrice	NE	00:28:45.73	01:05:17.38	00:30:33.24	9:30	02:04:36.36
1814	794/2922	58/128	2189	Madison Kirchoff	F	17	Dewitt	NE	00:28:45.61	01:05:17.90	00:30:33.27	9:30	02:04:36.78
1815	795/2922	164/531	923	Gail Dishman	F	35	Utica	NE	00:27:24.07	01:05:11.26	00:32:02.17	9:30	02:04:37.51
1816	796/2922	145/454	598	Jessica Meza	F	30	Lincoln	NE	00:27:42.69	01:05:21.12	00:31:35.94	9:30	02:04:39.75
1817	1021/1785	76/145	5468	Rich Vogel	M	54	Omaha	NE	00:28:05.85	01:04:41.95	00:31:53.67	9:30	02:04:41.48
1818	797/2922	86/335	6509	Julie Tokosh-Nash	F	44	Gretna	NE	00:27:38.57	01:05:06.44	00:31:59.28	9:30	02:04:44.29
1819	1022/1785	157/253	6267	Kyle Lemanski	M	32	Prospect Hts	IL	00:26:53.86	01:06:22.70	00:31:28.38	9:30	02:04:44.95
1820	798/2922	87/335	2515	Sara Stewart	F	42	Lincoln	NE	00:28:38.96	01:04:49.95	00:31:16.26	9:30	02:04:45.17

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1821	799/2922	146/454	494	Dani Ryan	F	32	Grand Island	NE	00:26:56.17	01:04:45.23	00:33:05.18	9:31	02:04:46.59
1822	800/2922	147/454	857	Rachel Oxley	F	32	Lincoln	NE	00:27:20.89	01:04:17.26	00:33:08.92	9:31	02:04:47.08
1823	1023/1785	177/276	5140	Nick Sabatka	M	37	Omaha	NE	00:28:46.43	01:05:40.64	00:30:20.26	9:31	02:04:47.34
1824	1024/1785	87/172	4699	Tracey Doeden	M	47	Lincoln	NE	00:28:25.98	01:04:37.14	00:31:44.65	9:31	02:04:47.78
1825	801/2922	148/454	1713	Jillian Hamburger	F	32	North Platte	NE	00:28:20.49	01:04:39.28	00:31:48.03	9:31	02:04:47.81
1826	1025/1785	148/260	4394	Brandon Reeves	M	27	Lincoln	NE	00:27:37.99	01:03:59.59	00:33:10.36	9:31	02:04:47.94
1827	1026/1785	178/276	3934	Jacob Friefeld	M	35	Lincoln	NE	00:27:42.29	01:04:56.26	00:32:12.08	9:31	02:04:50.63
1828	802/2922	61/258	737	Rebecca Harding	F	49	Omaha	NE	00:28:13.15	01:04:16.21	00:32:23.59	9:31	02:04:52.96
1829	803/2922	165/531	1452	Marissa James	F	39	Lincoln	NE	00:27:26.29	01:05:18.24	00:32:08.61	9:31	02:04:53.15
1830	804/2922	27/122	2313	Jennifer Wilson	F	55	Bellevue	NE	00:28:34.65	01:04:56.76	00:31:22.45	9:31	02:04:53.87
1831	805/2922	166/531	2388	Emily Jacobs	F	36	Norton	KS	00:28:25.63	01:05:02.37	00:31:26.86	9:31	02:04:54.86
1832	1027/1785	77/145	5460	Ward Williams	M	53	Lincoln	NE	00:28:00.07	01:04:44.65	00:32:10.28	9:31	02:04:55.01
1833	1028/1785	10/26	4661	Conrad Woerner	M	68	Lincoln	NE	00:28:58.98	01:05:11.10	00:30:44.96	9:31	02:04:55.04
1834	806/2922	167/531	1525	Betsy Strobe	F	35	Lincoln	NE	00:29:37.80	01:05:59.82	00:29:17.64	9:31	02:04:55.27
1835	1029/1785	158/253	5023	Trevor Roberts	M	32	Lincoln	NE	00:28:56.36	01:04:28.53	00:31:30.39	9:31	02:04:55.28
1836	807/2922	168/531	2102	Hillary Bonin	F	37	Adams	NE	00:29:19.88	01:05:43.26	00:29:52.33	9:31	02:04:55.48
1837	808/2922	169/531	1266	Darcy Dawson	F	37	Fairmont	NE	00:28:22.84	01:05:27.79	00:31:05.09	9:31	02:04:55.72
1838	809/2922	127/508	6139	Mary Cornfield	F	26	Denver	CO	00:30:32.31	01:05:40.47	00:28:43.15	9:31	02:04:55.93
1839	1030/1785	121/215	4635	Grant Schmidt	M	41	Henderson	NE	00:29:26.20	01:05:11.22	00:30:19.98	9:31	02:04:57.41
1840	1031/1785	78/145	4710	Robert Kelsey	M	52	Omaha	NE	00:25:58.23	01:05:32.29	00:33:27.06	9:31	02:04:57.59
1841	810/2922	149/454	641	Lisa Edwards	F	34	Waverly	NE	00:27:54.64	01:04:28.29	00:32:35.21	9:31	02:04:58.14
1842	811/2922	170/531	985	Sarah Wall	F	36	Kearney	NE	00:27:08.31	01:06:07.03	00:31:45.60	9:32	02:05:00.95
1843	1032/1785	88/172	4870	Kirk Hansen	M	45	Grand Island	NE	00:29:29.45	01:05:10.49	00:30:21.99	9:32	02:05:01.93
1844	812/2922	171/531	1217	Meradiith Bryant	F	35	Gretna	NE	00:26:37.27	01:04:12.81	00:34:13.09	9:32	02:05:03.18
1845	1033/1785	159/253	5812	Brady Mcneil	M	30	Columbus	NE	00:28:41.45	01:04:32.54	00:31:50.88	9:32	02:05:04.88
1846	813/2922	150/454	1082	Kaylee Greeb	F	33	Omaha	NE	00:29:09.96	01:05:03.28	00:30:54.33	9:32	02:05:07.58
1847	814/2922	128/508	3597	Anna Salomons	F	28	Lincoln	NE	00:27:22.57	01:05:55.20	00:31:50.97	9:32	02:05:08.75
1848	1034/1785	179/276	3759	Ryan Frost	M	37	Omaha	NE	00:27:41.53	01:05:47.50	00:31:39.88	9:32	02:05:08.92
1849	815/2922	62/258	3667	Stephanie Schintler	F	46	Belleville	KS	00:29:17.10	01:04:36.01	00:31:16.01	9:32	02:05:09.12
1850	816/2922	151/454	1970	Ashton Blair	F	32	Omaha	NE	00:27:41.54	01:05:47.79	00:31:39.79	9:32	02:05:09.13
1851	817/2922	172/531	986	Gillian Frost	F	37	Omaha	NE	00:27:40.80	01:05:48.28	00:31:40.08	9:32	02:05:09.17
1852	818/2922	28/122	1198	Karen Green	F	58	Lincoln	NE	00:28:55.81	01:06:20.92	00:29:52.53	9:32	02:05:09.27
1853	1035/1785	160/253	4619	Brandon Biba	M	33	Lincoln	NE	00:29:41.71	01:05:26.86	00:30:01.70	9:32	02:05:10.29
1854	819/2922	129/508	1881	Jennifer Castillo	F	25	Omaha	NE	00:29:24.07	01:05:34.46	00:30:13.04	9:33	02:05:11.57
1855	820/2922	173/531	3308	Cecilia Wilken	F	35	Gretna	NE	00:30:03.77	01:04:47.32	00:30:24.57	9:33	02:05:15.67

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1856	1036/1785	180/276	3595	Josh Hinrichs	M	38	Lincoln	NE	00:26:11.30	01:05:58.00	00:33:06.87	9:33	02:05:16.17
1857	821/2922	152/454	376	Kaleigh Bixler	F	31	Omaha	NE	00:27:25.80	01:04:45.48	00:33:06.45	9:33	02:05:17.75
1858	822/2922	35/148	1280	Joann Conlin	F	52	Arthur	IL	00:28:28.39	01:04:03.84	00:32:47.41	9:33	02:05:19.65
1859	1037/1785	89/172	5912	Jared Beam	M	49	Topeka	KS	00:26:14.74	01:04:20.55	00:34:48.36	9:33	02:05:23.66
1860	823/2922	174/531	1932	Kelsey Johnson	F	37	Omaha	NE	00:29:10.58	01:05:03.27	00:31:10.37	9:33	02:05:24.23
1861	1038/1785	161/253	4867	Brandon Crainer	M	34	Omaha	NE	00:30:49.34	01:06:41.95	00:27:54.10	9:34	02:05:25.39
1862	1039/1785	162/253	6449	Blake Colclasure	M	31	Lincoln	NE	00:31:16.60	01:07:20.01	00:26:49.36	9:34	02:05:25.98
1863	824/2922	63/258	3733	Connie Peterson	F	49	Lincoln	NE	00:27:41.26	01:05:59.31	00:31:45.66	9:34	02:05:26.23
1864	825/2922	153/454	296	Anya Edwards	F	30	Lincoln	NE	00:27:39.38	01:05:55.66	00:31:54.55	9:34	02:05:29.60
1865	826/2922	29/122	145	Sheila Beermann	F	57	Elk Point	SD	00:29:43.80	01:05:30.00	00:30:16.11	9:34	02:05:29.92
1866	827/2922	64/258	4122	Angela Wiegert	F	45	Grand Island	NE	00:29:03.45	01:06:12.32	00:30:16.71	9:34	02:05:32.49
1867	1040/1785	90/172	4995	Alan Olsen	M	48	Lincoln	NE	00:27:30.55	01:04:06.92	00:33:58.78	9:34	02:05:36.26
1868	1041/1785	149/260	5086	Alex Acton	M	29	Pleasanton	CA	00:26:58.65	01:05:25.93	00:33:12.00	9:34	02:05:36.60
1869	828/2922	59/128	2039	Jennica Delvaux	F	19	Yankton	SD	00:29:35.28	01:06:47.88	00:29:13.47	9:34	02:05:36.64
1870	829/2922	84/345	2366	Grace Tolstedt	F	20	Sioux City	IA	00:29:36.25	01:06:47.94	00:29:13.32	9:34	02:05:37.51
1871	1042/1785	79/145	1494	Mark Simonson	M	53	Fremont	NE	00:29:42.90	01:06:11.58	00:29:44.62	9:35	02:05:39.11
1872	830/2922	88/335	1674	Angela Chauncey	F	43	Manhattan	KS	00:29:59.87	01:04:56.28	00:30:43.11	9:35	02:05:39.27
1873	831/2922	85/345	1093	Blair Lewis	F	24	Garland	TX	00:28:57.31	01:06:00.05	00:30:42.83	9:35	02:05:40.20
1874	1043/1785	17/42	4485	Joe Skare	M	61	Lincoln	NE	00:28:43.24	01:05:59.78	00:30:57.36	9:35	02:05:40.39
1875	832/2922	130/508	1902	Calli Witherby	F	29	Lincoln	NE	00:28:51.55	01:05:22.86	00:31:29.51	9:35	02:05:43.93
1876	1044/1785	163/253	5706	Colby Frey	M	32	Milford	NE	00:29:32.24	01:04:51.27	00:31:20.94	9:35	02:05:44.46
1877	833/2922	131/508	520	Rebekah Frey	F	27	Milford	NE	00:29:32.66	01:04:50.67	00:31:21.40	9:35	02:05:44.74
1878	1045/1785	122/215	7111	Joe Wiebold	M	43	Papillon	NE	00:28:06.78	01:05:21.55	00:32:17.29	9:35	02:05:45.63
1879	1046/1785	10/25	4212	Dax Connick	M	14	North Platte	NE	00:29:06.97	01:08:38.13	00:28:02.17	9:35	02:05:47.28
1880	834/2922	175/531	3253	Kathryn Heumiller	F	38	Salem	SD	00:28:19.26	01:04:41.25	00:32:47.09	9:35	02:05:47.61
1881	1047/1785	181/276	4104	Mark Larson	M	36	Lincoln	NE	00:26:42.68	01:05:24.69	00:33:40.28	9:35	02:05:47.66
1882	835/2922	176/531	1329	Rebecca Rager	F	38	Omaha	NE	00:27:57.57	01:04:57.94	00:32:52.52	9:35	02:05:48.04
1883	836/2922	177/531	926	Alison Boyles	F	35	Manhattan	KS	00:29:33.59	01:05:51.86	00:30:22.73	9:35	02:05:48.19
1884	837/2922	36/148	6586	Samantha Hegarty	F	52	Omaha	NE	00:29:00.56	01:05:36.23	00:31:12.48	9:35	02:05:49.28
1885	838/2922	3/23	1208	Janette Maydew	F	65	Omaha	NE	00:27:55.66	01:04:34.58	00:33:20.32	9:35	02:05:50.57
1886	839/2922	86/345	3475	Cheyenne Spicka	F	24	Wahoo	NE	00:27:49.56	01:06:18.46	00:31:43.30	9:36	02:05:51.33
1887	1048/1785	91/172	6560	Scott Heim	M	46	Valley	NE	00:24:38.00	01:06:00.87	00:35:13.30	9:36	02:05:52.18
1888	840/2922	60/128	2892	Emily Morris	F	18	Lincoln	NE	00:27:39.28	01:04:16.68	00:33:56.30	9:36	02:05:52.26
1889	1049/1785	18/42	5934	Christopher Weibye	M	63	Lincoln	NE	00:28:33.66	01:04:57.72	00:32:21.12	9:36	02:05:52.51
1890	1050/1785	109/181	3361	Earl Agpawa	M	20	Lincoln	NE	00:31:50.08	01:02:50.58	00:31:13.83	9:36	02:05:54.49

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1891	841/2922	132/508	409	Katherine Porto	F	29	Bennington	NE	00:27:12.69	01:05:09.66	00:33:32.46	9:36	02:05:54.82
1892	842/2922	5/19	691	Jami Jansen	F	14	Omaha	NE	00:27:37.65	01:06:32.24	00:31:45.04	9:36	02:05:54.93
1893	843/2922	6/19	692	Gabby Masteller	F	14	Omaha	NE	00:27:37.85	01:06:32.09	00:31:45.19	9:36	02:05:55.13
1894	1051/1785	80/145	5795	Paul Schletzbaum	M	51	Lawrence	KS	00:27:24.29	01:05:17.86	00:33:13.50	9:36	02:05:55.66
1895	1052/1785	11/26	3334	Rick Shever	M	66	Omaha	NE	00:27:58.07	01:04:54.68	00:33:02.93	9:36	02:05:55.68
1896	844/2922	89/335	2597	Sera Shoemaker	F	41	Cozad	NE	00:29:34.19	01:05:47.73	00:30:34.08	9:36	02:05:56.01
1897	845/2922	133/508	715	Tiffany Rocz	F	25	Papillion	NE	00:27:47.94	01:04:34.34	00:33:33.81	9:36	02:05:56.10
1898	1053/1785	182/276	4802	Richard Weibye	M	38	Lincoln	NE	00:28:39.35	01:04:57.32	00:32:21.34	9:36	02:05:58.01
1899	846/2922	134/508	2306	Ashley Wessel	F	27	Firth	NE	00:26:59.68	01:06:14.84	00:32:43.98	9:36	02:05:58.51
1900	1054/1785	92/172	4665	Todd Lane	M	48	Lincoln	NE	00:27:30.99	01:05:27.57	00:33:00.10	9:36	02:05:58.67
1901	847/2922	178/531	2557	Carly Zakrzewski	F	35	O'Neill	NE	00:29:22.82	01:05:49.51	00:30:46.42	9:36	02:05:58.76
1902	1055/1785	110/181	4234	Colin Kerrigan	M	23	Lincoln	NE	00:28:34.10	01:07:05.60	00:30:19.64	9:36	02:05:59.34
1903	848/2922	135/508	590	Julia Kerrigan	F	28	Lincoln	NE	00:28:33.70	01:07:05.60	00:30:21.25	9:36	02:06:00.55
1904	849/2922	87/345	513	Lyndsey Harpenau	F	24	Omaha	NE	00:28:30.21	01:04:15.62	00:33:15.30	9:36	02:06:01.13
1905	850/2922	154/454	528	Sami Buchli	F	30	Beatrice	NE	00:28:31.40	01:05:39.00	00:31:51.53	9:36	02:06:01.93
1906	1056/1785	150/260	3509	Brandon Peters	M	29	Lincoln	NE	00:29:03.42	01:04:16.97	00:32:45.52	9:37	02:06:05.92
1907	1057/1785	151/260	6464	Andrew Maul	M	28	Lincoln	NE	00:29:15.33	01:05:47.71	00:31:05.63	9:37	02:06:08.67
1908	851/2922	155/454	2314	Alicia Sells	F	34	Shenandoah	IA	00:28:01.00	01:06:15.24	00:31:52.77	9:37	02:06:09.02
1909	852/2922	136/508	321	Kalyn Wiarda	F	26	Lincoln	NE	00:28:38.30	01:04:52.35	00:32:38.92	9:37	02:06:09.58
1910	1058/1785	183/276	5703	Chad Steele	M	36	Sioux Falls	SD	00:27:59.37	01:05:41.26	00:32:29.07	9:37	02:06:09.71
1911	853/2922	37/148	468	Laura Mellinger	F	50	Derby	KS	00:28:58.80	01:06:45.39	00:30:26.96	9:37	02:06:11.16
1912	1059/1785	81/145	3902	James Mellinger	M	50	Derby	KS	00:28:58.60	01:06:46.18	00:30:27.18	9:37	02:06:11.97
1913	854/2922	61/128	1011	Maria Alessandro	F	18	Omaha	NE	00:27:44.86	01:04:48.26	00:33:38.89	9:37	02:06:12.02
1914	855/2922	88/345	2790	Bailey Batenhorst	F	21	Lincoln	NE	00:27:19.07	01:06:08.29	00:32:46.24	9:37	02:06:13.61
1915	856/2922	89/345	625	Marisa Foster	F	21	Crete	NE	00:27:55.82	01:05:57.03	00:32:24.30	9:38	02:06:17.16
1916	857/2922	90/345	6551	Adreanna Ernest	F	22	Lincoln	NE	00:27:55.67	01:05:56.62	00:32:25.07	9:38	02:06:17.38
1917	858/2922	179/531	309	Courtney Mccarville	F	37	Lincoln	NE	00:29:11.96	01:05:27.47	00:31:38.28	9:38	02:06:17.72
1918	859/2922	65/258	560	Melanie Reinke	F	45	Walton	NE	00:29:12.46	01:05:27.74	00:31:37.99	9:38	02:06:18.20
1919	1060/1785	164/253	5818	Clayton Jindra	M	31	Creston	NE	00:26:22.40	01:05:44.40	00:34:11.80	9:38	02:06:18.60
1920	860/2922	91/345	1599	Chelsea Gabriel	F	24	Columbus	NE	00:28:49.82	01:06:42.60	00:30:50.12	9:38	02:06:22.54
1921	861/2922	92/345	1269	Shelby Barnard	F	24	Beatrice	NE	00:28:49.82	01:06:43.01	00:30:49.75	9:38	02:06:22.58
1922	1061/1785	184/276	5645	Michael Desoe	M	36	Omaha	NE	00:26:06.38	01:06:38.12	00:33:39.23	9:38	02:06:23.73
1923	862/2922	137/508	316	Amanda Juhnke	F	28	Omaha	NE	00:28:54.56	01:06:48.48	00:30:41.61	9:38	02:06:24.66
1924	863/2922	138/508	6166	Alexis Gerry	F	25	Council Bluffs	IA	00:28:57.64	01:06:46.54	00:30:41.33	9:38	02:06:25.51
1925	1062/1785	185/276	4622	Joe Schulz	M	39	Lincoln	NE	00:28:50.51	01:05:33.98	00:32:02.02	9:38	02:06:26.52

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1926	864/2922	90/335	2410	Lindy Andersen	F	41	Omaha	NE	00:28:07.66	01:06:54.95	00:31:24.62	9:38	02:06:27.23
1927	865/2922	180/531	146	Carrie Lewis	F	39	Omaha	NE	00:28:07.46	01:06:54.95	00:31:24.82	9:38	02:06:27.24
1928	1063/1785	186/276	4416	Steven Howser	M	38	Lincoln	NE	00:27:25.14	01:05:30.39	00:33:32.36	9:38	02:06:27.90
1929	1064/1785	165/253	4310	Wesley Farewell	M	30	Lincoln	NE	00:28:47.32	01:06:40.52	00:31:01.59	9:38	02:06:29.44
1930	866/2922	156/454	1110	Sarah Roker	F	33	Lincoln	NE	00:27:50.56	01:04:00.63	00:34:38.87	9:38	02:06:30.07
1931	1065/1785	19/42	5899	William Farewell	M	62	Lincoln	NE	00:28:47.89	01:06:40.57	00:31:01.61	9:38	02:06:30.07
1932	867/2922	93/345	710	Shelby Jongema	F	21	Orlando	FL	00:29:44.22	01:04:02.06	00:32:43.98	9:39	02:06:30.27
1933	868/2922	94/345	1892	Hannah Harrington	F	24	Omaha	NE	00:31:54.76	01:07:43.08	00:26:53.03	9:39	02:06:30.87
1934	869/2922	181/531	1661	Tessa Wamsley	F	37	Hickman	NE	00:28:01.20	01:06:22.05	00:32:08.82	9:39	02:06:32.08
1935	870/2922	91/335	2438	Krista Hostetler	F	42	Beaver Crossing	NE	00:28:08.54	01:06:20.30	00:32:05.30	9:39	02:06:34.15
1936	871/2922	30/122	2548	Tish Fobben	F	56	Lincoln	NE	00:28:50.58	01:06:04.21	00:31:40.68	9:39	02:06:35.48
1937	872/2922	62/128	6067	Leigh Jahnke	F	19	Bancroft	NE	00:27:44.09	01:06:16.40	00:32:36.58	9:39	02:06:37.08
1938	873/2922	95/345	6164	Alexandria Barone	F	24	Omaha	NE	00:28:09.54	01:07:45.81	00:30:45.74	9:39	02:06:41.10
1939	874/2922	157/454	6548	Anne Petzel	F	33	Omaha	NE	00:28:34.07	01:04:38.77	00:33:28.34	9:39	02:06:41.18
1940	875/2922	139/508	2004	Kim Knoll	F	29	Omaha	NE	00:27:45.70	01:06:44.71	00:32:11.25	9:39	02:06:41.67
1941	1066/1785	187/276	6507	Jon Lundeen	M	38	Lincoln	NE	00:29:57.48	01:07:10.36	00:29:34.18	9:39	02:06:42.03
1942	876/2922	158/454	348	Devan Barnes	F	31	Arcadia	NE	00:27:49.61	01:05:36.04	00:33:17.09	9:39	02:06:42.75
1943	877/2922	182/531	1633	Amber Peterson	F	38	Crete	NE	00:28:09.59	01:07:33.16	00:31:00.89	9:40	02:06:43.64
1944	878/2922	96/345	1992	Ali Mccarthy	F	24	Omaha	NE	00:28:19.66	01:06:10.78	00:32:13.42	9:40	02:06:43.88
1945	1067/1785	111/181	5283	Alex Ruhlman	M	24	Omaha	NE	00:28:20.80	01:06:10.92	00:32:13.29	9:40	02:06:45.03
1946	879/2922	66/258	2668	Katherine Orozco	F	46	Fort Collins	CO	00:29:25.96	01:06:39.79	00:30:43.06	9:40	02:06:48.81
1947	1068/1785	123/215	4543	Tony Hartzell	M	41	Omaha	NE	00:28:52.62	01:07:46.85	00:30:10.99	9:40	02:06:50.47
1948	880/2922	183/531	2266	Becky Unterseher	F	38	Lincoln	NE	00:28:33.46	01:06:49.99	00:31:29.85	9:40	02:06:53.30
1949	881/2922	184/531	1085	Karen Conrad	F	38	Omaha	NE	00:31:18.61	01:09:34.09	00:26:00.60	9:40	02:06:53.31
1950	882/2922	92/335	2221	Kerri Merkel	F	42	Lincoln	NE	00:28:33.91	01:06:49.78	00:31:30.05	9:40	02:06:53.75
1951	883/2922	159/454	679	Allyson Marcelletta	F	31	Lincoln	NE	00:29:55.23	01:06:12.75	00:30:47.48	9:40	02:06:55.46
1952	884/2922	97/345	882	Kara Olstad	F	24	Omaha	NE	00:27:40.03	01:06:36.28	00:32:40.20	9:41	02:06:56.51
1953	885/2922	140/508	214	Ashley Hudson	F	28	Polk	NE	00:27:14.87	01:04:43.07	00:34:59.11	9:41	02:06:57.05
1954	886/2922	38/148	2746	Amy Francis	F	54	Lincoln	NE	00:29:04.80	01:06:16.97	00:31:36.51	9:41	02:06:58.29
1955	887/2922	67/258	1203	Julie Bailey	F	46	Gibbon	NE	00:27:12.49	01:05:00.34	00:34:46.68	9:41	02:06:59.52
1956	888/2922	141/508	4925	Stacy Ritchie	F	25	Lincoln	NE	00:28:18.38	01:09:56.52	00:28:45.00	9:41	02:06:59.90
1957	889/2922	185/531	1400	Amanda Heilman	F	39	Correctionville	IA	00:29:43.46	01:06:09.62	00:31:08.61	9:41	02:07:01.70
1958	1069/1785	42/80	4148	Dan Reiffenberger	M	55	Watertown	SD	00:28:58.51	01:05:57.72	00:32:07.27	9:41	02:07:03.51
1959	890/2922	142/508	6365	Megan Fletcher	F	25	Lincoln	NE	00:29:04.17	01:06:48.65	00:31:11.24	9:41	02:07:04.06
1960	891/2922	93/335	636	Kindra Gates	F	41	Lincoln	NE	00:29:03.34	01:05:51.91	00:32:09.84	9:41	02:07:05.10



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1961	892/2922	160/454	1137	Alanna Hoffman	F	32	Omaha	NE	00:27:48.54	01:06:13.11	00:33:03.96	9:41	02:07:05.62
1962	1070/1785	152/260	5261	Matt Zebedee	M	27	Ankeny	IA	00:28:16.58	01:04:39.46	00:34:10.92	9:41	02:07:06.96
1963	1071/1785	112/181	6097	Jacob Schneider	M	24	Kansas City	MO	00:30:25.56	01:06:50.40	00:29:51.61	9:41	02:07:07.58
1964	1072/1785	113/181	6096	Jerod Prutch	M	24	Kansas City	MO	00:30:25.76	01:06:50.36	00:29:51.58	9:41	02:07:07.70
1965	893/2922	143/508	1585	Blair Lyons	F	26	Omaha	NE	00:28:14.54	01:06:36.51	00:32:16.85	9:41	02:07:07.90
1966	894/2922	94/335	2038	Liz Shotkoski	F	43	Lincoln	NE	00:27:41.09	01:05:45.51	00:33:42.34	9:41	02:07:08.95
1967	1073/1785	11/25	4240	Nathan Sheldon	M	12	Gretna	NE	00:27:10.52	01:08:13.54	00:31:45.15	9:41	02:07:09.22
1968	1074/1785	166/253	5858	Blake Sheldon	M	34	Gretna	NE	00:27:10.51	01:08:03.18	00:31:56.56	9:42	02:07:10.25
1969	895/2922	186/531	366	Sue Ellen Beek	F	37	Marshalltown	IA	00:29:12.62	01:05:35.25	00:32:23.57	9:42	02:07:11.44
1970	896/2922	187/531	2989	Debra Gonnerman	F	37	York	NE	00:28:50.71	01:06:32.29	00:31:48.58	9:42	02:07:11.59
1971	897/2922	188/531	1045	Courtney Landon	F	39	Waverly	NE	00:29:38.55	01:06:00.32	00:31:33.25	9:42	02:07:12.13
1972	1075/1785	93/172	6012	Carl Wisehart	M	47	Gretna	NE	00:27:05.46	01:03:16.52	00:36:51.39	9:42	02:07:13.37
1973	1076/1785	188/276	5004	Bradley Meysenburg	M	37	Lincoln	NE	00:26:14.92	01:06:27.96	00:34:33.07	9:42	02:07:15.96
1974	1077/1785	73/96	5265	Nathan Harvey	M	15	Lincoln	NE	00:30:40.36	01:08:26.09	00:28:10.32	9:42	02:07:16.77
1975	1078/1785	94/172	5844	Jonathan Brown	M	48	Omaha	NE	00:27:34.15	01:06:35.10	00:33:10.69	9:42	02:07:19.95
1976	898/2922	95/335	6461	Amy Ostermeyer	F	43	Lincoln	NE	00:27:53.34	01:05:14.94	00:34:12.90	9:42	02:07:21.18
1977	899/2922	39/148	981	Lisa Martone	F	50	Omaha	NE	00:27:54.39	01:06:52.35	00:32:34.66	9:42	02:07:21.41
1978	900/2922	68/258	2134	Sarah Alsup	F	45	Elkhorn	NE	00:27:50.72	01:07:02.85	00:32:28.20	9:42	02:07:21.78
1979	901/2922	189/531	4231	Morgan Whisinnand	F	36	Lincoln	NE	00:27:53.91	01:05:01.25	00:34:27.31	9:42	02:07:22.48
1980	902/2922	69/258	2948	Theresa Gulizia	F	47	Gretna	NE	00:27:51.54	01:07:01.21	00:32:30.62	9:43	02:07:23.38
1981	1079/1785	82/145	4406	Steve Carstensen	M	51	Lincoln	NE	00:27:01.08	01:05:35.44	00:34:47.58	9:43	02:07:24.10
1982	1080/1785	167/253	4441	Adam Grieser	M	34	Omaha	NE	00:30:17.67	01:09:09.02	00:27:57.91	9:43	02:07:24.61
1983	903/2922	144/508	5235	Caitlyn Moore	F	26	Benbrook	TX	00:28:21.54	01:07:23.43	00:31:40.41	9:43	02:07:25.39
1984	1081/1785	124/215	4057	Jeffrey Eells	M	43	Lincoln	NE	00:28:51.72	01:07:21.32	00:31:12.55	9:43	02:07:25.60
1985	904/2922	70/258	139	Brenda Bixenmann	F	47	Grand Island	NE	00:29:02.80	01:06:43.29	00:31:40.74	9:43	02:07:26.83
1986	905/2922	161/454	3405	Carin Lewis	F	31	Omaha	NE	00:29:52.06	01:06:51.54	00:30:43.77	9:43	02:07:27.37
1987	1082/1785	83/145	4446	Dan Pokorney	M	50	Kearney	NE	00:30:23.53	01:06:27.31	00:30:37.68	9:43	02:07:28.52
1988	906/2922	71/258	6524	Betsy Hemenway	F	45	Lincoln	NE	00:30:34.05	01:06:43.64	00:30:11.04	9:43	02:07:28.74
1989	907/2922	63/128	6310	Kari Kanable	F	19	Ipswich	SD	00:27:42.29	01:09:37.06	00:30:09.75	9:43	02:07:29.11
1990	908/2922	190/531	2988	Lora Delair	F	39	Lavista	NE	00:28:41.05	01:06:25.34	00:32:22.80	9:43	02:07:29.19
1991	1083/1785	189/276	5928	Tyson Reimers	M	39	Bellevue	NE	00:27:43.80	01:06:37.12	00:33:09.10	9:43	02:07:30.02
1992	909/2922	40/148	334	Barb Geiger	F	54	Lincoln	NE	00:27:58.45	01:04:59.85	00:34:33.96	9:43	02:07:32.26
1993	1084/1785	153/260	3656	Corbyn Mellinger	M	27	Lincoln	NE	00:28:58.04	01:08:28.54	00:30:10.54	9:44	02:07:37.12
1994	1085/1785	114/181	4961	Reid Jones	M	21	Wichita	KS	00:30:18.17	01:08:39.49	00:28:41.13	9:44	02:07:38.79
1995	910/2922	98/345	2297	Alicia Rauner	F	20	Lincoln	NE	00:30:18.68	01:08:39.40	00:28:42.34	9:44	02:07:40.43

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
1996	1086/1785	125/215	5823	Jason Johnson	M	41	Omaha	NE	00:28:47.89	01:07:15.58	00:31:37.24	9:44	02:07:40.72
1997	911/2922	191/531	2096	Michelle Dennis	F	38	Bellevue	NE	00:28:31.88	01:06:12.37	00:32:56.62	9:44	02:07:40.87
1998	1087/1785	84/145	6596	Bobby Rix	M	52	Omaha	NE	00:29:15.25	01:06:35.96	00:31:49.96	9:44	02:07:41.18
1999	912/2922	99/345	2106	Taylor Schendt	F	20	Omaha	NE	00:25:44.32	01:06:27.76	00:35:29.17	9:44	02:07:41.25
2000	1088/1785	154/260	6613	Henry Oæneal	M	26	Lincoln	NE	00:26:17.98	01:07:41.34	00:33:42.32	9:44	02:07:41.65
2001	1089/1785	85/145	5699	Jim Jarding	M	50	Sioux Falls	SD	00:29:07.73	01:06:35.86	00:31:58.90	9:44	02:07:42.49
2002	913/2922	145/508	1985	Kenda Frenzel	F	25	New Market	IA	00:29:24.17	01:07:18.91	00:31:00.57	9:44	02:07:43.65
2003	1090/1785	95/172	4305	Prashant Deshmukh	M	48	Omaha	NE	00:27:17.14	01:06:11.06	00:34:17.95	9:44	02:07:46.15
2004	914/2922	31/122	6460	Laura Rucoba	F	58	Roca	NE	00:27:11.44	01:07:53.43	00:32:41.39	9:44	02:07:46.26
2005	1091/1785	155/260	6302	Samuel Gilsdorf	M	26	Omaha	NE	00:26:06.16	01:07:08.57	00:34:32.17	9:44	02:07:46.91
2006	915/2922	100/345	167	Emma Clausen	F	20	Omaha	NE	00:30:18.42	01:08:39.66	00:28:49.10	9:44	02:07:47.19
2007	916/2922	72/258	3333	Carrie Henrichs	F	49	Lincoln	NE	00:28:37.82	01:06:32.93	00:32:37.28	9:44	02:07:48.04
2008	1092/1785	168/253	3485	Brian Overly	M	34	Elkhorn	NE	00:24:54.42	01:06:29.26	00:36:25.25	9:45	02:07:48.94
2009	917/2922	41/148	271	Tina Meeske	F	54	Denton	NE	00:28:38.41	01:06:33.56	00:32:37.10	9:45	02:07:49.08
2010	918/2922	162/454	2286	Jenna Shepherd	F	32	Lincoln	NE	00:30:02.45	01:06:51.97	00:30:55.36	9:45	02:07:49.78
2011	919/2922	163/454	297	Amanda Heskett	F	31	Nemaha	NE	00:27:02.99	01:05:29.74	00:35:17.29	9:45	02:07:50.02
2012	920/2922	42/148	2758	Amy Unseld	F	50	Pierce	NE	00:30:51.81	01:04:45.27	00:32:14.09	9:45	02:07:51.17
2013	1093/1785	190/276	4612	Jeff Ahern	M	35	Lincoln	NE	00:28:06.66	01:05:55.56	00:33:49.32	9:45	02:07:51.55
2014	921/2922	192/531	2527	Stephanie Monk	F	35	Dakota Dunes	SD	00:27:56.51	01:06:12.83	00:33:45.32	9:45	02:07:54.67
2015	922/2922	101/345	1694	Blayke Pillen	F	24	Omaha	NE	00:28:31.12	01:06:29.31	00:32:55.20	9:45	02:07:55.63
2016	923/2922	193/531	3543	Erin Tedrick	F	36	Council Bluffs	IA	00:27:42.46	01:08:10.91	00:32:04.58	9:45	02:07:57.95
2017	924/2922	194/531	962	Laura Clark	F	38	Omaha	NE	00:27:42.31	01:08:11.05	00:32:04.68	9:45	02:07:58.05
2018	925/2922	164/454	231	Rani Hughes	F	33	Omaha	NE	00:28:30.42	01:05:14.92	00:34:14.20	9:45	02:07:59.55
2019	1094/1785	191/276	4004	Eric Stoner	M	39	Palmyra	NE	00:30:17.82	01:07:46.73	00:29:56.06	9:45	02:08:00.61
2020	926/2922	102/345	6516	Aubree Ford	F	22	Omaha	NE	00:26:55.91	01:07:52.13	00:33:13.72	9:45	02:08:01.76
2021	927/2922	195/531	331	Ashley Quinn	F	36	Crete	NE	00:27:57.34	01:07:19.67	00:32:44.91	9:46	02:08:01.93
2022	1095/1785	115/181	5860	Hunter Traynor	M	22	Lincoln	NE	00:28:51.67	01:06:09.41	00:33:01.43	9:46	02:08:02.52
2023	928/2922	43/148	650	Dawn Ford	F	50	Lincoln	NE	00:29:48.24	01:06:05.63	00:32:11.72	9:46	02:08:05.60
2024	929/2922	196/531	549	Courtney Hillebrecht	F	37	Lincoln	NE	00:30:00.01	01:07:20.51	00:30:46.31	9:46	02:08:06.84
2025	930/2922	165/454	6581	Amber Wilson	F	31	Springfield	MO	00:29:06.42	01:07:48.27	00:31:12.32	9:46	02:08:07.02
2026	931/2922	197/531	6545	Bethany Barnes	F	36	Lincoln	NE	00:29:49.79	01:07:32.25	00:30:45.95	9:46	02:08:07.99
2027	932/2922	146/508	2308	Emily Nutter	F	27	Gretna	NE	00:29:33.33	01:08:09.64	00:30:25.70	9:46	02:08:08.67
2028	933/2922	166/454	2747	Lauren Becwar	F	30	Lincoln	NE	00:28:28.60	01:06:55.65	00:32:45.45	9:46	02:08:09.71
2029	1096/1785	116/181	6162	Josiah Nordquist	M	22	Omaha	NE	00:30:22.24	01:05:44.82	00:32:04.14	9:46	02:08:11.20
2030	1097/1785	117/181	6161	R J Slater	M	23	Papillion	NE	00:30:22.66	01:05:44.38	00:32:04.71	9:46	02:08:11.75

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2031	934/2922	44/148	1465	Barb Kruid	F	53	Elkhorn	NE	00:29:20.51	01:07:43.72	00:31:07.65	9:46	02:08:11.89
2032	1098/1785	192/276	4500	Kelby Nitz	M	36	Seward	NE	00:29:30.87	01:08:01.69	00:30:40.58	9:46	02:08:13.16
2033	935/2922	147/508	1370	Regina Roebke	F	29	Seward	NE	00:29:31.40	01:08:01.53	00:30:40.24	9:46	02:08:13.18
2034	936/2922	198/531	3915	Melanie Johnson	F	37	Lennox	SD	00:28:36.06	01:06:04.79	00:33:32.73	9:46	02:08:13.59
2035	937/2922	199/531	2453	Amy Schlichting	F	36	Lincoln	NE	00:27:31.89	01:07:09.25	00:33:33.60	9:46	02:08:14.74
2036	938/2922	64/128	389	Katherine Erickson	F	19	Aberdeen	SD	00:30:24.05	01:05:56.28	00:31:54.48	9:46	02:08:14.82
2037	939/2922	200/531	2362	Deanna Ebmeier	F	36	Lincoln	NE	00:27:32.01	01:07:09.33	00:33:33.56	9:46	02:08:14.91
2038	1099/1785	96/172	6429	Todd Booher	M	47	Kearney	NE	00:28:40.21	01:06:50.26	00:32:44.52	9:47	02:08:14.99
2039	1100/1785	169/253	6277	Dustun Dean	M	31	Omaha	NE	00:27:31.89	01:06:02.91	00:34:41.56	9:47	02:08:16.38
2040	1101/1785	126/215	4590	Matt Nockels	M	42	Lincoln	NE	00:30:05.76	01:06:48.85	00:31:21.99	9:47	02:08:16.61
2041	940/2922	148/508	3891	Morgan Mueller	F	29	Omaha	NE	00:27:45.85	01:09:04.36	00:31:27.81	9:47	02:08:18.03
2042	941/2922	96/335	1132	Bridgid Strait	F	40	Sioux City	IA	00:27:02.88	01:07:37.27	00:33:38.06	9:47	02:08:18.21
2043	1102/1785	118/181	5281	Jameson Defreese	M	23	Omaha	NE	00:30:13.03	01:08:55.55	00:29:10.00	9:47	02:08:18.59
2044	942/2922	167/454	2232	Maggie Holub	F	31	Scribner	NE	00:27:02.17	01:06:39.19	00:34:37.47	9:47	02:08:18.83
2045	943/2922	201/531	3061	Crystal Bock Thiessen	F	38	Lincoln	NE	00:29:17.24	01:06:59.69	00:32:02.24	9:47	02:08:19.18
2046	944/2922	103/345	732	Abbey Kester	F	23	Clearwater	NE	00:29:41.33	01:07:18.28	00:31:21.00	9:47	02:08:20.62
2047	945/2922	104/345	1914	Jade Koch	F	24	Lincoln	NE	00:29:41.41	01:07:18.41	00:31:21.01	9:47	02:08:20.83
2048	1103/1785	127/215	5078	Paul Leahy	M	40	Lincoln	NE	00:28:09.01	01:06:58.89	00:33:15.30	9:47	02:08:23.20
2049	1104/1785	119/181	5188	Ethan Stohs	M	24	Omaha	NE	00:30:02.95	01:07:09.85	00:31:10.51	9:47	02:08:23.32
2050	1105/1785	74/96	4042	Daniel Bresnahan	M	19	Marquette	NE	00:28:16.37	01:06:43.30	00:33:23.67	9:47	02:08:23.34
2051	1106/1785	12/25	3438	Caden Leahy	M	13	Lincoln	NE	00:28:08.84	01:06:59.46	00:33:15.30	9:47	02:08:23.61
2052	946/2922	32/122	1173	Cyndi Elyea	F	58	Omaha	NE	00:29:23.18	01:06:55.06	00:32:05.85	9:47	02:08:24.09
2053	947/2922	73/258	652	Angie Cavanaugh	F	45	Syracuse	NE	00:31:32.62	01:07:26.59	00:29:26.00	9:47	02:08:25.22
2054	948/2922	65/128	1154	Kierstin Foote	F	19	Lincoln	NE	00:29:29.17	01:08:35.20	00:30:21.70	9:47	02:08:26.08
2055	949/2922	97/335	4206	Nic Laholt	F	41	Lincoln	NE	00:29:49.59	01:08:00.23	00:30:36.25	9:47	02:08:26.09
2056	950/2922	202/531	1301	Stephanie Hemje	F	36	Crete	NE	00:27:56.32	01:07:20.10	00:33:11.34	9:47	02:08:27.77
2057	951/2922	105/345	6084	Alyssa Downey	F	24	Hickman	NE	00:27:54.84	01:06:39.79	00:33:53.96	9:48	02:08:28.60
2058	1107/1785	86/145	4984	Mark Aldendifer	M	54	Lincoln	NE	00:29:38.76	01:05:06.63	00:33:43.41	9:48	02:08:28.81
2059	1108/1785	12/26	4077	Thomas Welstead	M	68	Raymond	NE	00:28:33.21	01:06:53.85	00:33:02.08	9:48	02:08:29.15
2060	952/2922	98/335	1183	Brooke David	F	40	Lincoln	NE	00:29:17.08	01:07:00.26	00:32:12.58	9:48	02:08:29.92
2061	953/2922	66/128	6340	Abby Plank	F	17	Omaha	NE	00:30:26.86	01:09:09.79	00:28:53.65	9:48	02:08:30.31
2062	954/2922	149/508	1715	Riley Arnold	F	25	Beaver Crossing	NE	00:28:35.74	01:07:36.20	00:32:18.80	9:48	02:08:30.74
2063	955/2922	106/345	2581	Brielle Weverka	F	20	Arapahoe	NE	00:27:54.46	01:06:43.72	00:33:52.58	9:48	02:08:30.76
2064	956/2922	99/335	314	Darian Acord	F	44	Omaha	NE	00:27:50.83	01:09:11.90	00:31:28.62	9:48	02:08:31.35
2065	1109/1785	43/80	5349	Steve Boyer	M	57	Atoka	TN	00:30:21.61	01:07:41.65	00:30:28.76	9:48	02:08:32.02

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2066	957/2922	203/531	600	Randi Quinn	F	39	Lincoln	NE	00:29:35.32	01:07:51.65	00:31:05.40	9:48	02:08:32.39
2067	1110/1785	13/26	4790	Mark Kuzara	M	67	Lincoln	NE	00:30:19.49	01:06:10.10	00:32:04.57	9:48	02:08:34.18
2068	958/2922	204/531	2103	Andrea Jordan	F	37	Elkhorn	NE	00:29:20.02	01:05:41.74	00:33:32.50	9:48	02:08:34.26
2069	959/2922	100/335	3193	Amy Sjolholm	F	43	Grand Island	NE	00:29:26.30	01:07:01.65	00:32:06.33	9:48	02:08:34.29
2070	1111/1785	156/260	6504	Trenton Shrader	M	29	Lincoln	NE	00:27:02.58	01:06:29.79	00:35:01.96	9:48	02:08:34.33
2071	1112/1785	170/253	4275	Matt Kroeger	M	30	Omaha	NE	00:29:09.68	01:07:36.39	00:31:48.28	9:48	02:08:34.35
2072	1113/1785	157/260	4866	Joshua Job	M	27	Bennet	NE	00:27:02.28	01:06:59.65	00:34:33.98	9:48	02:08:35.92
2073	960/2922	205/531	941	Ashley Krajewski	F	38	Eagle	NE	00:29:51.05	01:08:41.05	00:30:07.32	9:48	02:08:39.43
2074	961/2922	45/148	3114	Brenda Weyers	F	50	Lincoln	NE	00:30:14.61	01:07:13.42	00:31:13.71	9:49	02:08:41.75
2075	962/2922	67/128	4156	Abigail Stutzman	F	19	Olathe	KS	00:29:59.78	01:05:38.38	00:33:04.71	9:49	02:08:42.87
2076	963/2922	101/335	804	Sarah Gutschow	F	40	Elkhorn	NE	00:29:27.19	01:06:49.27	00:32:26.99	9:49	02:08:43.45
2077	964/2922	46/148	3442	Teresa Rathjen	F	52	York	NE	00:27:09.30	01:06:26.04	00:35:08.49	9:49	02:08:43.83
2078	965/2922	168/454	2356	Alexis Johnson	F	33	Parkville	MO	00:28:58.66	01:07:44.18	00:32:02.71	9:49	02:08:45.56
2079	1114/1785	193/276	5796	Scott Gal	M	37	Lincoln	NE	00:27:06.53	01:05:22.30	00:36:17.68	9:49	02:08:46.52
2080	966/2922	68/128	3814	Emma Chicoine	F	19	Omaha	NE	00:30:04.32	01:06:16.30	00:32:26.36	9:49	02:08:46.99
2081	1115/1785	128/215	5859	Nathaniel Matya	M	43	Omaha	NE	00:28:45.63	01:06:31.71	00:33:30.32	9:49	02:08:47.66
2082	1116/1785	44/80	4414	Ron Dunic	M	58	Papillion	NE	00:28:00.54	01:06:51.79	00:33:55.33	9:49	02:08:47.67
2083	1117/1785	194/276	5485	Chris Whitney	M	35	Omaha	NE	00:29:57.86	01:04:31.22	00:34:20.92	9:49	02:08:50.01
2084	1118/1785	171/253	4548	Jason Kilker	M	34	Lincoln	NE	00:29:27.06	01:06:34.16	00:32:50.07	9:49	02:08:51.30
2085	1119/1785	172/253	4227	Tony Milana	M	33	Lincoln	NE	00:28:05.26	01:07:34.63	00:33:12.94	9:49	02:08:52.84
2086	1120/1785	158/260	4942	Garrett Peterson	M	26	Lincoln	NE	00:29:55.23	01:06:52.47	00:32:05.34	9:49	02:08:53.04
2087	967/2922	169/454	421	Tracey Hite	F	32	Omaha	NE	00:30:15.29	01:05:19.30	00:33:24.12	9:50	02:08:58.71
2088	1121/1785	195/276	5738	Ryan Lemke	M	35	Lincoln	NE	00:27:51.29	01:04:09.68	00:36:58.40	9:50	02:08:59.38
2089	968/2922	206/531	782	Karla Sanchez	F	38	Kearney	NE	00:28:17.20	01:07:02.36	00:33:40.21	9:50	02:08:59.77
2090	969/2922	207/531	1820	Krystyn Schmidt	F	39	Hickman	NE	00:29:39.39	01:07:08.27	00:32:12.61	9:50	02:09:00.27
2091	1122/1785	13/25	3458	Jonah Scheffler	M	12	Lincoln	NE	00:28:10.03	01:06:28.90	00:34:21.57	9:50	02:09:00.51
2092	970/2922	150/508	1402	Danae Hyde	F	25	Lincoln	NE	00:29:57.01	01:07:43.53	00:31:20.16	9:50	02:09:00.70
2093	1123/1785	20/42	4062	Michael Weller	M	64	Omaha	NE	00:28:51.46	01:06:25.45	00:33:47.17	9:50	02:09:04.09
2094	971/2922	102/335	1162	Ann Heckman	F	42	Hastings	NE	00:28:47.04	01:08:17.05	00:32:00.19	9:50	02:09:04.28
2095	972/2922	47/148	2637	Lisa Willert	F	52	Gretna	NE	00:30:12.81	01:07:30.17	00:31:21.58	9:50	02:09:04.56
2096	973/2922	208/531	2710	Anna Sash	F	37	Omaha	NE	00:28:35.06	01:07:39.23	00:32:51.03	9:50	02:09:05.32
2097	974/2922	74/258	6080	Lona Smart	F	45	Council Bluffs	IA	00:29:25.39	01:08:39.64	00:31:00.63	9:50	02:09:05.66
2098	975/2922	209/531	2252	Jaime Zweep	F	35	Louisville	NE	00:30:57.41	01:07:38.58	00:30:30.91	9:50	02:09:06.90
2099	1124/1785	87/145	4809	John Skretta	M	50	Lincoln	NE	00:28:58.13	01:07:22.00	00:32:47.61	9:51	02:09:07.75
2100	1125/1785	159/260	5244	Neil Emeigh	M	26	Lincoln	NE	00:30:40.90	01:07:56.74	00:30:30.28	9:51	02:09:07.93

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2101	976/2922	107/345	377	Emma Fryda	F	22	Omaha	NE	00:30:21.12	01:06:03.51	00:32:43.46	9:51	02:09:08.09
2102	1126/1785	97/172	4811	Matthew Skretta	M	45	Lincoln	NE	00:28:58.52	01:07:22.25	00:32:47.95	9:51	02:09:08.72
2103	977/2922	7/19	806	Makenzie Bach	F	11	Lincoln	NE	00:30:06.32	01:08:01.02	00:31:01.59	9:51	02:09:08.93
2104	1127/1785	88/145	4813	Paul Ries	M	54	Lincoln	NE	00:30:15.06	01:08:12.71	00:30:41.80	9:51	02:09:09.57
2105	978/2922	151/508	1930	Jenn Cramer	F	28	Elkhorn	NE	00:29:21.09	01:06:34.26	00:33:15.05	9:51	02:09:10.40
2106	1128/1785	98/172	4556	Kiran Poda	M	46	Lincoln	NE	00:29:24.40	01:07:08.06	00:32:38.05	9:51	02:09:10.52
2107	1129/1785	129/215	3931	Bret Welstead	M	42	Lincoln	NE	00:28:36.25	01:08:15.43	00:32:19.53	9:51	02:09:11.21
2108	979/2922	103/335	2055	Sally Bach	F	40	Lincoln	NE	00:30:06.27	01:08:01.33	00:31:04.16	9:51	02:09:11.77
2109	980/2922	48/148	2868	Peggy Sutej	F	53	Omaha	NE	00:28:49.51	01:08:08.79	00:32:14.21	9:51	02:09:12.52
2110	981/2922	210/531	1116	Annemarie O'connor	F	37	Kearney	NE	00:28:49.87	01:07:42.32	00:32:40.93	9:51	02:09:13.14
2111	982/2922	170/454	323	Abby Buschkoetter	F	32	Hastings	NE	00:28:09.96	01:08:34.88	00:32:28.92	9:51	02:09:13.77
2112	983/2922	152/508	3647	Brittany Olson	F	25	Lincoln	NE	00:28:37.12	01:08:39.79	00:31:57.52	9:51	02:09:14.44
2113	984/2922	108/345	686	Nicole Eisenbraun	F	23	Brooklyn	NY	00:30:09.89	01:09:02.04	00:30:02.76	9:51	02:09:14.69
2114	985/2922	171/454	6399	Catherine Stoos	F	34	Omaha	NE	00:30:59.56	01:08:25.00	00:29:50.14	9:51	02:09:14.72
2115	986/2922	49/148	6286	Michelle Bandur	F	54	Omaha	NE	00:28:51.11	01:08:11.41	00:32:12.73	9:51	02:09:15.26
2116	987/2922	5/41	1894	Sandy Koozer	F	60	Lincoln	NE	00:29:29.83	01:08:00.69	00:31:44.75	9:51	02:09:15.27
2117	1130/1785	130/215	3451	Timothy Eisenbraun	M	42	Wall	SD	00:28:27.90	01:10:44.44	00:30:03.00	9:51	02:09:15.35
2118	1131/1785	131/215	5331	James Proft	M	40	Shelbyville	IN	00:28:20.80	01:08:07.78	00:32:47.80	9:51	02:09:16.38
2119	1132/1785	99/172	4324	Matthew Gatlin	M	48	Superior	NE	00:28:36.78	01:06:11.81	00:34:28.02	9:51	02:09:16.61
2120	988/2922	211/531	1832	Sarah Bretschneider	F	38	Lincoln	NE	00:29:35.96	01:07:27.62	00:32:13.91	9:51	02:09:17.49
2121	989/2922	33/122	1569	Lisa Gannon	F	56	San Jose	CA	00:29:43.07	01:06:53.01	00:32:41.94	9:51	02:09:18.03
2122	990/2922	109/345	1375	Katie Campbell	F	23	Omaha	NE	00:27:45.46	01:05:20.37	00:36:12.23	9:51	02:09:18.06
2123	991/2922	110/345	210	Jackie Rivas	F	22	Omaha	NE	00:29:36.28	01:08:16.29	00:31:25.62	9:51	02:09:18.20
2124	992/2922	153/508	3412	Hallie Hartman	F	25	Gibbon	NE	00:27:46.92	01:06:50.13	00:34:42.20	9:51	02:09:19.26
2125	1133/1785	120/181	6190	Jaden Nielsen	M	23	Minden	NE	00:27:44.10	01:05:33.34	00:36:01.96	9:51	02:09:19.40
2126	993/2922	111/345	2938	Macy Peregrine	F	22	Lincoln	NE	00:28:19.59	01:07:41.20	00:33:20.59	9:52	02:09:21.39
2127	994/2922	154/508	195	Arielle Hurd	F	28	Lincoln	NE	00:26:42.67	01:09:55.18	00:32:43.57	9:52	02:09:21.42
2128	1134/1785	160/260	5682	Thomas Guittar	M	27	Lincoln	NE	00:27:39.17	01:08:28.20	00:33:14.83	9:52	02:09:22.20
2129	995/2922	172/454	566	Jessica Eden	F	31	Ceresco	NE	00:28:29.80	01:07:42.79	00:33:10.55	9:52	02:09:23.15
2130	996/2922	212/531	1878	Alicia Retzlaff	F	36	Lincoln	NE	00:28:29.81	01:06:18.14	00:34:37.07	9:52	02:09:25.03
2131	1135/1785	45/80	6457	Mark Pierce	M	55	Wichita	KS	00:30:19.60	01:06:47.29	00:32:18.21	9:52	02:09:25.11
2132	997/2922	213/531	1119	Patty Mattson	F	38	Hickman	NE	00:28:23.07	01:05:37.41	00:35:27.78	9:52	02:09:28.27
2133	998/2922	173/454	2372	Daniell Ferguson	F	32	Wahoo	NE	00:30:27.85	01:06:13.88	00:32:47.04	9:52	02:09:28.77
2134	999/2922	75/258	2666	Amy Frankforter	F	49	Lincoln	NE	00:30:01.27	01:07:29.77	00:31:59.57	9:52	02:09:30.61
2135	1000/2922	76/258	550	Chris Cummings	F	45	Union	NE	00:29:26.30	01:07:38.04	00:32:26.92	9:52	02:09:31.27

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2136	1001/2922	155/508	2748	Shannon Winkler	F	29	Lincoln	NE	00:30:56.29	01:07:48.62	00:30:46.47	9:52	02:09:31.38
2137	1002/2922	77/258	1456	Kari Reeg	F	49	Genoa	NE	00:30:46.73	01:06:32.29	00:32:12.44	9:52	02:09:31.46
2138	1136/1785	21/42	4728	Randy Thorman	M	63	Omaha	NE		01:05:27.24	00:31:37.34	9:52	02:09:31.65
2139	1137/1785	196/276	5888	Patrick Cohoon	M	37	Omaha	NE	00:30:27.34	01:08:41.02	00:30:24.25	9:52	02:09:32.61
2140	1003/2922	174/454	2692	Allysia Filsinger	F	33	Lincoln	NE	00:29:02.04	01:06:06.54	00:34:24.92	9:52	02:09:33.51
2141	1004/2922	112/345	556	Mallory Huck	F	21	Bellevue	NE	00:30:12.02	01:07:05.62	00:32:16.50	9:53	02:09:34.15
2142	1138/1785	121/181	3997	Matthew Unruh	M	23	Lincoln	NE	00:30:11.99	01:07:05.62	00:32:16.69	9:53	02:09:34.32
2143	1005/2922	69/128	883	Kate Worley	F	16	Northville	MI	00:30:22.28	01:07:47.90	00:31:25.44	9:53	02:09:35.63
2144	1006/2922	50/148	881	Laura Worley	F	52	Northville	MI	00:30:22.48	01:07:47.70	00:31:25.54	9:53	02:09:35.72
2145	1139/1785	100/172	5518	Keith Ratterree	M	47	Lincolne	NE	00:25:49.04	01:08:51.55	00:34:55.17	9:53	02:09:35.77
2146	1140/1785	132/215	4641	Brian Schenk	M	40	Lincoln	NE	00:27:32.22	01:07:21.32	00:34:42.23	9:53	02:09:35.78
2147	1141/1785	89/145	4352	Ross Worley	M	53	Northville	MI	00:30:22.56	01:07:48.03	00:31:25.64	9:53	02:09:36.24
2148	1007/2922	175/454	2554	Stacy Nelson	F	34	Arlington	NE	00:27:24.22	01:07:58.81	00:34:13.83	9:53	02:09:36.87
2149	1008/2922	214/531	1076	Stephanie Lambrecht	F	35	Lincoln	NE	00:27:17.61	01:07:23.55	00:34:56.18	9:53	02:09:37.35
2150	1142/1785	90/145	5284	Bob Kemp	M	53	Elkhorn	NE	00:28:22.88	01:05:46.98	00:35:28.34	9:53	02:09:38.21
2151	1143/1785	22/42	4797	Alan Bottger	M	63	Lincoln	NE	00:29:00.64	01:07:21.81	00:33:15.94	9:53	02:09:38.39
2152	1144/1785	46/80	4666	Tom Malmstrom	M	59	Lincoln	NE	00:29:21.45	01:09:57.83	00:30:19.79	9:53	02:09:39.07
2153	1009/2922	215/531	6443	Stephanie Hanson	F	39	Moravia	IA	00:29:26.12	01:07:59.27	00:32:14.38	9:53	02:09:39.77
2154	1010/2922	104/335	1875	Patricia Roth	F	40	Watertown	SD	00:28:39.60	01:07:35.65	00:33:24.62	9:53	02:09:39.87
2155	1011/2922	6/41	298	Lori Harding	F	61	Newcastle	NE	00:28:04.92	01:08:11.10	00:33:26.03	9:53	02:09:42.05
2156	1012/2922	216/531	1823	Ashley Wroblewski	F	35	Omaha	NE	00:27:46.13	01:07:33.06	00:34:23.35	9:53	02:09:42.55
2157	1013/2922	176/454	171	Tasha Forsyth	F	30	Winside	NE	00:30:45.33	01:08:37.89	00:30:19.55	9:53	02:09:42.77
2158	1014/2922	113/345	2781	Kristen Fellhoelter	F	24	Omaha	NE	00:30:09.45	01:07:37.95	00:31:55.80	9:53	02:09:43.22
2159	1145/1785	75/96	3937	Leo Bykerk	M	18	Doniphan	NE	00:30:24.33	01:08:34.76	00:30:44.52	9:53	02:09:43.61
2160	1146/1785	76/96	3938	Carson Moritz	M	17	Hastings	NE	00:30:24.42	01:08:34.46	00:30:44.85	9:53	02:09:43.74
2161	1147/1785	161/260	5151	Nathan Baker	M	28	Omaha	NE	00:29:23.97	01:07:57.86	00:32:22.42	9:53	02:09:44.26
2162	1015/2922	217/531	1656	Azusa Ronhovde	F	38	Lincoln	NE	00:28:43.33	01:07:17.09	00:33:43.96	9:53	02:09:44.39
2163	1148/1785	173/253	5816	Nic Osterbuhr	M	32	Holdrege	NE	00:30:26.32	01:08:02.02	00:31:16.45	9:53	02:09:44.80
2164	1016/2922	51/148	2230	Sheila Mikulicz	F	50	Elkhorn	NE	00:29:21.73	01:07:23.10	00:33:00.42	9:53	02:09:45.25
2165	1149/1785	197/276	4371	Nicholas Forsyth	M	35	Winside	NE	00:30:47.74	01:08:38.59	00:30:18.95	9:53	02:09:45.29
2166	1150/1785	162/260	4650	Brandon Kapke	M	29	Bennet	NE	00:27:02.78	01:05:37.09	00:37:06.44	9:53	02:09:46.32
2167	1017/2922	34/122	1498	Melynda Moyer	F	58	Aurora	NE	00:30:42.41	01:08:49.48	00:30:14.84	9:53	02:09:46.74
2168	1151/1785	163/260	5353	Burke Florom	M	25	Omaha	NE	00:30:22.81	01:08:47.15	00:30:38.42	9:54	02:09:48.39
2169	1018/2922	114/345	635	Paige Freitag	F	22	Lincoln	NE	00:27:37.57	01:10:32.22	00:31:38.62	9:54	02:09:48.41
2170	1019/2922	52/148	418	Karen Derr	F	54	Lincoln	NE	00:28:52.32	01:08:19.42	00:32:36.74	9:54	02:09:48.48

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2171	1152/1785	164/260	3959	Wesley Rogers	M	29	St. Bonifacius	MN	00:30:20.37	01:08:42.03	00:30:47.33	9:54	02:09:49.74
2172	1020/2922	218/531	1753	Laurie Gyhra	F	37	Waverly	NE	00:29:52.84	01:07:09.00	00:32:47.89	9:54	02:09:49.74
2173	1021/2922	177/454	982	Sarah Johnson	F	30	Lincoln	NE	00:28:54.30	01:08:19.51	00:32:36.54	9:54	02:09:50.35
2174	1022/2922	219/531	2577	Holly Thiele	F	36	Clearwater	NE	00:30:41.97	01:08:17.21	00:30:51.36	9:54	02:09:50.54
2175	1153/1785	198/276	6027	Ryan McMahon	M	35	Omaha	NE	00:29:07.06	01:08:49.78	00:31:54.83	9:54	02:09:51.68
2176	1154/1785	47/80	5481	Brian Bogdanoff	M	56	Blair	NE	00:29:26.55	01:08:39.50	00:31:45.75	9:54	02:09:51.81
2177	1155/1785	174/253	5841	T J Bickford	M	30	Omaha	NE	00:29:07.61	01:08:49.56	00:31:54.86	9:54	02:09:52.03
2178	1023/2922	7/41	6296	Fran Smith	F	62	Lincoln	NE	00:28:00.03	01:07:15.56	00:34:38.20	9:54	02:09:53.79
2179	1024/2922	78/258	229	Elizabeth Kothenbeutel	F	45	Papillion	NE	00:29:32.60	01:08:43.26	00:31:38.15	9:54	02:09:54.02
2180	1025/2922	156/508	1134	Haley Kizer	F	25	Lincoln	NE	00:29:46.04	01:08:24.71	00:31:44.85	9:54	02:09:55.61
2181	1026/2922	157/508	491	Jaimie Calmus	F	29	Lincoln	NE	00:28:10.09	01:07:59.48	00:33:46.31	9:54	02:09:55.89
2182	1156/1785	122/181	6227	Levi Nelson	M	23	Wakefield	NE	00:27:30.54	01:06:48.99	00:35:36.48	9:54	02:09:56.02
2183	1027/2922	115/345	1201	Reagan Howard	F	21	Humphrey	NE	00:27:31.39	01:06:47.70	00:35:37.09	9:54	02:09:56.18
2184	1028/2922	79/258	2880	Ann Daudt	F	45	Plainview	NE	00:29:03.06	01:08:47.27	00:32:05.94	9:54	02:09:56.28
2185	1029/2922	158/508	3402	Allison Mcneal	F	29	Lincoln	NE	00:27:20.98	01:06:39.45	00:35:55.99	9:54	02:09:56.43
2186	1157/1785	123/181	6189	William Wattermann	M	20	West Point	NE	00:34:29.26	01:09:17.20	00:26:10.22	9:54	02:09:56.68
2187	1030/2922	105/335	1150	Trisha Hudson	F	40	Lincoln	NE	00:27:23.64	01:06:39.64	00:35:55.99	9:54	02:09:59.27
2188	1158/1785	175/253	4086	Matt Rauert	M	34	Lincoln	NE	00:30:29.56	01:06:34.67	00:32:55.53	9:54	02:09:59.77
2189	1031/2922	178/454	2775	Melanie Rauert	F	33	Lincoln	NE	00:30:29.98	01:06:34.64	00:32:55.54	9:55	02:10:00.16
2190	1032/2922	106/335	2759	Denise Craig	F	40	Lincoln	NE	00:30:43.45	01:08:32.94	00:30:44.14	9:55	02:10:00.54
2191	1159/1785	176/253	4605	Trevor White	M	31	Lincoln	NE	00:30:54.08	01:09:32.06	00:29:35.04	9:55	02:10:01.19
2192	1160/1785	14/25	6053	Zane Moore	M	12	Lincoln	NE	00:30:08.61	01:08:42.59	00:31:10.91	9:55	02:10:02.12
2193	1033/2922	80/258	1417	Ann Welsh	F	49	Louisville	NE	00:29:44.03	01:06:52.31	00:33:27.82	9:55	02:10:04.17
2194	1161/1785	91/145	4302	Grant Nitzel	M	54	Hastings	NE	00:32:07.79	01:08:05.61	00:29:52.78	9:55	02:10:06.19
2195	1162/1785	165/260	3660	Kevin Tompkins	M	28	Omaha	NE	00:26:44.13	01:05:47.49	00:37:35.97	9:55	02:10:07.60
2196	1034/2922	70/128	6170	Madi Henry	F	19	Lincoln	NE	00:29:48.14	01:07:25.09	00:32:54.55	9:55	02:10:07.79
2197	1163/1785	124/181	6149	Christopher Wattermann	M	24	Bancroft	NE	00:34:29.44	01:08:26.11	00:27:12.80	9:55	02:10:08.35
2198	1035/2922	81/258	3919	Vizma Shaeffer	F	48	Lincoln	NE	00:29:07.14	01:08:05.70	00:32:55.68	9:55	02:10:08.52
2199	1164/1785	199/276	3556	Scot Mertz	M	35	Omaha	NE	00:29:40.75	01:08:17.03	00:32:11.25	9:55	02:10:09.03
2200	1165/1785	101/172	5613	Lee Vrooman	M	45	Juniata	NE	00:30:22.81	01:08:36.80	00:31:12.66	9:55	02:10:12.27
2201	1036/2922	71/128	402	Allison Vrooman	F	18	Juniata	NE	00:30:23.34	01:08:36.94	00:31:12.26	9:55	02:10:12.56
2202	1037/2922	116/345	1518	Rachel Geren	F	23	Lincoln	NE	00:29:33.15	01:07:59.93	00:32:40.15	9:56	02:10:13.23
2203	1038/2922	159/508	743	Allison Fuller	F	26	Ellijay	GA	00:30:12.67	01:08:41.05	00:31:19.80	9:56	02:10:13.52
2204	1166/1785	92/145	5378	Shawn Bratton	M	51	Colorado Springs	CO	00:30:26.91	01:07:52.47	00:31:54.30	9:56	02:10:13.68
2205	1167/1785	133/215	4883	Thomas Dollison	M	43	Omaha	NE	00:29:33.39	01:08:18.27	00:32:22.42	9:56	02:10:14.09

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2206	1039/2922	160/508	1232	Maureen Mccarville	F	29	Omaha	NE	00:30:49.18	01:07:32.28	00:31:52.70	9:56	02:10:14.17
2207	1168/1785	15/25	3326	Ethan Swanda	M	12	Lincoln	NE	00:30:14.21	01:09:00.13	00:31:00.18	9:56	02:10:14.53
2208	1040/2922	220/531	1049	Emily Swanda	F	39	Lincoln	NE	00:30:13.25	01:09:00.59	00:31:00.71	9:56	02:10:14.56
2209	1041/2922	179/454	1391	Ashlea Allberry	F	32	Hickman	NE	00:27:54.80	01:09:27.93	00:32:52.89	9:56	02:10:15.63
2210	1042/2922	221/531	3393	Katie Zulkoski	F	37	Cortland	NE	00:27:54.39	01:09:28.33	00:32:52.92	9:56	02:10:15.65
2211	1043/2922	117/345	1022	Peyton Rhode	F	20	Lincoln	NE	00:28:45.98	01:07:55.84	00:33:34.77	9:56	02:10:16.60
2212	1169/1785	200/276	4469	Tom Reilly	M	36	Omaha	NE	00:29:41.74	01:08:16.67	00:32:18.52	9:56	02:10:16.93
2213	1044/2922	118/345	516	Mari Wheeler	F	24	Waverly	NE	00:26:51.50	01:08:33.28	00:34:52.23	9:56	02:10:17.02
2214	1045/2922	161/508	2855	Courtney Wolz	F	28	Omaha	NE	00:30:04.17	01:08:04.93	00:32:08.17	9:56	02:10:17.27
2215	1046/2922	107/335	522	Amber Fader	F	43	Lincoln	NE	00:29:16.60	01:06:38.16	00:34:25.24	9:56	02:10:20.01
2216	1047/2922	108/335	3040	Kara Merchant	F	41	Lincoln	NE	00:30:02.34	01:07:56.98	00:32:20.96	9:56	02:10:20.29
2217	1048/2922	162/508	851	Kelcie Stokes	F	25	Omaha	NE	00:30:03.40	01:08:53.03	00:31:24.09	9:56	02:10:20.53
2218	1049/2922	119/345	1231	Ally Kort	F	21	Marysville	KS	00:29:28.33	01:08:38.82	00:32:17.37	9:56	02:10:24.52
2219	1170/1785	102/172	6506	Andrew Fisher	M	49	Omaha	NE	00:27:53.27	01:09:17.79	00:33:13.49	9:56	02:10:24.56
2220	1050/2922	109/335	756	Lisa Wemhoff	F	41	Platte Center	NE	00:30:26.96	01:08:26.15	00:31:31.72	9:56	02:10:24.84
2221	1051/2922	82/258	2260	Kelly Mccann	F	46	Omaha	NE	00:27:53.92	01:09:17.41	00:33:14.09	9:56	02:10:25.43
2222	1052/2922	180/454	1392	Mindy Blodgett	F	32	Omaha	NE	00:30:27.72	01:08:42.90	00:31:15.11	9:56	02:10:25.73
2223	1053/2922	72/128	6419	Emma Dirksen	F	17	Lincoln	NE	00:28:51.06	01:08:53.60	00:32:42.17	9:57	02:10:26.83
2224	1054/2922	110/335	293	Gina Brummels	F	40	Omaha	NE	00:30:07.21	01:10:13.73	00:30:06.40	9:57	02:10:27.34
2225	1055/2922	222/531	223	Heather Sutko	F	37	Omaha	NE	00:30:07.93	01:10:13.11	00:30:06.93	9:57	02:10:27.97
2226	1056/2922	120/345	6283	Meghan Matt	F	22	Lincoln	NE	00:30:27.45	01:09:04.69	00:30:56.01	9:57	02:10:28.16
2227	1171/1785	166/260	5540	William Dellinger li	M	29	Lincoln	NE	00:31:13.88	01:09:32.84	00:29:41.71	9:57	02:10:28.43
2228	1057/2922	83/258	6282	Cindi Spence	F	48	Chaska	MN	00:30:27.45	01:09:05.16	00:30:57.41	9:57	02:10:30.03
2229	1058/2922	181/454	2518	Alexis Rodeen	F	31	Blue Springs	MO	00:28:54.31	01:07:35.54	00:34:00.84	9:57	02:10:30.70
2230	1059/2922	121/345	1252	Mia Draus	F	20	Lincoln	NE	00:28:46.82	01:07:55.85	00:33:48.10	9:57	02:10:30.78
2231	1060/2922	73/128	755	Kelsey Belgum	F	19	Holdrege	NE	00:29:26.86	01:08:30.67	00:32:33.75	9:57	02:10:31.29
2232	1061/2922	163/508	2921	Madison Noll	F	26	Omaha	NE	00:30:51.14	01:08:37.95	00:31:03.91	9:57	02:10:33.01
2233	1062/2922	164/508	1544	Kelsey Layman	F	28	Bradshaw	NE	00:28:21.11	01:07:16.24	00:34:55.67	9:57	02:10:33.03
2234	1172/1785	177/253	5724	Derek Wurl	M	33	Lincoln	NE	00:29:33.70	01:08:24.93	00:32:35.17	9:57	02:10:33.80
2235	1063/2922	182/454	772	Koleen Haldeman	F	31	Council Bluffs	IA	00:34:17.36	01:06:26.30	00:29:50.25	9:57	02:10:33.92
2236	1064/2922	35/122	1130	Susan Stauffer	F	55	Lincoln	NE	00:29:12.88	01:08:35.81	00:32:45.68	9:57	02:10:34.37
2237	1065/2922	183/454	4168	Laura Buddemeyer	F	31	Ashland	MO	00:29:13.78	01:06:34.42	00:34:46.40	9:57	02:10:34.60
2238	1066/2922	184/454	6231	Katie Ogier	F	31	Bassett	NE	00:29:37.98	01:07:28.17	00:33:28.72	9:57	02:10:34.88
2239	1173/1785	125/181	5335	Matthew Hall	M	24	Lincoln	NE	00:29:23.74	01:08:26.95	00:32:44.37	9:57	02:10:35.07
2240	1174/1785	201/276	4131	Nicholas Saddock	M	38	Omaha	NE	00:30:05.65	01:07:38.78	00:32:51.60	9:57	02:10:36.04



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2241	1067/2922	165/508	1478	Lauren Williams	F	27	Lincoln	NE	00:28:12.69	01:08:57.86	00:33:26.27	9:57	02:10:36.82
2242	1175/1785	93/145	7115	Curtis Campbell	M	51	Lincoln	NE	00:27:58.99	01:08:18.78	00:34:21.37	9:57	02:10:39.15
2243	1176/1785	134/215	5963	Charles Cover	M	44	Weeping Water	NE	00:27:28.50	01:07:53.59	00:35:17.93	9:58	02:10:40.02
2244	1177/1785	94/145	6061	Jeff Bramwell	M	51	Papillion	NE	00:30:18.99	01:08:41.87	00:31:39.29	9:58	02:10:40.16
2245	1068/2922	166/508	1462	Lindsey Gasper	F	28	Bellevue	NE	00:30:25.08	01:10:32.23	00:29:43.26	9:58	02:10:40.58
2246	1069/2922	185/454	921	Sarah Purcell	F	34	Omaha	NE	00:31:01.94	01:07:49.03	00:31:50.26	9:58	02:10:41.24
2247	1070/2922	167/508	6537	Cara Roesler	F	26	Lincoln	NE	00:32:32.72	01:05:07.66	00:33:00.91	9:58	02:10:41.30
2248	1071/2922	223/531	2375	Victoria Stegall	F	39	Elkhorn	NE	00:30:25.50	01:08:42.08	00:31:35.40	9:58	02:10:42.99
2249	1072/2922	36/122	689	Anna Milos	F	57	Bellevue	NE	00:29:49.37	01:07:13.31	00:33:40.81	9:58	02:10:43.50
2250	1073/2922	168/508	6585	Chelsey Hirt	F	26	Council Bluffs	IA	00:29:32.82	01:10:53.75	00:30:17.12	9:58	02:10:43.69
2251	1074/2922	186/454	725	Melissa Moore	F	32	Lincoln	NE	00:30:32.14	01:07:06.57	00:33:05.02	9:58	02:10:43.73
2252	1178/1785	202/276	6595	Trey Hughes	M	39	Council Bluffs	IA	00:28:32.79	01:11:09.55	00:31:01.75	9:58	02:10:44.10
2253	1179/1785	103/172	5783	Jason Holsten	M	46	Lincoln	NE	00:29:37.41	01:08:05.23	00:33:03.77	9:58	02:10:46.42
2254	1180/1785	126/181	4114	Treyson Mcgill	M	24	Lincoln	NE	00:26:49.14	01:09:56.46	00:34:02.39	9:58	02:10:47.99
2255	1181/1785	167/260	6239	Preston Hild	M	27	Edgar	NE	00:27:02.49	01:06:19.97	00:37:25.78	9:58	02:10:48.25
2256	1075/2922	122/345	659	Abigail Mcgill	F	24	Lincoln	NE	00:26:57.49	01:09:48.91	00:34:01.97	9:58	02:10:48.38
2257	1076/2922	169/508	2341	Shelby Bauers	F	25	Baumholder	NE	00:29:07.78	01:08:55.13	00:32:46.50	9:58	02:10:49.41
2258	1077/2922	74/128	385	Ally Sedlacek	F	16	Oneill	NE	00:27:05.84	01:07:10.29	00:36:33.43	9:58	02:10:49.57
2259	1182/1785	168/260	5142	Louis Smith	M	26	Omaha	NE	00:32:56.32	01:09:48.04	00:28:06.31	9:58	02:10:50.67
2260	1183/1785	104/172	4754	Matt Coplen	M	48	Plattsmouth	NE	00:28:52.68	01:06:16.18	00:35:42.13	9:58	02:10:50.99
2261	1184/1785	135/215	4566	Matt Severin	M	43	Lincoln	NE	00:30:52.21	01:09:16.42	00:30:43.47	9:58	02:10:52.10
2262	1185/1785	105/172	6382	John Koupal	M	47	Elk Point	SD	00:28:00.82	01:10:10.14	00:32:42.28	9:59	02:10:53.24
2263	1078/2922	170/508	1334	Lindsey Britten	F	29	Omaha	NE	00:28:52.01	01:08:55.33	00:33:08.16	9:59	02:10:55.51
2264	1186/1785	169/260	4688	Matthew Wattermnn	M	28	Bancroft	NE	00:35:04.19	01:07:52.11	00:28:00.68	9:59	02:10:56.98
2265	1079/2922	123/345	1511	Molly Morrison	F	24	Kearney	NE	00:28:18.25	01:08:27.64	00:34:11.72	9:59	02:10:57.61
2266	1080/2922	124/345	499	Brianna Aden	F	24	Kearney	NE	00:28:19.27	01:08:26.99	00:34:11.57	9:59	02:10:57.83
2267	1081/2922	171/508	905	Alia Noetzel	F	25	Omaha	NE	00:30:07.27	01:08:52.73	00:32:03.27	9:59	02:11:03.27
2268	1082/2922	172/508	597	Katie Beckmann	F	29	Creighton	NE	00:31:19.95	01:10:10.23	00:29:34.85	9:59	02:11:05.04
2269	1083/2922	84/258	1718	Liz Peters	F	46	Lincoln	NE	00:29:42.58	01:07:44.12	00:33:38.46	9:59	02:11:05.17
2270	1187/1785	23/42	6604	David Benson	M	62	Lincoln	NE	00:32:13.17	01:09:07.49	00:29:45.11	10:00	02:11:05.78
2271	1084/2922	53/148	845	Amy Wall	F	50	Colorado Springs	CO	00:29:33.44	01:08:11.63	00:33:20.75	10:00	02:11:05.82
2272	1188/1785	178/253	5759	Brant Pracheil	M	31	Dorchester	NE	00:29:01.90	01:07:33.62	00:34:30.44	10:00	02:11:05.96
2273	1085/2922	111/335	718	Jennifer Olsen	F	40	Lincoln	NE	00:30:53.29	01:08:30.36	00:31:43.91	10:00	02:11:07.56
2274	1086/2922	187/454	2541	Stephanie Herrick	F	33	Lincoln	NE	00:28:30.60	01:06:39.25	00:35:58.71	10:00	02:11:08.57
2275	1189/1785	179/253	3844	Michael Fallon	M	34	Lincoln	NE	00:27:42.61	01:07:27.64	00:35:58.42	10:00	02:11:08.68

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2276	1087/2922	224/531	2373	Christina Lemburg	F	39	York	NE	00:28:20.68	01:07:16.49	00:35:31.60	10:00	02:11:08.77
2277	1088/2922	85/258	1221	Michele Jaixen	F	47	Omaha	NE	00:30:20.67	01:08:24.36	00:32:24.40	10:00	02:11:09.43
2278	1089/2922	225/531	787	Melissa Herrmann	F	38	Kearney	NE	00:29:08.71	01:08:48.15	00:33:13.49	10:00	02:11:10.35
2279	1090/2922	4/23	768	Rosie Saffell	F	66	Shipman	IL	00:27:35.34	01:06:54.91	00:36:40.12	10:00	02:11:10.38
2280	1190/1785	106/172	5857	Paul Hoos	M	48	Grand Island	NE	00:29:02.48	01:07:59.80	00:34:08.56	10:00	02:11:10.85
2281	1091/2922	226/531	1436	Sarah Trice	F	37	Elkhorn	NE	00:28:16.59	01:05:17.74	00:37:36.52	10:00	02:11:10.86
2282	1092/2922	173/508	2258	Ashley Bates	F	28	Lincoln	NE	00:29:35.64	01:08:41.21	00:32:54.85	10:00	02:11:11.70
2283	1093/2922	188/454	6111	Marnie Max	F	34	Omaha	NE	00:29:46.52	01:09:09.76	00:32:16.14	10:00	02:11:12.43
2284	1094/2922	125/345	4032	Kelsey Placke	F	20	Grand Island	NE	00:30:52.06	01:07:51.75	00:32:28.87	10:00	02:11:12.68
2285	1095/2922	227/531	1466	Anndrea Keene	F	35	Bondurant	IA	00:28:47.67	01:08:58.28	00:33:27.70	10:00	02:11:13.66
2286	1096/2922	174/508	492	Abigail Burrows	F	27	Lincoln	NE	00:27:02.11	01:10:11.99	00:33:59.64	10:00	02:11:13.74
2287	1097/2922	54/148	2083	Cheryl Grieser	F	54	Round Rock	TX	00:30:02.15	01:08:38.04	00:32:34.12	10:00	02:11:14.31
2288	1191/1785	136/215	5173	Brett Allen	M	43	Omaha	NE	00:26:51.06	01:08:11.60	00:36:11.76	10:00	02:11:14.43
2289	1098/2922	228/531	2843	Christina Bavougian	F	35	Lincoln	NE	00:29:55.00	01:08:27.04	00:32:52.95	10:00	02:11:15.00
2290	1192/1785	203/276	5677	David Keene	M	37	Bondurant	IA	00:28:49.33	01:08:58.08	00:33:27.70	10:00	02:11:15.11
2291	1193/1785	107/172	6538	Rick Meyer	M	48	Norfolk	NE	00:29:04.96	01:08:38.88	00:33:32.96	10:00	02:11:16.81
2292	1194/1785	24/42	3847	John Adcox	M	63	Lincoln	NE	00:29:08.03	01:07:56.28	00:34:12.85	10:00	02:11:17.18
2293	1099/2922	75/128	1888	Althea Gay	F	17	Nebraska City	NE	00:28:01.65	01:10:45.00	00:32:31.16	10:00	02:11:17.82
2294	1100/2922	229/531	2099	Lisa Matthes	F	35	Genoa	NE	00:29:29.30	01:08:33.54	00:33:15.30	10:00	02:11:18.15
2295	1101/2922	112/335	2268	Mindy Morrissey	F	40	La Vista	NE	00:31:10.19	01:07:21.22	00:32:48.19	10:01	02:11:19.61
2296	1195/1785	180/253	4585	T J Mills	M	32	Lincoln	NE	00:29:37.87	01:10:34.32	00:31:07.45	10:01	02:11:19.65
2297	1102/2922	86/258	1234	Tawnya Means	F	46	Lincoln	NE	00:28:28.30	01:07:50.79	00:35:02.04	10:01	02:11:21.14
2298	1196/1785	16/25	6160	John Meza	M	13	Sidney	NE	00:26:04.09	01:07:48.74	00:37:28.85	10:01	02:11:21.69
2299	1197/1785	1/9	6191	Leo Rutten	M	76	Cedar Rapids	NE	00:32:24.74	01:08:07.67	00:30:49.53	10:01	02:11:21.95
2300	1103/2922	230/531	6413	Abbey Thies	F	36	Firth	NE	00:29:42.18	01:10:34.29	00:31:07.30	10:01	02:11:23.77
2301	1104/2922	231/531	2839	Jamie Kezeor	F	35	Beatrice	NE	00:30:09.36	01:08:06.27	00:33:08.27	10:01	02:11:23.91
2302	1105/2922	87/258	1458	Kasey Bibler	F	45	Kearney	NE	00:29:14.59	01:08:17.20	00:33:54.37	10:01	02:11:26.16
2303	1106/2922	175/508	3691	Shelby Murley	F	26	Gretna	NE	00:31:10.49	01:09:06.51	00:31:09.17	10:01	02:11:26.17
2304	1107/2922	126/345	1624	Rebecca Garland	F	22	Beatrice	NE	00:30:28.67	01:09:56.61	00:31:01.25	10:01	02:11:26.54
2305	1108/2922	232/531	1683	Sarah Rosenau	F	39	Lincoln	NE	00:26:32.80	01:06:19.42	00:38:35.25	10:01	02:11:27.47
2306	1109/2922	113/335	2215	Lana Melroy	F	43	Omaha	NE	00:31:10.70	01:07:21.25	00:32:57.33	10:01	02:11:29.28
2307	1110/2922	176/508	6238	Paige Hild	F	25	Edgar	NE	00:27:03.48	01:10:43.96	00:33:44.53	10:02	02:11:31.97
2308	1111/2922	177/508	6234	Lacey Wright	F	27	Edgar	NE	00:27:03.55	01:10:44.48	00:33:44.72	10:02	02:11:32.76
2309	1112/2922	189/454	6086	Britni Summers	F	34	Omaha	NE	00:30:52.29	01:07:43.24	00:32:58.39	10:02	02:11:33.92
2310	1113/2922	114/335	2183	Danelle Bruce	F	44	Red Oak	IA	00:30:39.08	01:09:08.01	00:31:48.56	10:02	02:11:35.65

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2311	1114/2922	55/148	609	Teresa Renken	F	54	Lincoln	NE	00:29:33.21	01:08:36.21	00:33:26.85	10:02	02:11:36.27
2312	1198/1785	127/181	3486	Chandler Smith	M	22	Bellevue	NE	00:30:08.27	01:07:24.83	00:34:06.26	10:02	02:11:39.37
2313	1199/1785	108/172	5711	Matthew Orozco	M	45	Fort Collins	CO	00:30:47.29	01:08:51.27	00:32:02.33	10:02	02:11:40.89
2314	1115/2922	56/148	1736	Julie Griffis	F	54	Cozad	NE	00:29:33.29	01:09:13.24	00:32:54.75	10:02	02:11:41.29
2315	1116/2922	76/128	2874	Lauren Reitz	F	16	Omaha	NE	00:29:52.37	01:08:15.28	00:33:34.17	10:02	02:11:41.83
2316	1117/2922	190/454	3802	Lauren Christensen	F	34	Omaha	NE	00:32:00.32	01:08:08.23	00:31:33.31	10:02	02:11:41.87
2317	1118/2922	88/258	1442	Michelle Reitz	F	46	Omaha	NE	00:29:52.31	01:08:15.75	00:33:33.98	10:02	02:11:42.04
2318	1119/2922	127/345	2242	Liz Ruskamp	F	21	Lincoln	NE	00:29:25.60	01:09:13.21	00:33:05.47	10:02	02:11:44.29
2319	1200/1785	170/260	6532	Max Kreuzberg	M	27	Lincoln	NE	00:28:12.16	01:09:09.86	00:34:23.84	10:03	02:11:45.87
2320	1201/1785	181/253	3366	Jason Weiers	M	34	Omaha	NE	00:28:38.51	01:08:35.74	00:34:32.61	10:03	02:11:46.87
2321	1120/2922	128/345	648	Kia Manners	F	22	Vinita	OK	00:29:08.64	01:08:23.30	00:34:16.96	10:03	02:11:48.90
2322	1121/2922	178/508	3702	Andrea Kordik	F	26	Lincoln	NE	00:29:56.80	01:09:31.70	00:32:22.13	10:03	02:11:50.63
2323	1122/2922	37/122	6583	Julie Nelson	F	57	Lincoln	NE	00:27:36.03	01:08:14.62	00:36:00.03	10:03	02:11:50.68
2324	1202/1785	77/96	5264	Isaac Harvey	M	18	Lincoln	NE	00:30:40.68	01:08:26.86	00:32:44.97	10:03	02:11:52.52
2325	1123/2922	233/531	2542	Amy Vonfeldt	F	39	Nebraska City	NE	00:29:15.36	01:10:37.38	00:31:59.90	10:03	02:11:52.65
2326	1203/1785	182/253	4701	Greg Spangler	M	30	Lincoln	NE	00:29:42.01	01:08:57.32	00:33:17.13	10:03	02:11:56.46
2327	1204/1785	95/145	5526	Brian Kastl	M	53	Lincoln	NE	00:30:48.29	01:10:21.22	00:30:47.86	10:03	02:11:57.37
2328	1124/2922	38/122	2606	Cindy Gasper	F	55	Columbus	NE	00:30:23.63	01:10:33.04	00:31:01.23	10:04	02:11:57.90
2329	1125/2922	234/531	1644	Jeri Light	F	35	Tea	SD	00:32:37.87	01:09:49.06	00:29:31.79	10:04	02:11:58.73
2330	1126/2922	115/335	2386	Andrea Mcpherson	F	40	Glenwood	IA	00:29:27.75	01:09:34.32	00:32:57.07	10:04	02:11:59.15
2331	1205/1785	183/253	4731	Chris Jones	M	31	Omaha	NE	00:30:41.48	01:08:26.73	00:32:51.22	10:04	02:11:59.44
2332	1127/2922	235/531	1533	Annette Deering	F	36	Derby	KS	00:30:01.58	01:08:31.03	00:33:28.37	10:04	02:12:00.98
2333	1128/2922	129/345	518	Haley Lauterbach	F	24	Lincoln	NE	00:27:49.33	01:09:01.18	00:35:12.18	10:04	02:12:02.69
2334	1206/1785	48/80	5118	Todd Schopp	M	55	Lincoln	NE	00:30:13.08	01:08:53.95	00:32:56.79	10:04	02:12:03.83
2335	1129/2922	236/531	1999	Dee Onepeng	F	36	Lincoln	NE	00:31:03.41	01:08:20.29	00:32:40.17	10:04	02:12:03.88
2336	1130/2922	179/508	4553	Jess Cannon	F	29	Omaha	NE	00:29:06.61	01:07:48.04	00:35:09.77	10:04	02:12:04.43
2337	1207/1785	96/145	6042	Dave Hall	M	53	Lincoln	NE	00:29:21.37	01:08:28.11	00:34:15.49	10:04	02:12:04.97
2338	1131/2922	191/454	6476	Anna Hankner	F	32	Waterloo	IA	00:30:23.72	01:08:51.37	00:32:50.52	10:04	02:12:05.62
2339	1132/2922	130/345	6222	Catie Theiler	F	23	Lincoln	NE	00:30:42.18	01:09:13.21	00:32:10.60	10:04	02:12:06.00
2340	1133/2922	180/508	6357	Ann Townley	F	25	Omaha	NE	00:30:40.58	01:08:43.82	00:32:45.72	10:04	02:12:10.12
2341	1134/2922	192/454	1668	Laura Nagle	F	34	Omaha	NE	00:30:08.31	01:09:06.30	00:32:55.62	10:04	02:12:10.23
2342	1135/2922	237/531	2333	Stacy Scholten	F	36	Gretna	NE	00:30:18.68	01:09:16.77	00:32:36.42	10:05	02:12:11.88
2343	1208/1785	109/172	3675	Don Klepser	M	47	Omaha	NE	00:28:22.66	01:07:32.03	00:36:18.96	10:05	02:12:13.65
2344	1209/1785	204/276	6013	Nathan Bornemeier	M	36	Roca	NE	00:28:08.44	01:07:13.37	00:36:52.17	10:05	02:12:13.99
2345	1136/2922	238/531	940	Nikole Larson	F	39	Omaha	NE	00:31:10.72	01:07:21.43	00:33:42.64	10:05	02:12:14.80

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2346	1210/1785	171/260	5531	Jake Mastera	M	26	Lincoln	NE	00:30:19.41	01:08:32.61	00:33:24.64	10:05	02:12:16.66
2347	1211/1785	184/253	5184	Brandon Gottier	M	30	Lincoln	NE	00:29:21.79	01:10:03.76	00:32:54.38	10:05	02:12:19.93
2348	1212/1785	205/276	3455	Casey Eckhard	M	36	Lincoln	NE	00:30:34.30	01:09:59.71	00:31:46.76	10:05	02:12:20.77
2349	1213/1785	185/253	4729	Justin Gantz	M	31	Omaha	NE	00:32:42.30	01:10:15.61	00:29:25.43	10:05	02:12:23.35
2350	1214/1785	206/276	5311	Scott Lee	M	39	Lincoln	NE	00:31:51.78	01:07:11.33	00:33:20.64	10:05	02:12:23.76
2351	1215/1785	97/145	5315	Mark Glosser	M	54	Lincoln	NE	00:29:36.52	01:08:17.14	00:34:30.11	10:05	02:12:23.77
2352	1216/1785	98/145	5427	Joe Stein	M	54	Papillion	NE	00:30:00.48	01:06:48.98	00:35:34.42	10:05	02:12:23.89
2353	1217/1785	49/80	3763	Todd Havlat	M	56	Lincoln	NE	00:30:25.38	01:09:19.99	00:32:38.72	10:06	02:12:24.09
2354	1218/1785	172/260	4288	Bradley Richey	M	26	Denver	CO	00:29:42.58	01:06:57.70	00:35:45.87	10:06	02:12:26.16
2355	1137/2922	193/454	2598	Kiley Goff	F	33	Cozad	NE	00:29:35.53	01:08:00.16	00:34:51.09	10:06	02:12:26.78
2356	1138/2922	116/335	2045	Shelby Olson	F	42	Fremont	NE	00:29:48.88	01:08:55.90	00:33:46.58	10:06	02:12:31.36
2357	1139/2922	8/41	944	Kim Creech	F	63	Hastings	NE	00:31:14.15	01:09:11.07	00:32:06.81	10:06	02:12:32.04
2358	1219/1785	25/42	6263	Tom Lemanski	M	61	Prospect Hts	IL	00:29:52.58	01:09:27.77	00:33:13.41	10:06	02:12:33.77
2359	1220/1785	173/260	4807	Garner Wilson	M	28	Lincoln	NE	00:30:23.16	01:10:43.15	00:31:28.49	10:06	02:12:34.80
2360	1221/1785	207/276	6021	Jeremy Hogan	M	39	Giltner	NE	00:27:45.20	01:07:20.74	00:37:29.90	10:06	02:12:35.85
2361	1222/1785	99/145	5962	Raymond Kayser	M	50	Omaha	NE	00:29:16.52	01:07:36.81	00:35:43.57	10:06	02:12:36.90
2362	1140/2922	181/508	312	Anna Petersen	F	27	Lincoln	NE	00:31:14.37	01:09:55.65	00:31:26.99	10:06	02:12:37.02
2363	1141/2922	89/258	1811	Dana Muntz	F	46	Louisville	NE	00:30:44.07	01:08:01.83	00:33:51.14	10:06	02:12:37.05
2364	1223/1785	137/215	5511	Eric Albenesius	M	40	Lincoln	NE	00:28:56.43	01:08:56.29	00:34:44.42	10:06	02:12:37.15
2365	1224/1785	186/253	5413	Mike Hanson	M	34	Lincoln	NE	00:30:50.70	01:10:05.03	00:31:41.95	10:07	02:12:37.68
2366	1142/2922	77/128	596	Brianna Renton	F	19	Lincoln	NE	00:28:12.88	01:07:02.88	00:37:22.95	10:07	02:12:38.72
2367	1225/1785	26/42	4521	Jim Esola	M	60	Omaha	NE	00:30:51.10	01:10:20.10	00:31:28.50	10:07	02:12:39.70
2368	1226/1785	100/145	6224	Dan Defreeze	M	52	Nebraska City	NE	00:30:12.50	01:08:56.09	00:33:33.83	10:07	02:12:42.43
2369	1227/1785	174/260	4580	Tanner Grieve	M	25	Omaha	NE	00:28:00.10	01:08:05.89	00:36:36.85	10:07	02:12:42.84
2370	1143/2922	182/508	1719	Rachel Beranek	F	27	Omaha	NE	00:29:42.79	01:11:19.71	00:31:40.50	10:07	02:12:43.01
2371	1144/2922	194/454	6087	Bre Gullickson	F	32	Omaha	NE	00:30:51.18	01:10:05.17	00:31:51.06	10:07	02:12:47.42
2372	1145/2922	39/122	327	Ann Prockish	F	58	Omaha	NE	00:30:24.82	01:09:30.75	00:32:51.87	10:07	02:12:47.45
2373	1228/1785	101/145	5709	Wes Garland	M	54	Beatrice	NE	00:30:43.55	01:08:54.79	00:33:10.53	10:07	02:12:48.87
2374	1229/1785	208/276	5721	Peter Jardee	M	38	Lincoln	NE	00:30:30.60	01:08:46.30	00:33:32.36	10:07	02:12:49.26
2375	1146/2922	183/508	405	Angel Fehrer	F	27	Norfolk	NE	00:30:57.23	01:10:20.08	00:31:32.04	10:07	02:12:49.36
2376	1147/2922	184/508	1704	Michelle Milana	F	29	Lincoln	NE	00:31:52.33	01:10:37.82	00:30:19.76	10:07	02:12:49.91
2377	1148/2922	90/258	313	Debra Toth	F	48	Lincoln	NE	00:29:05.98	01:11:04.67	00:32:40.16	10:08	02:12:50.82
2378	1149/2922	78/128	160	Brea Lassek	F	17	Columbus	NE	00:31:00.59	01:11:05.89	00:30:44.77	10:08	02:12:51.25
2379	1150/2922	239/531	3141	Allie Beardsley	F	37	La Vista	NE	00:30:57.56	01:10:03.22	00:31:51.72	10:08	02:12:52.51
2380	1151/2922	91/258	2397	Jill Beisel	F	45	Seward	NE	00:30:27.27	01:09:56.18	00:32:29.57	10:08	02:12:53.04

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2381	1152/2922	185/508	3364	Maddie Jager	F	29	Omaha	NE	00:30:07.03	01:08:34.49	00:34:11.59	10:08	02:12:53.12
2382	1153/2922	40/122	2150	Crystal Reynolds	F	55	Kingsville	MO	00:29:38.51	01:09:21.90	00:33:52.75	10:08	02:12:53.17
2383	1154/2922	117/335	815	Montessa Munoz	F	41	Blair	NE	00:29:46.82	01:08:07.00	00:35:00.67	10:08	02:12:54.50
2384	1155/2922	186/508	3501	Stacy Reynolds	F	29	Lexington	NE	00:30:11.08	01:09:39.27	00:33:04.29	10:08	02:12:54.64
2385	1156/2922	240/531	1368	Joy Donaldson	F	39	Omaha	NE	00:30:30.04	01:10:27.29	00:31:57.59	10:08	02:12:54.92
2386	1157/2922	187/508	6118	Kellie Reed	F	29	Kearney	NE	00:30:11.10	01:09:39.43	00:33:04.49	10:08	02:12:55.03
2387	1158/2922	188/508	6258	Jennifer Stahlecker	F	26	Lincoln	NE	00:29:54.70	01:09:26.79	00:33:33.58	10:08	02:12:55.07
2388	1159/2922	131/345	6381	Rachel Perry	F	23	Lincoln	NE	00:31:26.27	01:10:34.82	00:30:55.84	10:08	02:12:56.94
2389	1230/1785	138/215	3532	Brooks Hitt	M	43	Lincoln	NE	00:27:26.42	01:10:34.73	00:34:57.31	10:08	02:12:58.47
2390	1160/2922	195/454	908	Lacey Hanley	F	33	Lincoln	NE	00:30:54.02	01:09:52.07	00:32:12.42	10:08	02:12:58.52
2391	1161/2922	118/335	4787	Gwen Journey	F	41	Roseland	NE	00:29:54.83	01:08:59.37	00:34:04.50	10:08	02:12:58.72
2392	1162/2922	241/531	1980	Janelle Arthur	F	39	Omaha	NE	00:27:27.66	01:10:34.48	00:34:57.69	10:08	02:12:59.84
2393	1163/2922	242/531	260	April Good	F	39	Ainsworth	NE	00:28:59.79	01:08:52.79	00:35:08.12	10:08	02:13:00.70
2394	1231/1785	102/145	4462	Vinnie Macklin	M	53	Lavista	NE	00:30:00.82	01:08:57.79	00:34:02.57	10:08	02:13:01.18
2395	1164/2922	132/345	775	Madi Bowman	F	23	Lincoln	NE	00:30:48.63	01:09:55.36	00:32:17.40	10:08	02:13:01.39
2396	1232/1785	139/215	6374	Andrew Ostdiek	M	42	Aurora	NE	00:28:16.60	01:09:40.78	00:35:06.59	10:09	02:13:03.98
2397	1165/2922	243/531	1958	Beth Swihart	F	37	Lincoln	NE	00:30:21.47	01:09:25.27	00:33:18.67	10:09	02:13:05.42
2398	1166/2922	79/128	1655	Kylie Pachta	F	17	Chester	NE	00:28:52.11	01:10:55.29	00:33:19.39	10:09	02:13:06.79
2399	1167/2922	80/128	580	Sydney Escritt	F	15	Hebron	NE	00:28:52.47	01:10:54.96	00:33:19.59	10:09	02:13:07.02
2400	1168/2922	189/508	200	Natalie Mackley	F	25	Omaha	NE	00:28:19.41	01:09:29.42	00:35:21.28	10:09	02:13:10.11
2401	1169/2922	41/122	6437	Debra Eschliaman	F	56	Lincoln	NE	00:31:03.63	01:09:10.16	00:32:56.73	10:09	02:13:10.53
2402	1170/2922	190/508	379	Krista Bauder	F	29	St. Paul	NE	00:28:57.41	01:09:34.62	00:34:38.99	10:09	02:13:11.04
2403	1171/2922	133/345	2895	Shannon Rezac	F	24	Austin	MN	00:30:54.45	01:10:20.54	00:31:57.67	10:09	02:13:12.67
2404	1233/1785	187/253	4587	Ben Gano	M	32	Omaha	NE	00:27:27.92	01:04:17.79	00:41:26.96	10:09	02:13:12.68
2405	1172/2922	92/258	892	Joanna Webster	F	47	Elkhorn	NE	00:30:48.00	01:08:54.36	00:33:32.48	10:09	02:13:14.85
2406	1173/2922	191/508	4111	Kelsey Appleby	F	25	Lincoln	NE	00:30:23.13	01:10:43.01	00:32:09.10	10:09	02:13:15.25
2407	1174/2922	134/345	1495	Izzy Nichols	F	20	Lincoln	NE	00:28:45.75	01:08:57.82	00:35:31.94	10:09	02:13:15.51
2408	1175/2922	244/531	350	Nicole Emerson	F	35	Papillion	NE	00:35:38.68	01:09:17.15	00:28:22.43	10:10	02:13:18.27
2409	1176/2922	135/345	2164	Abby Kneeland	F	24	Omaha	NE	00:29:50.05	01:10:46.05	00:32:42.91	10:10	02:13:19.02
2410	1234/1785	140/215	4947	Daniel Ross	M	42	Lincoln	NE	00:29:55.75	01:09:59.65	00:33:24.55	10:10	02:13:19.95
2411	1177/2922	196/454	4977	Morgan Prusha	F	30	Glenwood	IA	00:31:22.00	01:08:57.77	00:33:01.01	10:10	02:13:20.79
2412	1235/1785	2/9	4987	Mark Meyer	M	71	Kearney	NE	00:30:05.43	01:08:30.42	00:34:45.65	10:10	02:13:21.51
2413	1178/2922	81/128	734	Emily Donnell	F	19	Aurora	NE	00:24:59.32	01:10:30.33	00:37:52.61	10:10	02:13:22.26
2414	1179/2922	192/508	6498	Danica Olson-Vincent	F	28	Gering	NE	00:29:51.39	01:09:11.82	00:34:19.58	10:10	02:13:22.79
2415	1180/2922	193/508	553	Julie Wertheimer	F	25	Lincoln	NE	00:32:07.46	01:10:28.41	00:30:48.71	10:10	02:13:24.59

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2416	1236/1785	188/253	4733	Michael Henrichs	M	31	Auburn	NE	00:32:51.92	01:14:49.53	00:25:43.54	10:10	02:13:25.01
2417	1237/1785	189/253	4001	John Meals	M	34	Lincoln	NE	00:27:15.48	01:08:42.61	00:37:27.16	10:10	02:13:25.26
2418	1181/2922	57/148	2524	Tamara Schmeling	F	50	Lincoln	NE	00:30:06.93	01:07:42.97	00:35:36.23	10:10	02:13:26.14
2419	1182/2922	194/508	1825	Cassie Johnson	F	26	Valentine	NE	00:28:49.56	01:08:57.23	00:35:39.78	10:10	02:13:26.58
2420	1238/1785	141/215	4893	Brent Burch	M	44	Lincoln	NE	00:31:50.43	01:10:38.49	00:31:00.84	10:11	02:13:29.76
2421	1183/2922	136/345	6454	Sarah Schilling	F	21	Lincoln	NE	00:30:26.79	01:10:32.97	00:32:30.36	10:11	02:13:30.13
2422	1239/1785	175/260	3895	Tanner Logan	M	25	Lincoln	NE	00:30:13.28	01:08:43.60	00:34:35.30	10:11	02:13:32.18
2423	1184/2922	195/508	1247	Morgan Rathjen	F	27	Seward	NE	00:27:42.42	01:09:56.30	00:35:53.62	10:11	02:13:32.35
2424	1185/2922	196/508	460	Emily Reed	F	25	Lincoln	NE	00:30:13.08	01:08:44.21	00:34:35.08	10:11	02:13:32.39
2425	1240/1785	103/145	3793	Corey Mann	M	54	Seward	NE	00:27:42.36	01:09:56.30	00:35:53.77	10:11	02:13:32.44
2426	1186/2922	197/454	5307	Chelsea Schutter	F	31	Lincoln	NE	00:29:20.54	01:09:19.39	00:34:55.14	10:11	02:13:35.07
2427	1187/2922	82/128	4028	Emily Burkley	F	19	Fairbury	NE	00:31:11.70	01:09:39.55	00:32:45.90	10:11	02:13:37.15
2428	1188/2922	197/508	4027	Brianna Pitz	F	28	Mitchell	SD	00:31:11.70	01:09:39.37	00:32:46.49	10:11	02:13:37.56
2429	1189/2922	119/335	244	Lisa Goebel	F	41	Syracuse	NE	00:30:39.63	01:10:04.01	00:32:54.48	10:11	02:13:38.12
2430	1190/2922	137/345	1758	Kaylee Ver Steeg	F	22	Sioux City	IA	00:30:15.66	01:09:19.99	00:34:03.09	10:11	02:13:38.74
2431	1191/2922	198/454	2278	Kelcey Buck	F	33	Lincoln	NE	00:29:46.70	01:08:57.60	00:34:54.46	10:11	02:13:38.77
2432	1192/2922	58/148	1123	Cassie Macke	F	51	Lincoln	NE	00:29:53.22	01:09:06.39	00:34:40.21	10:11	02:13:39.84
2433	1193/2922	138/345	5136	Kaylyn Flatt	F	22	Centennial	CO	00:29:32.68	01:10:14.93	00:33:53.90	10:11	02:13:41.52
2434	1194/2922	198/508	2321	Katie Ditter	F	25	Omaha	NE	00:29:33.07	01:10:14.53	00:33:54.08	10:11	02:13:41.68
2435	1241/1785	176/260	6127	Blake Marmie	M	26	Omaha	NE	00:30:09.64	01:10:49.76	00:32:42.52	10:11	02:13:41.94
2436	1195/2922	9/41	1891	Patty Clausen	F	61	Beatrice	NE	00:30:37.53	01:10:27.75	00:32:37.03	10:11	02:13:42.32
2437	1196/2922	120/335	1990	Melissa Byrd	F	42	Omaha	NE	00:28:52.83	01:08:00.28	00:36:49.42	10:11	02:13:42.53
2438	1242/1785	209/276	5964	Thomas Day	M	38	Omaha	NE	00:28:53.30	01:08:00.31	00:36:49.56	10:12	02:13:43.18
2439	1243/1785	110/172	2285	John Roderique	M	48	Elkhorn	NE	00:27:23.57	01:09:38.87	00:36:40.76	10:12	02:13:43.20
2440	1197/2922	199/508	3379	Laura Marmie	F	27	Omaha	NE	00:30:11.68	01:10:49.11	00:32:42.57	10:12	02:13:43.37
2441	1244/1785	104/145	5772	Rick Miller	M	51	Minatare	NE	00:29:13.55	01:10:36.47	00:33:54.00	10:12	02:13:44.02
2442	1198/2922	199/454	1072	Katie Kreuser	F	31	Lincoln	NE	00:31:10.11	01:10:21.44	00:32:12.59	10:12	02:13:44.14
2443	1199/2922	200/508	2330	Amanda Miller	F	29	Lincoln	NE	00:29:12.75	01:10:36.85	00:33:54.67	10:12	02:13:44.27
2444	1200/2922	121/335	6376	Justina Mcconnell	F	40	Lincoln	NE	00:31:10.33	01:10:21.43	00:32:12.81	10:12	02:13:44.58
2445	1245/1785	27/42	5742	Kevin Watteyne	M	62	Lincoln	NE	00:30:15.80	01:11:38.05	00:31:52.82	10:12	02:13:46.68
2446	1201/2922	122/335	2177	Andrea Gallagher	F	42	Lincoln	NE	00:31:55.01	01:09:23.78	00:32:31.30	10:12	02:13:50.10
2447	1202/2922	201/508	2691	Erica Leung	F	25	Los Angeles	CA	00:29:56.68	01:09:50.51	00:34:03.54	10:12	02:13:50.73
2448	1203/2922	202/508	367	Sarah Teller	F	27	Woodbury	MN	00:28:37.94	01:09:22.67	00:35:50.28	10:12	02:13:50.90
2449	1246/1785	190/253	3750	Chris Goelz	M	31	Lincoln	NE	00:28:56.11	01:08:02.10	00:36:53.18	10:12	02:13:51.40
2450	1204/2922	245/531	2911	Megan Stabbe	F	36	Gretna	NE	00:30:59.30	01:11:39.06	00:31:15.35	10:12	02:13:53.71

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2451	1205/2922	123/335	1380	Jennifer Thompson	F	41	Gretna	NE	00:30:35.16	01:09:50.18	00:33:28.42	10:12	02:13:53.77
2452	1206/2922	200/454	1942	Anna-Maria South	F	31	Lexington	KY	00:30:04.43	01:12:00.01	00:31:50.02	10:12	02:13:54.46
2453	1207/2922	201/454	904	Judy Ramirez	F	33	Bellevue	NE	00:29:41.47	01:09:52.62	00:34:20.50	10:12	02:13:54.60
2454	1208/2922	124/335	2220	Stephanie Colpitts	F	44	Glenwood	IA	00:31:29.44	01:08:51.24	00:33:34.33	10:12	02:13:55.01
2455	1209/2922	202/454	750	Luise Ofei	F	30	Chicago	IL	00:30:05.95	01:11:56.23	00:31:53.21	10:12	02:13:55.40
2456	1210/2922	203/454	841	Erin Soper	F	30	Lincoln	NE	00:31:14.16	01:10:28.52	00:32:12.78	10:12	02:13:55.47
2457	1247/1785	142/215	5617	Clark Soderquist	M	40	Omaha	NE	00:31:34.40	01:09:57.08	00:32:26.14	10:13	02:13:57.63
2458	1211/2922	125/335	2241	Amy Weber	F	44	Lincoln	NE	00:31:12.60	01:09:44.15	00:33:01.63	10:13	02:13:58.39
2459	1212/2922	126/335	2493	Sarah Newell	F	40	Lincoln	NE	00:31:12.01	01:09:44.90	00:33:01.57	10:13	02:13:58.48
2460	1213/2922	246/531	2236	Anne Fargen	F	39	Lincoln	NE	00:31:12.19	01:09:43.95	00:33:02.44	10:13	02:13:58.58
2461	1248/1785	50/80	3547	Jerry Brown	M	56	Grand Island	NE	00:31:57.85	01:10:54.56	00:31:06.41	10:13	02:13:58.82
2462	1214/2922	42/122	1693	Kathy Nelson	F	55	Bennet	NE	00:29:44.68	01:10:37.88	00:33:36.57	10:13	02:13:59.14
2463	1215/2922	59/148	4857	Heather Scott	F	50	Elmwood	NE	00:30:22.62	01:08:28.56	00:35:08.17	10:13	02:13:59.36
2464	1249/1785	191/253	6090	Nick Crosnoe	M	33	York	NE	00:29:08.62	01:08:36.82	00:36:15.91	10:13	02:14:01.36
2465	1250/1785	128/181	5224	Taylor Sundermann	M	23	Lincoln	NE	00:30:32.33	01:10:49.79	00:32:40.03	10:13	02:14:02.16
2466	1216/2922	93/258	2253	Sheri Widler	F	48	Plattsmouth	NE	00:30:38.66	01:10:03.70	00:33:20.51	10:13	02:14:02.88
2467	1251/1785	129/181	4117	Cole Peterson	M	21	Lincoln	NE	00:29:14.98	01:12:20.33	00:32:28.27	10:13	02:14:03.58
2468	1217/2922	247/531	2342	Kandra Auwerda	F	36	Cozad	NE	00:30:34.18	01:10:49.49	00:32:40.02	10:13	02:14:03.70
2469	1218/2922	203/508	665	Linda Martinez	F	27	Lincoln	NE	00:31:26.98	01:09:51.96	00:32:46.07	10:13	02:14:05.02
2470	1219/2922	127/335	2626	Belinda Hanson	F	42	Minneapolis	MN	00:31:19.58	01:09:25.61	00:33:21.12	10:13	02:14:06.32
2471	1220/2922	128/335	6109	Stacey Barelos	F	41	Omaha	NE	00:30:20.34	01:10:04.00	00:33:42.67	10:13	02:14:07.02
2472	1252/1785	192/253	4449	Kyle Versaw	M	31	Lincoln	NE	00:29:29.82	01:09:47.07	00:34:50.60	10:13	02:14:07.50
2473	1253/1785	143/215	3664	Matt Secoske	M	42	Lincoln	NE	00:29:17.84	01:09:49.09	00:35:00.63	10:13	02:14:07.56
2474	1221/2922	204/454	6378	Amber Whalen	F	30	Bellevue	NE	00:29:33.21	01:10:53.54	00:33:41.20	10:13	02:14:07.96
2475	1254/1785	193/253	6093	Michael James	M	32	Papillion	NE	00:31:48.68	01:10:21.86	00:31:58.46	10:14	02:14:09.01
2476	1222/2922	204/508	852	Vernadette Delos Santos	F	26	Papillion	NE	00:31:48.74	01:10:22.27	00:31:58.46	10:14	02:14:09.47
2477	1223/2922	205/508	2769	Sam Areman	F	26	Lincoln	NE	00:30:39.80	01:11:49.96	00:31:40.15	10:14	02:14:09.92
2478	1224/2922	206/508	1747	Jourden Casey	F	27	Overland Park	KS	00:30:40.05	01:11:50.12	00:31:40.15	10:14	02:14:10.33
2479	1255/1785	78/96	5285	Jackson Riha	M	16	Omaha	NE	00:26:57.63	01:10:13.06	00:37:00.67	10:14	02:14:11.37
2480	1256/1785	51/80	3966	Mark Olson	M	59	Lincoln	NE	00:30:13.29	01:10:21.38	00:33:37.42	10:14	02:14:12.09
2481	1257/1785	210/276	5236	Daniel Dunn	M	37	New York	NY	00:29:34.31	01:09:48.42	00:34:49.38	10:14	02:14:12.11
2482	1225/2922	248/531	2931	Chelsea Hamilton	F	35	Columbus	NE	00:28:50.62	01:11:34.35	00:33:47.71	10:14	02:14:12.69
2483	1258/1785	194/253	5216	Trevor Dunn	M	32	Rocheport	MO	00:29:35.16	01:09:48.16	00:34:49.52	10:14	02:14:12.84
2484	1226/2922	207/508	807	Arcelia Gomez	F	26	Ralston	NE	00:27:57.05	01:09:59.56	00:36:18.17	10:14	02:14:14.78
2485	1227/2922	205/454	1415	Leah Becerra	F	30	Kansas City	MO	00:30:42.08	01:10:38.26	00:32:55.19	10:14	02:14:15.53

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2486	1259/1785	177/260	5454	Anthony Ruhl	M	27	Lincoln	NE	00:29:38.97	01:08:59.96	00:35:36.81	10:14	02:14:15.75
2487	1228/2922	208/508	6197	Maria Bland	F	27	Omaha	NE	00:28:54.15	01:08:53.79	00:36:28.16	10:14	02:14:16.12
2488	1260/1785	144/215	5767	Bryan Drumheller	M	40	Kearney	NE	00:31:02.52	01:08:14.54	00:35:00.78	10:14	02:14:17.84
2489	1229/2922	209/508	3467	Samantha Hermann	F	29	Lincoln	NE	00:29:40.09	01:09:34.05	00:35:04.33	10:14	02:14:18.48
2490	1230/2922	249/531	622	Mandy Lauck	F	38	Columbus	NE	00:29:14.11	01:09:37.65	00:35:29.44	10:14	02:14:21.21
2491	1231/2922	129/335	5014	Jamie Fields	F	44	Seward	NE	00:29:24.32	01:10:48.80	00:34:09.75	10:15	02:14:22.88
2492	1232/2922	94/258	949	Heather Cramer	F	45	Omaha	NE	00:29:25.16	01:10:48.98	00:34:09.96	10:15	02:14:24.11
2493	1261/1785	111/172	5969	Matt Sleister	M	49	Fontanelle	NE	00:29:26.06	01:10:20.45	00:34:38.20	10:15	02:14:24.71
2494	1262/1785	178/260	4606	Daniel Moore	M	26	Lincoln	NE	00:31:14.34	01:09:56.01	00:33:14.43	10:15	02:14:24.78
2495	1263/1785	145/215	5647	Justin Carlson	M	42	Wichita	KS	00:30:30.39	01:09:17.71	00:34:37.95	10:15	02:14:26.05
2496	1233/2922	10/41	278	Atsuko Christensen	F	62	Omaha	NE	00:27:41.89	01:06:44.54	00:40:00.94	10:15	02:14:27.37
2497	1234/2922	43/122	1618	Karla Ott	F	56	York	NE	00:28:54.31	01:10:16.77	00:35:17.62	10:15	02:14:28.71
2498	1235/2922	8/19	850	Gracelyn Nitzel	F	13	Hastings	NE	00:32:08.43	01:08:07.03	00:34:16.55	10:15	02:14:32.01
2499	1264/1785	211/276	4860	Damon Rath	M	38	Omaha	NE	00:27:54.95	01:11:24.15	00:35:13.45	10:15	02:14:32.56
2500	1236/2922	210/508	2077	Jenifer Manstedt	F	29	Lincoln	NE	00:43:45.16	00:59:33.00	00:31:15.41	10:15	02:14:33.58
2501	1265/1785	105/145	4467	Jeffrey L Bruntz	M	51	Kearney	NE	00:30:18.20	01:10:59.40	00:33:16.85	10:15	02:14:34.46
2502	1266/1785	52/80	5070	John Carda	M	57	Omaha	NE	00:27:00.02	01:11:36.55	00:35:58.21	10:15	02:14:34.79
2503	1237/2922	130/335	1192	Danielle Austin	F	43	Topeka	KS	00:30:19.21	01:10:59.29	00:33:17.00	10:16	02:14:35.51
2504	1267/1785	146/215	3562	Scott Brester	M	43	Lincoln	NE	00:29:01.12	01:10:30.97	00:35:04.33	10:16	02:14:36.42
2505	1238/2922	131/335	1654	Shirley Head	F	44	Columbus	NE	00:31:24.78	01:09:20.61	00:33:52.05	10:16	02:14:37.44
2506	1239/2922	44/122	872	Carrie Reagan	F	55	Woodbury	MN	00:29:28.62	01:10:50.54	00:34:18.61	10:16	02:14:37.78
2507	1268/1785	212/276	5726	Jason Moore	M	36	Ppillion	NE	00:27:14.48	01:10:33.85	00:36:51.78	10:16	02:14:40.11
2508	1240/2922	211/508	3706	Emily Ludwig	F	28	Omaha	NE	00:28:52.08	01:10:35.76	00:35:15.88	10:16	02:14:43.73
2509	1241/2922	212/508	288	Vicki Villanova	F	29	Omaha	NE	00:29:30.10	01:10:03.79	00:35:13.15	10:16	02:14:47.05
2510	1242/2922	60/148	3764	Marybeth Holmes	F	54	Omaha	NE	00:30:43.85	01:09:35.84	00:34:30.05	10:17	02:14:49.75
2511	1269/1785	179/260	5687	Andrew Vinton	M	26	Lincoln	NE	00:28:39.30	01:08:53.80	00:37:18.55	10:17	02:14:51.66
2512	1270/1785	28/42	5515	Herman Krepel	M	60	Howells	NE	00:31:19.33	01:10:13.76	00:33:20.42	10:17	02:14:53.52
2513	1243/2922	132/335	2753	Amy Frey	F	40	Stanwood	MI	00:30:48.31	01:10:26.26	00:33:39.40	10:17	02:14:53.98
2514	1244/2922	95/258	1886	Maureen Geiger	F	49	Omaha	NE	00:29:47.22	01:10:40.67	00:34:27.87	10:17	02:14:55.77
2515	1271/1785	213/276	5256	Bryan Sones	M	35	Lincoln	NE	00:28:44.94	01:06:45.97	00:39:25.61	10:17	02:14:56.52
2516	1272/1785	17/25	3400	Jack Welstead	M	12	Lincoln	NE	00:28:10.03	01:10:43.03	00:36:03.46	10:17	02:14:56.52
2517	1245/2922	250/531	4464	Kylie Thomas Shipley	F	38	Lincoln	NE	00:27:39.54	01:08:37.80	00:38:39.43	10:17	02:14:56.78
2518	1246/2922	206/454	2081	Sara Swan	F	34	Norfolk	NE	00:31:00.28	01:11:04.72	00:32:51.82	10:17	02:14:56.83
2519	1247/2922	207/454	3839	Nicole Volpi	F	34	Arlington	NE	00:31:18.74	01:10:14.09	00:33:24.16	10:17	02:14:57.01
2520	1248/2922	251/531	6489	Mandy Kohmetscher	F	38	Lincoln	NE	00:29:16.53	01:07:29.51	00:38:13.49	10:17	02:14:59.53



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2521	1249/2922	133/335	3410	Erin Norgaard	F	41	Grand Island	NE	00:32:35.30	01:10:51.36	00:31:33.31	10:17	02:14:59.97
2522	1250/2922	139/345	770	Katelyn Koso	F	20	Auburn	NE	00:28:23.20	01:11:13.20	00:35:24.63	10:17	02:15:01.03
2523	1273/1785	53/80	6346	David Selby	M	59	Omaha	NE	00:28:55.01	01:09:33.29	00:36:33.34	10:18	02:15:01.65
2524	1251/2922	61/148	2926	Debra Lambe	F	50	Henderson	NV	00:30:57.24	01:10:56.58	00:33:08.50	10:18	02:15:02.32
2525	1252/2922	252/531	6403	Kala Mueller	F	36	Lincoln	NE	00:29:04.57	01:09:12.61	00:36:45.87	10:18	02:15:03.06
2526	1253/2922	140/345	2942	Susannah Boyer	F	21	Lincoln	NE	00:30:27.07	01:10:33.37	00:34:03.77	10:18	02:15:04.21
2527	1254/2922	213/508	3390	Kayli Quinton	F	26	Pilot Point	TX	00:29:39.30	01:09:22.48	00:36:03.50	10:18	02:15:05.29
2528	1255/2922	141/345	874	Yesenia Ramos	F	21	Crete	NE	00:29:24.55	01:06:22.28	00:39:19.93	10:18	02:15:06.76
2529	1274/1785	112/172	3727	Arun Pondicherry	M	46	Lincoln	NE	00:30:06.13	01:10:14.28	00:34:46.77	10:18	02:15:07.19
2530	1275/1785	147/215	4820	Matthew Byington	M	41	Lincoln	NE	00:24:05.13	01:10:13.13	00:40:50.21	10:18	02:15:08.47
2531	1256/2922	214/508	6178	Rebecca Steffes	F	26	Omaha	NE	00:29:46.23	01:07:59.60	00:37:23.10	10:18	02:15:08.94
2532	1257/2922	134/335	420	Jill Ramaekers	F	41	Columbus	NE	00:30:26.14	01:10:10.13	00:34:32.67	10:18	02:15:08.95
2533	1276/1785	130/181	4734	Spencer Hagan	M	23	Lincoln	NE	00:30:38.54	01:11:16.54	00:33:15.07	10:18	02:15:10.16
2534	1258/2922	142/345	183	Kate Larsen	F	24	Omaha	NE	00:30:04.48	01:10:04.52	00:35:02.23	10:18	02:15:11.24
2535	1259/2922	45/122	2347	Steph Morrison	F	58	Lincoln	NE	00:29:58.24	01:10:20.36	00:34:54.24	10:18	02:15:12.84
2536	1260/2922	253/531	682	Priscilla Petsch	F	36	South Bend	NE	00:30:05.47	01:09:43.17	00:35:24.71	10:18	02:15:13.36
2537	1261/2922	215/508	508	Kaitlin Hager	F	27	Overland Park	KS	00:28:46.45	01:10:51.62	00:35:41.55	10:19	02:15:19.63
2538	1277/1785	113/172	4913	John Boeshart	M	45	Norfolk	NE	00:30:54.73	01:10:02.19	00:34:23.03	10:19	02:15:19.95
2539	1262/2922	216/508	5289	Abigail Shamburg	F	28	Omaha	NE	00:29:36.97	01:10:57.75	00:34:45.67	10:19	02:15:20.40
2540	1278/1785	195/253	5720	Tom Beller	M	30	Omaha	NE	00:29:53.07	01:08:09.24	00:37:18.69	10:19	02:15:21.01
2541	1263/2922	62/148	2050	Heidi Melcher	F	51	Hooper	NE	00:32:26.76	01:09:24.82	00:33:30.00	10:19	02:15:21.59
2542	1264/2922	46/122	6590	Lisa Buckingham	F	58	Big Rapids	MI	00:30:49.27	01:10:25.56	00:34:08.23	10:19	02:15:23.07
2543	1279/1785	214/276	5483	Joshua Vest	M	39	Lincoln	NE	00:31:06.58	01:11:24.62	00:32:52.12	10:19	02:15:23.33
2544	1265/2922	135/335	1003	Kari Wade	F	40	Lincoln	NE	00:31:06.64	01:11:25.02	00:32:51.92	10:19	02:15:23.58
2545	1266/2922	143/345	3419	Alexis Koetters	F	22	Lincoln	NE	00:30:09.33	01:11:03.27	00:34:12.10	10:19	02:15:24.70
2546	1280/1785	180/260	3720	Jared Ashton	M	29	Lincoln	NE	00:31:51.96	01:09:30.15	00:34:03.42	10:19	02:15:25.53
2547	1281/1785	131/181	5843	Ben Harms	M	21	Martell	NE	00:29:14.25	01:10:06.47	00:36:07.44	10:20	02:15:28.17
2548	1282/1785	106/145	4951	Patrick Anhalt	M	51	Sun Prairie	WI	00:31:46.63	01:11:50.75	00:31:53.58	10:20	02:15:30.97
2549	1267/2922	144/345	856	Wendy Lawson	F	24	Lincoln	NE	00:31:35.80	01:08:14.25	00:35:41.12	10:20	02:15:31.17
2550	1268/2922	136/335	1396	Chris Carlson	F	43	Wichita	KS	00:30:32.03	01:09:08.72	00:35:50.69	10:20	02:15:31.44
2551	1283/1785	114/172	5712	Paul Vinton	M	48	Lincoln	NE	00:30:41.26	01:10:49.28	00:34:01.01	10:20	02:15:31.56
2552	1284/1785	148/215	3834	Brian Johnson	M	43	Wakefield	NE	00:30:48.11	01:12:02.83	00:32:41.35	10:20	02:15:32.30
2553	1269/2922	217/508	1559	Storm Mellick	F	27	Dayton	MN	00:29:42.05	01:11:20.29	00:34:33.68	10:20	02:15:36.03
2554	1270/2922	145/345	3424	Maddie Hittner	F	21	Hastings	NE	00:29:03.57	01:10:24.64	00:36:08.45	10:20	02:15:36.67
2555	1271/2922	47/122	6614	Robyn Marshall	F	59	Papillion	NE	00:31:00.46	01:11:38.64	00:32:57.86	10:20	02:15:36.97

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2556	1272/2922	208/454	1998	Cally Thompson	F	30	Omaha	NE	00:31:52.18	01:12:16.41	00:31:29.44	10:20	02:15:38.04
2557	1273/2922	209/454	6533	Katie Watchorn	F	33	Lincoln	NE	00:30:44.80	01:11:03.29	00:33:50.07	10:20	02:15:38.17
2558	1274/2922	254/531	1997	Trisha Lind	F	37	Lincoln	NE	00:31:52.05	01:12:16.54	00:31:29.69	10:20	02:15:38.29
2559	1275/2922	137/335	2884	Amber Stephens	F	44	Davey	NE	00:31:08.22	01:09:23.68	00:35:06.64	10:20	02:15:38.55
2560	1285/1785	215/276	6126	William Barber	M	37	Grand Island	NE	00:30:50.17	01:10:19.35	00:34:31.41	10:21	02:15:40.93
2561	1276/2922	138/335	6079	Audrey Conrad	F	41	Gretna	NE	00:30:49.77	01:10:20.34	00:34:30.92	10:21	02:15:41.03
2562	1277/2922	255/531	4247	Emily Kumm	F	37	Beemer	NE	00:30:25.57	01:12:22.96	00:32:52.86	10:21	02:15:41.41
2563	1278/2922	139/335	6594	Jodi Mootz	F	40	Beatrice	NE	00:30:58.55	01:10:20.35	00:34:22.85	10:21	02:15:41.75
2564	1279/2922	210/454	4293	Jessica Taylor	F	30	Lincoln	NE	00:31:53.93	01:11:40.71	00:32:07.11	10:21	02:15:41.76
2565	1280/2922	140/335	2937	Beth Rawlings	F	42	Lincoln	NE	00:31:53.81	01:11:40.71	00:32:07.30	10:21	02:15:41.83
2566	1281/2922	48/122	3872	Sheila Loecker	F	55	Fordyce	NE	00:29:38.00	01:11:22.75	00:34:42.89	10:21	02:15:43.65
2567	1286/1785	149/215	5675	Korey Taylor	M	40	Omaha	NE	00:28:08.80	01:11:03.96	00:36:30.92	10:21	02:15:43.69
2568	1287/1785	181/260	5716	Tyler Nelson	M	25	Bennet	NE	00:30:29.38	01:08:59.81	00:36:14.63	10:21	02:15:43.83
2569	1282/2922	83/128	619	Kylie Briggs	F	15	Lincoln	NE	00:28:16.65	01:11:00.13	00:36:29.14	10:21	02:15:45.92
2570	1283/2922	141/335	1389	Sara Cline	F	40	Upland	NE	00:31:07.60	01:10:15.86	00:34:23.35	10:21	02:15:46.82
2571	1288/1785	182/260	4999	Scott Sunderman	M	29	Omaha	NE	00:29:28.81	01:10:07.87	00:36:13.38	10:21	02:15:50.06
2572	1284/2922	146/345	1144	Cassie Kilzer	F	23	Lincoln	NE	00:30:59.90	01:11:29.60	00:33:20.76	10:21	02:15:50.27
2573	1285/2922	11/41	1126	Kathleen Finzel	F	61	Fort Salonga	NY	00:30:20.32	01:10:45.16	00:34:45.16	10:21	02:15:50.65
2574	1286/2922	256/531	1407	Brandie Conway	F	39	Geneva	NE	00:29:34.97	01:13:41.62	00:32:34.56	10:21	02:15:51.16
2575	1287/2922	257/531	1039	Jamie Bertucci	F	36	Lincoln	NE	00:34:15.36	01:08:56.63	00:32:40.44	10:21	02:15:52.43
2576	1288/2922	211/454	4132	Christine Arasmith	F	32	Columbus	NE	00:28:32.72	01:10:20.13	00:37:01.95	10:22	02:15:54.80
2577	1289/1785	132/181	3584	Nick Rothgeb	M	20	Lincoln	NE	00:32:10.97	01:11:08.61	00:32:35.67	10:22	02:15:55.26
2578	1290/1785	133/181	4316	John Mikulicz	M	23	La Vista	NE	00:30:06.82	01:10:49.42	00:34:59.84	10:22	02:15:56.09
2579	1291/1785	79/96	6440	Peter Wittmann	M	15	Lincoln	NE	00:26:36.59	01:12:11.91	00:37:07.79	10:22	02:15:56.29
2580	1289/2922	96/258	2391	Andrea Williams	F	48	Lincoln	NE	00:29:50.58	01:10:19.52	00:35:46.30	10:22	02:15:56.41
2581	1292/1785	196/253	4266	Phuong Vo	M	32	Columbus	NE	00:30:32.04	01:09:22.23	00:36:03.49	10:22	02:15:57.77
2582	1293/1785	183/260	3884	Tyler Hunt	M	29	Lincoln	NE	00:30:59.99	01:11:29.60	00:33:30.76	10:22	02:16:00.35
2583	1294/1785	80/96	4015	Ben Garland	M	19	Beatrice	NE	00:30:22.39	01:11:47.03	00:33:51.35	10:22	02:16:00.78
2584	1290/2922	258/531	937	Hannah Kring	F	35	Raymond	NE	00:31:18.76	01:11:01.64	00:33:40.60	10:22	02:16:01.01
2585	1291/2922	212/454	3722	Melissa Hall	F	34	Lexington	NE	00:30:18.41	01:10:41.52	00:35:05.00	10:22	02:16:04.94
2586	1292/2922	213/454	948	Melissa Birdsong	F	30	Herman	NE	00:30:01.44	01:10:58.94	00:35:04.93	10:22	02:16:05.32
2587	1295/1785	184/260	4472	Travis Weyers	M	25	Roca	NE	00:26:54.37	01:08:36.05	00:40:34.92	10:22	02:16:05.35
2588	1293/2922	259/531	6060	Christina Liekhus	F	38	North Bend	NE	00:32:17.55	01:10:10.21	00:33:38.75	10:22	02:16:06.52
2589	1294/2922	147/345	1979	Magdalene Oæbrien	F	20	Lincoln	NE	00:30:39.30	01:12:07.05	00:33:22.48	10:23	02:16:08.84
2590	1295/2922	260/531	1441	Michaela Arndt	F	38	Cozad	NE	00:31:12.09	01:11:47.70	00:33:12.48	10:23	02:16:12.28

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2591	1296/1785	134/181	5035	Colten White	M	23	Lincoln	NE	00:38:11.47	01:12:46.51	00:25:14.46	10:23	02:16:12.45
2592	1297/1785	216/276	5453	Bradley Smith	M	39	Omaha	NE	00:29:42.49	01:09:20.11	00:37:11.93	10:23	02:16:14.53
2593	1298/1785	185/260	4608	Brandon Lempka	M	28	Lincoln	NE	00:31:14.66	01:10:08.53	00:34:51.42	10:23	02:16:14.62
2594	1299/1785	135/181	5408	Tyler Matson	M	21	Lincoln	NE	00:29:41.38	01:09:18.42	00:37:15.73	10:23	02:16:15.54
2595	1296/2922	261/531	3098	Molly Dudley	F	36	Mcperson	KS	00:31:44.72	01:11:31.53	00:32:59.44	10:23	02:16:15.69
2596	1297/2922	214/454	763	Becky Schroeder	F	31	Omaha	NE	00:29:43.57	01:09:20.34	00:37:12.38	10:23	02:16:16.30
2597	1298/2922	218/508	1164	Amber Scalise	F	29	Omaha	NE	00:27:38.94	01:12:32.56	00:36:06.98	10:23	02:16:18.48
2598	1300/1785	115/172	5666	Jason Bryant	M	46	Lincoln	NE	00:32:20.93	01:09:55.35	00:34:03.36	10:23	02:16:19.65
2599	1299/2922	84/128	620	Madison Tabor	F	19	Walton	NE	00:31:06.20	01:11:26.65	00:33:46.90	10:23	02:16:19.75
2600	1301/1785	107/145	4629	Paul Rankin	M	50	Lincoln	NE	00:30:49.86	01:10:36.41	00:34:55.92	10:24	02:16:22.20
2601	1302/1785	217/276	4549	Nick Hummel	M	39	Valley	NE	00:29:29.95	01:12:52.13	00:34:00.18	10:24	02:16:22.26
2602	1303/1785	54/80	6009	Bart Moore Bart Moore	M	57	Lincoln	NE	00:31:06.06	01:10:39.53	00:34:38.84	10:24	02:16:24.43
2603	1300/2922	148/345	1923	Faith Harris	F	20	Grand Island	NE	00:32:27.41	01:11:35.53	00:32:25.35	10:24	02:16:28.30
2604	1304/1785	108/145	3679	Kevin Mccaffrey	M	51	Lincoln	NE	00:21:22.73	00:51:29.29	01:03:37.46	10:24	02:16:29.49
2605	1305/1785	116/172	5854	Daniel Stockmann	M	45	Omaha	NE	00:30:21.36	01:10:43.27	00:35:25.69	10:24	02:16:30.32
2606	1301/2922	215/454	1079	Erin Egger	F	32	Roca	NE	00:28:26.57	01:11:48.62	00:36:15.24	10:24	02:16:30.43
2607	1302/2922	219/508	4314	Taylor Hansen	F	25	Kearney	NE	00:32:02.67	01:11:09.23	00:33:18.57	10:24	02:16:30.48
2608	1303/2922	216/454	2104	Chassidy Kruger	F	30	Omaha	NE	00:28:31.60	01:12:26.78	00:35:35.20	10:25	02:16:33.59
2609	1304/2922	49/122	3262	Heather Schuette	F	56	Lincoln	NE	00:31:09.84	01:11:34.62	00:33:51.91	10:25	02:16:36.37
2610	1305/2922	50/122	123	Kristine Harris	F	57	Grand Island	NE	00:32:28.39	01:11:37.54	00:32:33.05	10:25	02:16:38.99
2611	1306/2922	262/531	6052	Holli Mckeegan	F	36	Minneapolis	MN	00:29:25.28	01:11:02.58	00:36:11.60	10:25	02:16:39.47
2612	1307/2922	220/508	3714	Libby Henschke	F	27	Lincoln	NE	00:29:15.07	01:11:28.19	00:35:57.31	10:25	02:16:40.58
2613	1308/2922	263/531	4338	Laura Boecker	F	39	Madison	SD	00:29:03.26	01:10:39.21	00:36:59.39	10:25	02:16:41.86
2614	1309/2922	149/345	2505	Hailie Sklenicka	F	24	Lincoln	NE	00:30:44.65	01:11:10.02	00:34:47.70	10:25	02:16:42.38
2615	1310/2922	142/335	1438	Erin Peterson	F	42	Stromsburg	NE	00:28:57.56	01:11:06.08	00:36:39.75	10:25	02:16:43.39
2616	1311/2922	143/335	1260	Jennifer Jackson-Lee	F	43	Bellevue	WA	00:30:39.20	01:11:20.30	00:34:45.56	10:25	02:16:45.06
2617	1306/1785	150/215	5477	Jason Koch	M	44	Lincoln	NE	00:30:09.40	01:09:41.94	00:36:55.09	10:26	02:16:46.44
2618	1307/1785	151/215	5905	Tyler Nixon	M	41	Lincoln	NE	00:29:32.35	01:12:12.46	00:35:03.44	10:26	02:16:48.26
2619	1312/2922	85/128	438	Sara Bottorff	F	19	Shelby	NE	00:29:38.70	01:13:21.16	00:33:48.67	10:26	02:16:48.54
2620	1308/1785	218/276	4417	Nick Eitzmann	M	36	Lincoln	NE	00:21:55.66	00:49:18.25	01:05:37.60	10:26	02:16:51.52
2621	1309/1785	197/253	4690	Brandon Fellers	M	31	Lincoln	NE	00:32:37.93	01:10:02.29	00:34:13.76	10:26	02:16:53.99
2622	1310/1785	117/172	4789	Jeremy Williams	M	46	Lincoln	NE	00:29:07.64	01:10:24.22	00:37:22.26	10:26	02:16:54.13
2623	1313/2922	221/508	1721	Andrea Pracheil	F	29	Dorchester	NE	00:29:03.11	01:09:47.05	00:38:04.95	10:26	02:16:55.12
2624	1314/2922	217/454	189	Dana Raml	F	30	Omaha	NE	00:31:14.48	01:10:36.43	00:35:05.01	10:26	02:16:55.93
2625	1315/2922	144/335	6285	Kimberly Haugen	F	40	Omaha	NE	00:31:25.07	01:12:06.78	00:33:25.33	10:26	02:16:57.19

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2626	1316/2922	145/335	6456	Crystal Livingston	F	43	Lincoln	NE	00:31:03.37	01:12:16.45	00:33:37.66	10:26	02:16:57.49
2627	1311/1785	118/172	6041	Dan Lambe	M	49	Lincoln	NE	00:31:03.84	01:12:15.83	00:33:37.92	10:26	02:16:57.60
2628	1317/2922	150/345	858	Emma Harms	F	23	Imperial	NE	00:28:32.26	01:09:03.68	00:39:24.99	10:27	02:17:00.94
2629	1318/2922	146/335	2528	Laura Jacobsen	F	44	Aurora	NE	00:30:42.87	01:14:12.57	00:32:05.57	10:27	02:17:01.01
2630	1319/2922	147/335	318	Michaela Kriener	F	43	Omaha	NE	00:30:19.97	01:11:50.75	00:34:52.68	10:27	02:17:03.41
2631	1320/2922	264/531	1170	Baily Husmann	F	35	Valley	NE	00:30:38.13	01:09:42.16	00:36:43.82	10:27	02:17:04.11
2632	1321/2922	222/508	1063	Carina Francia	F	28	Omaha	NE	00:28:22.56	01:11:39.77	00:37:02.35	10:27	02:17:04.69
2633	1322/2922	218/454	1214	Jessica Szalawiga	F	31	Kansas City	MO	00:29:04.61	01:09:55.99	00:38:04.26	10:27	02:17:04.86
2634	1323/2922	223/508	3795	Julia Nawrocki	F	29	Lincoln	NE	00:31:05.54	01:12:43.76	00:33:16.21	10:27	02:17:05.51
2635	1324/2922	219/454	797	Melody Schwoch	F	31	Mahtowa	MN	00:29:43.28	01:11:52.26	00:35:34.35	10:27	02:17:09.89
2636	1325/2922	220/454	3315	Sarah Conway	F	30	Wahoo	NE	00:32:00.34	01:11:40.31	00:33:29.42	10:27	02:17:10.08
2637	1326/2922	224/508	204	Laura Evans	F	26	Columbus	NE	00:29:23.80	01:09:47.79	00:37:59.97	10:27	02:17:11.57
2638	1312/1785	81/96	3707	Anthony Butler	M	19	Lincoln	NE	00:30:16.06	01:07:32.10	00:39:23.42	10:27	02:17:11.59
2639	1327/2922	221/454	2152	Rachel Pinos	F	31	Gretna	NE	00:32:44.72	01:12:58.76	00:31:28.63	10:27	02:17:12.12
2640	1313/1785	186/260	5294	Armando Mendoza	M	28	Hastings	NE		01:03:31.87	00:35:11.37	10:28	02:17:13.80
2641	1314/1785	198/253	5489	Keenan Henning	M	31	Lincoln	NE	00:31:16.32	01:11:41.02	00:34:17.43	10:28	02:17:14.78
2642	1315/1785	199/253	4037	Troy Goetsch	M	33	Hickman	NE	00:32:00.86	01:13:42.84	00:31:31.45	10:28	02:17:15.16
2643	1316/1785	152/215	5528	Michael Tracy	M	40	Lincoln	NE	00:31:17.15	01:11:40.78	00:34:17.24	10:28	02:17:15.19
2644	1328/2922	86/128	4099	Ella Moravec	F	16	David City	NE	00:28:14.13	01:12:32.68	00:36:30.76	10:28	02:17:17.58
2645	1329/2922	97/258	3056	Dawn Kirchert	F	49	Council Bluffs	IA	00:30:35.14	01:10:55.60	00:35:47.10	10:28	02:17:17.85
2646	1330/2922	151/345	3415	Taylor Barnett	F	24	Omaha	NE	00:29:59.84	01:11:27.14	00:35:51.28	10:28	02:17:18.26
2647	1317/1785	219/276	4759	Matt Holthe	M	38	York	NE	00:30:19.83	01:11:19.69	00:35:40.15	10:28	02:17:19.67
2648	1331/2922	87/128	478	Liza Zaruba	F	17	Columbus	NE	00:31:01.54	01:11:05.88	00:35:12.27	10:28	02:17:19.70
2649	1318/1785	119/172	4167	Shreejit Nair	M	46	Omaha	NE	00:29:56.18	01:11:30.61	00:35:53.02	10:28	02:17:19.81
2650	1332/2922	148/335	1653	Kara Platt	F	41	Murdock	NE	00:29:28.11	01:13:08.20	00:34:44.72	10:28	02:17:21.04
2651	1319/1785	120/172	4041	David Payne	M	45	Omaha	NE	00:29:54.83	01:13:51.80	00:33:34.73	10:28	02:17:21.37
2652	1333/2922	152/345	6288	Emma Hrlevich	F	23	Omaha	NE	00:30:20.35	01:12:56.40	00:34:06.79	10:28	02:17:23.54
2653	1320/1785	82/96	5231	Ethan Dozier	M	17	Bartlesville	OK	00:29:55.37	01:10:24.10	00:37:05.17	10:28	02:17:24.65
2654	1334/2922	222/454	404	Elizabeth Goodrich	F	30	Omaha	NE	00:29:31.83	01:11:18.20	00:36:34.69	10:28	02:17:24.73
2655	1335/2922	98/258	1861	Heidi Richmond	F	47	Fremont	NE	00:31:54.83	01:11:38.92	00:33:50.98	10:28	02:17:24.74
2656	1321/1785	136/181	6147	Adam Hornig	M	24	Elkhorn	NE	00:30:33.03	01:10:13.92	00:36:38.43	10:28	02:17:25.38
2657	1336/2922	225/508	1831	Emily Harrington	F	29	Omaha	NE	00:31:55.36	01:11:51.33	00:33:41.44	10:29	02:17:28.13
2658	1337/2922	88/128	4322	Sarah Burwell	F	19	Lincoln	NE	00:27:30.89	01:14:39.68	00:35:19.52	10:29	02:17:30.09
2659	1338/2922	223/454	3492	Bailey Feekin	F	32	La Vista	NE	00:31:28.84	01:10:42.50	00:35:20.84	10:29	02:17:32.19
2660	1339/2922	226/508	1373	Shelby Heithoff	F	25	Lincoln	NE	00:32:49.58	01:12:51.29	00:31:53.74	10:29	02:17:34.62

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2661	1340/2922	224/454	2280	Sarah Mcclintock	F	32	Omaha	NE	00:31:22.37	01:12:37.52	00:33:35.08	10:29	02:17:34.98
2662	1341/2922	227/508	1374	Caitlin Coulson	F	25	Valparaiso	NE	00:32:50.08	01:12:50.71	00:31:54.47	10:29	02:17:35.27
2663	1342/2922	265/531	676	Betsy Baumhover	F	37	Sioux Falls	SD	00:32:05.55	01:11:43.27	00:33:48.36	10:29	02:17:37.19
2664	1343/2922	225/454	2070	Jessica Boten	F	32	Gaithersburg	MD	00:30:35.09	01:11:53.21	00:35:08.97	10:29	02:17:37.28
2665	1344/2922	12/41	639	Patty Boten	F	62	Omaha	NE	00:30:35.28	01:11:53.36	00:35:08.82	10:29	02:17:37.47
2666	1345/2922	149/335	3279	Rachel Zeleny	F	40	Sergeant Bluff	IA	00:30:57.32	01:14:55.93	00:31:45.02	10:29	02:17:38.27
2667	1346/2922	228/508	1277	Rebecca Leistico	F	29	Elkhorn	NE	00:30:36.44	01:11:17.90	00:35:45.82	10:30	02:17:40.16
2668	1322/1785	187/260	5459	Brodie Aden	M	27	Lincoln	NE	00:31:41.88	01:11:30.55	00:34:28.54	10:30	02:17:40.97
2669	1347/2922	226/454	1322	Angela Johnson	F	32	Brady	NE	00:31:16.14	01:12:29.28	00:33:57.02	10:30	02:17:42.45
2670	1323/1785	220/276	4353	Scott Shinbara	M	37	Omaha	NE	00:31:17.04	01:11:18.57	00:35:07.14	10:30	02:17:42.76
2671	1348/2922	266/531	2521	Tiffiny Widdifield	F	38	Minden	NE	00:31:16.42	01:12:29.82	00:33:56.56	10:30	02:17:42.80
2672	1349/2922	267/531	4868	Julie Calahan	F	37	North Platte	NE	00:31:17.21	01:12:29.83	00:33:56.01	10:30	02:17:43.05
2673	1350/2922	153/345	2315	Tasha Bredvick	F	22	Lincoln	NE	00:28:21.52	01:12:06.30	00:37:17.43	10:30	02:17:45.26
2674	1351/2922	229/508	1657	Heather McClain	F	29	Omaha	NE	00:31:14.48	01:11:41.37	00:34:50.24	10:30	02:17:46.09
2675	1324/1785	221/276	5443	Brock Minert	M	36	Lincoln	NE	00:32:44.36	01:12:42.63	00:32:19.32	10:30	02:17:46.32
2676	1352/2922	154/345	2095	Olivia Mckernan	F	24	Omaha	NE	00:32:20.86	01:12:16.90	00:33:08.84	10:30	02:17:46.60
2677	1353/2922	230/508	5022	Katie Hale	F	25	Lincoln	NE	00:30:20.44	01:10:31.83	00:36:54.99	10:30	02:17:47.26
2678	1354/2922	99/258	4158	Gina Mackay	F	46	St. Charles	MO	00:31:09.73	01:11:20.63	00:35:17.56	10:30	02:17:47.92
2679	1355/2922	100/258	2452	Pam Long	F	47	Bertrand	NE	00:31:49.19	01:11:10.95	00:34:48.65	10:30	02:17:48.80
2680	1325/1785	188/260	5509	Michael Hollman	M	25	Lincoln	NE	00:33:06.38	01:10:07.28	00:34:36.18	10:30	02:17:49.85
2681	1356/2922	89/128	1529	Caitlyn Hedrick	F	19	Lincoln	NE	00:32:09.83	01:11:44.44	00:33:55.87	10:30	02:17:50.16
2682	1357/2922	155/345	1328	Mikalsh Mertlik	F	24	Lincoln	NE	00:25:34.00	01:09:05.71	00:43:10.75	10:30	02:17:50.46
2683	1358/2922	156/345	422	Leeann Mertens	F	23	Enterprise	AL	00:32:10.88	01:11:43.84	00:33:56.27	10:30	02:17:50.99
2684	1326/1785	222/276	4026	Jason Sterczynski	M	39	Algonquin	IL	00:30:49.55	01:11:11.80	00:35:51.08	10:31	02:17:52.44
2685	1359/2922	268/531	1263	Stephanie Coble	F	37	Marysville	KS	00:29:44.55	01:11:47.19	00:36:21.06	10:31	02:17:52.80
2686	1360/2922	90/128	1459	Samantha Tonniges	F	18	Columbus	NE	00:31:01.46	01:11:05.80	00:35:46.19	10:31	02:17:53.46
2687	1327/1785	83/96	4889	Drew Zaruba	M	18	Columbus	NE	00:31:01.81	01:11:05.29	00:35:46.89	10:31	02:17:53.99
2688	1361/2922	150/335	1004	Theresa Savage	F	43	Louisville	NE	00:30:43.07	01:11:26.94	00:35:44.65	10:31	02:17:54.67
2689	1362/2922	269/531	4008	Colette Powell	F	35	Ogallala	NE	00:29:45.56	01:11:06.55	00:37:03.46	10:31	02:17:55.58
2690	1363/2922	151/335	2481	Stacey Duey	F	40	Lincoln	NE	00:32:43.93	01:12:05.59	00:33:06.85	10:31	02:17:56.38
2691	1328/1785	189/260	5061	Micheal Myers	M	27	Lincoln	NE	00:32:06.78	01:14:24.84	00:31:26.94	10:31	02:17:58.56
2692	1329/1785	109/145	5684	Rick Bevins	M	53	Lincoln	NE	00:33:10.02	01:13:44.43	00:31:06.26	10:31	02:18:00.72
2693	1330/1785	55/80	4263	Mike Lewis	M	55	Omaha	NE	00:31:52.83	01:12:23.43	00:33:44.96	10:31	02:18:01.22
2694	1331/1785	223/276	3531	Matthew Clements	M	35	Lincoln	NE	00:29:54.44	01:08:34.78	00:39:32.44	10:31	02:18:01.66
2695	1364/2922	270/531	971	Erin Howard	F	36	Kearney	NE	00:29:38.94	01:12:37.66	00:35:45.69	10:31	02:18:02.29

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2696	1365/2922	152/335	1464	Stephanie Caldwell	F	40	Lincoln	NE	00:31:41.54	01:12:00.80	00:34:21.41	10:31	02:18:03.76
2697	1332/1785	153/215	5108	Joe Johnson	M	42	Kearney	NE	00:29:09.10	01:10:59.76	00:37:54.97	10:31	02:18:03.83
2698	1333/1785	121/172	4823	Cyrus Kiani	M	47	Lincoln	NE	00:28:06.13	01:12:18.22	00:37:42.08	10:32	02:18:06.45
2699	1334/1785	154/215	5322	Mike Wittmann	M	40	Lincoln	NE	00:32:53.38	01:13:41.04	00:31:33.58	10:32	02:18:08.00
2700	1335/1785	190/260	3899	Edward Wagner	M	26	Omaha	NE	00:30:06.86	01:11:26.18	00:36:35.46	10:32	02:18:08.50
2701	1366/2922	51/122	1175	Jodi Ehrke	F	59	Alma	NE	00:31:46.43	01:13:38.24	00:32:44.79	10:32	02:18:09.46
2702	1367/2922	271/531	1554	Mary Leick	F	36	Omaha	NE	00:30:51.80	01:10:44.03	00:36:36.19	10:32	02:18:12.02
2703	1368/2922	91/128	1879	Jordyn Kruse	F	17	Kearney	NE	00:31:01.19	01:11:06.27	00:36:04.82	10:32	02:18:12.29
2704	1369/2922	272/531	3335	Suzette Home	F	36	Papillion	NE	00:29:27.06	01:13:03.29	00:35:43.78	10:32	02:18:14.13
2705	1370/2922	153/335	401	Andrea Sneed	F	42	Ogallala	NE	00:32:17.08	01:11:02.27	00:34:58.06	10:32	02:18:17.41
2706	1336/1785	224/276	3564	Ryan Minert	M	39	Lincoln	NE	00:32:43.56	01:12:41.27	00:32:52.72	10:32	02:18:17.56
2707	1371/2922	273/531	232	Mandy Minert	F	38	Lincoln	NE	00:32:43.55	01:12:41.90	00:32:52.53	10:32	02:18:17.99
2708	1372/2922	157/345	2981	Callie Jane Vickers	F	23	Omaha	NE	00:31:26.83	01:13:39.12	00:33:12.50	10:33	02:18:18.46
2709	1373/2922	13/41	2588	Sarah Holmes	F	60	Lincoln	NE	00:31:53.81	01:12:12.38	00:34:13.54	10:33	02:18:19.74
2710	1337/1785	110/145	5519	Chuck Vickers	M	52	Omaha	NE	00:31:28.20	01:13:38.33	00:33:15.12	10:33	02:18:21.65
2711	1338/1785	29/42	4151	Russell Fralin	M	61	Beatrice	NE	00:30:40.82	01:12:25.17	00:35:16.91	10:33	02:18:22.91
2712	1339/1785	155/215	5303	Shawnyboy Shaw	M	40	Omaha	NE	00:31:00.00	01:12:35.91	00:34:47.22	10:33	02:18:23.14
2713	1340/1785	156/215	4402	Ryan Thompson	M	40	Ashland	NE	00:31:52.29	01:12:27.93	00:34:06.80	10:33	02:18:27.02
2714	1374/2922	101/258	2498	Amy Ruisinger	F	47	Bennet	NE	00:31:52.90	01:12:27.93	00:34:06.80	10:33	02:18:27.63
2715	1375/2922	231/508	558	Gabrielle Costilla	F	27	Lincoln	NE	00:28:28.30	01:12:39.22	00:37:20.59	10:33	02:18:28.11
2716	1341/1785	191/260	5788	Seth Roepke	M	27	Lincoln	NE	00:32:12.03	01:10:50.67	00:35:28.06	10:33	02:18:30.77
2717	1342/1785	122/172	5144	Paul Lancaster	M	47	Columbus	NE	00:32:03.26	01:12:54.37	00:33:33.14	10:33	02:18:30.77
2718	1343/1785	192/260	4044	Jon Lehman	M	28	Lincoln	NE	00:31:48.85	01:10:05.33	00:36:38.09	10:34	02:18:32.28
2719	1376/2922	52/122	749	Kim Ferro	F	58	Fort Collins	CO	00:30:21.14	01:12:07.52	00:36:04.17	10:34	02:18:32.83
2720	1377/2922	232/508	587	Megan Lehman	F	27	Lincoln	NE	00:31:49.44	01:10:06.29	00:36:37.66	10:34	02:18:33.40
2721	1378/2922	154/335	2943	Jen Williams	F	42	St. Charles	MO	00:31:15.61	01:12:29.48	00:34:48.76	10:34	02:18:33.87
2722	1379/2922	155/335	1211	Bethany Huenefeld	F	40	Giltner	NE	00:28:50.63	01:12:04.86	00:37:43.93	10:34	02:18:39.43
2723	1380/2922	274/531	432	Mara Jorgensen	F	38	Sergeant Bluff	IA	00:30:58.61	01:14:58.34	00:32:42.84	10:34	02:18:39.80
2724	1381/2922	233/508	1610	Sydney Niederklein	F	28	Daykin	NE	00:32:28.02	01:13:24.54	00:32:48.73	10:34	02:18:41.30
2725	1344/1785	3/9	6580	Bert Lamml	M	72	Stanton	NE	00:32:00.20	01:12:13.22	00:34:30.00	10:34	02:18:43.42
2726	1382/2922	227/454	3489	Kelsey Peterson	F	31	Kearney	NE	00:28:12.05	01:10:34.67	00:39:58.48	10:35	02:18:45.21
2727	1345/1785	193/260	5441	Peter Metzger	M	27	Lincoln	NE	00:32:10.14	01:11:25.50	00:35:10.51	10:35	02:18:46.16
2728	1346/1785	137/181	5869	Nicolas Sanchez	M	21	Lincoln	NE	00:30:54.02	01:13:01.66	00:34:51.25	10:35	02:18:46.94
2729	1347/1785	194/260	1364	Torrey Wilson	M	26	Nashville	TN	00:32:52.66	01:12:03.73	00:33:50.62	10:35	02:18:47.01
2730	1383/2922	234/508	983	Paige Baverstock	F	27	Lincoln	NE	00:32:13.25	01:11:25.24	00:35:10.12	10:35	02:18:48.63

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2731	1384/2922	156/335	3301	Dawn Larson	F	40	Madison	WI	00:31:26.61	01:12:44.17	00:34:38.38	10:35	02:18:49.17
2732	1348/1785	200/253	5494	Garrett Schweitzer	M	34	Omaha	NE	00:32:43.37	01:13:31.21	00:32:37.31	10:35	02:18:51.89
2733	1385/2922	228/454	3858	Jocelyn Fausch	F	34	Kearney	NE	00:30:29.50	01:12:32.32	00:35:50.67	10:35	02:18:52.50
2734	1386/2922	229/454	1275	Holly Carpenter	F	33	Norfolk	NE	00:29:54.64	01:12:25.92	00:36:32.65	10:35	02:18:53.22
2735	1387/2922	235/508	6597	Alex Bauer	F	26	Omaha	NE	00:31:51.85	01:12:24.50	00:34:40.34	10:35	02:18:56.70
2736	1349/1785	111/145	6120	Todd Mason	M	51	Firth	NE	00:31:09.65	01:09:38.27	00:38:09.16	10:35	02:18:57.09
2737	1350/1785	123/172	5949	Scott Wilson	M	45	Omaha	NE	00:31:15.83	01:12:23.28	00:35:20.63	10:36	02:18:59.74
2738	1388/2922	63/148	2256	Coll Warder	F	54	Omaha	NE	00:32:41.29	01:13:30.76	00:32:48.67	10:36	02:19:00.73
2739	1389/2922	157/335	1377	Jolene Blehm	F	44	Adams	NE	00:29:26.34	01:13:17.32	00:36:19.44	10:36	02:19:03.10
2740	1351/1785	124/172	5296	John Horst	M	47	Omaha	NE	00:28:23.82	01:12:10.97	00:38:28.48	10:36	02:19:03.28
2741	1390/2922	158/345	2877	Mattie Faison	F	21	Rancho Santa Fe	CA	00:33:08.27	01:13:42.38	00:32:12.92	10:36	02:19:03.57
2742	1391/2922	275/531	2683	Lindsay O'brien	F	37	Chicago	IL	00:30:37.68	01:14:31.12	00:33:55.88	10:36	02:19:04.69
2743	1392/2922	276/531	2836	Renee Schmidt	F	39	Hickman	NE	00:32:09.02	01:12:01.82	00:34:54.48	10:36	02:19:05.33
2744	1393/2922	236/508	302	Peggy Ozaki	F	27	Lincoln	NE	00:31:16.14	01:13:37.38	00:34:13.37	10:36	02:19:06.90
2745	1394/2922	92/128	7106	Madison Kinkaid	F	19	Omaha	NE	00:28:22.90	01:11:13.50	00:39:33.48	10:36	02:19:09.88
2746	1395/2922	64/148	1659	Elaine A Zoucha	F	51	Schuyler	NE	00:31:02.58	01:13:01.53	00:35:07.07	10:37	02:19:11.18
2747	1396/2922	277/531	1905	Jami Kezeor	F	37	Saint Paul	NE	00:30:06.32	01:13:05.75	00:35:59.61	10:37	02:19:11.68
2748	1397/2922	158/335	2844	Lynn Feeken	F	40	Saint Paul	NE	00:30:07.00	01:13:05.59	00:35:59.31	10:37	02:19:11.90
2749	1398/2922	237/508	2357	Megan Pavlik	F	25	Omaha	NE	00:32:37.37	01:13:38.49	00:32:56.61	10:37	02:19:12.48
2750	1352/1785	138/181	3955	Anthony Domico	M	22	Lincoln	NE	00:32:26.81	01:12:47.69	00:33:59.50	10:37	02:19:14.01
2751	1353/1785	125/172	5676	Ronald Lee	M	47	Omaha	NE	00:27:18.58	01:13:43.02	00:38:12.83	10:37	02:19:14.44
2752	1399/2922	238/508	4023	Madeline Shomos	F	28	Lincoln	NE	00:31:15.66	01:13:37.29	00:34:22.53	10:37	02:19:15.49
2753	1354/1785	157/215	4654	David Adkison	M	41	Papillion	NE	00:31:59.55	01:13:14.74	00:34:02.19	10:37	02:19:16.48
2754	1400/2922	65/148	922	Dawn Petersen	F	54	Hastings	NE	00:30:35.80	01:11:28.29	00:37:13.65	10:37	02:19:17.74
2755	1401/2922	159/335	2798	Kristin Nelson	F	40	Omaha	NE	00:32:32.23	01:13:14.98	00:33:32.13	10:37	02:19:19.34
2756	1402/2922	278/531	980	Melissa Sittner	F	38	Bennington	NE	00:30:35.48	01:12:11.92	00:36:32.89	10:37	02:19:20.30
2757	1403/2922	230/454	5493	Stephanie Ayars	F	30	Omaha	NE	00:32:46.42	01:13:31.58	00:33:02.46	10:37	02:19:20.46
2758	1404/2922	231/454	3232	Kate Griffith	F	31	Sioux City	IA	00:31:45.06	01:12:13.51	00:35:23.45	10:37	02:19:22.03
2759	1355/1785	225/276	5760	Craig Lundy	M	38	Lincoln	NE	00:30:19.22	01:11:54.21	00:37:09.27	10:37	02:19:22.71
2760	1405/2922	279/531	6611	Liz Schwartz	F	35	Grand Island	NE	00:30:18.39	01:12:48.52	00:36:15.82	10:37	02:19:22.74
2761	1406/2922	239/508	2245	Valerie Pietroluongo	F	27	Omaha	NE	00:32:40.10	01:13:20.91	00:33:23.17	10:38	02:19:24.19
2762	1356/1785	56/80	4191	Mark Weddleton	M	59	Lincoln	NE	00:31:25.29	01:13:02.80	00:34:57.30	10:38	02:19:25.39
2763	1407/2922	66/148	2567	Susan Townsend	F	53	Lincoln	NE	00:30:44.17	01:12:54.70	00:35:47.18	10:38	02:19:26.05
2764	1408/2922	240/508	4271	Allie Esch	F	25	Omaha	NE	00:27:38.12	01:12:43.43	00:39:04.62	10:38	02:19:26.17
2765	1409/2922	241/508	1953	Hannah Panwitz	F	26	Hastings	NE	00:27:46.27	01:08:44.31	00:42:56.22	10:38	02:19:26.80

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2766	1357/1785	14/26	6469	Jack Werbler	M	65	Morganville	NJ	00:32:04.30	01:13:12.65	00:34:11.88	10:38	02:19:28.83
2767	1358/1785	57/80	4236	Tom Milburn	M	56	Lincoln	NE	00:31:05.87	01:12:15.53	00:36:07.69	10:38	02:19:29.09
2768	1359/1785	195/260	4202	Seth Milburn	M	29	Lincoln	NE	00:31:05.86	01:12:15.15	00:36:08.28	10:38	02:19:29.30
2769	1410/2922	102/258	151	Angela Caldwell	F	45	Lincoln	NE	00:32:06.73	01:13:44.31	00:33:38.59	10:38	02:19:29.64
2770	1411/2922	53/122	3211	Gina Brophy	F	55	Basehor	KS	00:29:53.03	01:13:03.67	00:36:35.45	10:38	02:19:32.15
2771	1412/2922	159/345	3250	Madison Bartels	F	20	Emerson	NE	00:28:16.44	01:13:57.64	00:37:18.20	10:38	02:19:32.29
2772	1413/2922	242/508	859	Bridgette May	F	25	Imperial	NE	00:28:32.06	01:12:09.56	00:38:51.17	10:38	02:19:32.80
2773	1360/1785	158/215	6559	David Zihlman	M	40	Papillion	NE	00:26:17.97	01:14:17.78	00:38:57.07	10:38	02:19:32.82
2774	1414/2922	103/258	827	Mindy Hess	F	48	Danville	IA	00:31:29.01	01:13:09.54	00:34:55.12	10:38	02:19:33.67
2775	1415/2922	160/345	2054	Payton Schafers	F	22	Tripp	SD	00:33:24.85	01:11:37.76	00:34:33.39	10:38	02:19:36.00
2776	1416/2922	280/531	2174	Jennifer Sturgeon	F	37	Bennington	NE	00:30:15.17	01:13:43.62	00:35:41.30	10:39	02:19:40.09
2777	1417/2922	104/258	3055	Stephanie Tingley	F	48	Council Bluffs	IA	00:30:35.75	01:10:56.40	00:38:08.01	10:39	02:19:40.17
2778	1418/2922	243/508	336	Erin Shoup	F	29	Omaha	NE	00:32:55.14	01:13:05.21	00:33:43.32	10:39	02:19:43.67
2779	1419/2922	160/335	1759	Lynne Webster	F	43	Albion	NE	00:27:58.78	01:11:06.57	00:40:38.31	10:39	02:19:43.67
2780	1420/2922	161/335	1750	Sarah Bird	F	42	Albion	NE	00:30:04.05	01:11:59.83	00:37:39.99	10:39	02:19:43.87
2781	1421/2922	1/5	2346	Joy Mann	F	70	Omaha	NE	00:30:14.82	01:13:47.50	00:35:42.09	10:39	02:19:44.41
2782	1361/1785	226/276	5379	Ricardo Camio	M	37	Omaha	NE	00:32:31.77	01:13:19.57	00:33:55.10	10:39	02:19:46.45
2783	1362/1785	126/172	5295	Steve Urbauer	M	48	Lincoln	NE	00:32:05.13	01:12:52.18	00:34:49.95	10:39	02:19:47.26
2784	1422/2922	105/258	3297	Joan Miller	F	47	Fremont	NE	00:32:17.15	01:12:05.87	00:35:26.30	10:39	02:19:49.33
2785	1423/2922	281/531	5125	Jenny Ebke	F	38	Roca	NE	00:28:50.09	01:12:43.50	00:38:18.18	10:40	02:19:51.78
2786	1424/2922	161/345	2433	Abbie Trevena	F	24	Lincoln	NE	00:34:00.65	01:17:00.51	00:28:50.82	10:40	02:19:51.98
2787	1425/2922	282/531	235	Stephanie Smith	F	36	Lincoln	NE	00:31:40.64	01:13:37.56	00:34:34.31	10:40	02:19:52.51
2788	1426/2922	162/335	3598	Stephanie Kinsey	F	40	Lincoln	NE	00:31:41.16	01:13:37.23	00:34:34.23	10:40	02:19:52.63
2789	1427/2922	232/454	6529	Kaitlyn Cornelius	F	30	Omaha	NE	00:25:59.43	01:16:34.03	00:37:19.33	10:40	02:19:52.79
2790	1428/2922	233/454	199	Marcy Thernes	F	31	Omaha	NE	00:29:33.47	01:14:04.77	00:36:14.69	10:40	02:19:52.95
2791	1429/2922	106/258	6268	Ellen Bailey	F	45	Council Bluffs	IA	00:31:25.86	01:12:46.96	00:35:41.39	10:40	02:19:54.22
2792	1430/2922	234/454	712	Emily Casados	F	30	Lincoln	NE	00:28:39.52	01:15:16.61	00:35:58.25	10:40	02:19:54.39
2793	1431/2922	93/128	6402	Eleanor Osterloh	F	19	Eureka Springs	AR	00:31:23.31	01:12:09.45	00:36:23.21	10:40	02:19:55.98
2794	1432/2922	107/258	1403	Stephanie Petersen	F	45	Council Bluffs	IA	00:31:23.01	01:12:50.02	00:35:43.06	10:40	02:19:56.10
2795	1433/2922	108/258	6266	Tamie Osterloh	F	48	Eureka Springs	AR	00:31:24.47	01:12:08.87	00:36:23.17	10:40	02:19:56.52
2796	1363/1785	127/172	6229	Bob Eich	M	46	Omaha	NE	00:29:00.87	01:13:16.99	00:37:38.93	10:40	02:19:56.79
2797	1364/1785	227/276	4646	Mark Hautzinger	M	37	Lincoln	NE	00:32:27.96	01:11:52.83	00:35:37.22	10:40	02:19:58.02
2798	1434/2922	235/454	3127	Trysta Asche	F	31	Loup City	NE	00:30:43.86	01:12:06.19	00:37:08.21	10:40	02:19:58.27
2799	1365/1785	196/260	5748	Cole Fraber	M	28	Lincoln	NE	00:29:51.56	01:13:31.22	00:36:35.66	10:40	02:19:58.46
2800	1435/2922	244/508	3422	Kassidy Fraber	F	25	Lincoln	NE	00:29:52.19	01:14:05.17	00:36:01.29	10:40	02:19:58.66



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2801	1436/2922	109/258	6260	Maureen Eickholt	F	47	Council Bluffs	IA	00:31:25.31	01:12:08.94	00:36:24.47	10:40	02:19:58.72
2802	1437/2922	245/508	1988	Sara Hento	F	29	Avon	SD	00:30:51.99	01:13:28.25	00:35:40.43	10:40	02:20:00.68
2803	1438/2922	162/345	1588	Madeline Maschka	F	21	Lincoln	NE	00:30:15.87	01:12:45.23	00:36:59.94	10:40	02:20:01.04
2804	1366/1785	197/260	5120	Cody Liss	M	26	Lincoln	NE	00:30:41.01	01:13:04.99	00:36:15.34	10:40	02:20:01.35
2805	1439/2922	163/335	119	Kathleen Foster	F	43	Elkhorn	NE	00:31:31.20	01:13:12.18	00:35:17.97	10:40	02:20:01.36
2806	1440/2922	246/508	3446	Nicole Liss	F	26	Lincoln	NE	00:30:41.23	01:13:04.78	00:36:15.59	10:40	02:20:01.61
2807	1441/2922	247/508	2111	Keyona Dibbern	F	28	Lincoln	NE	00:33:34.07	01:12:10.72	00:34:18.01	10:40	02:20:02.80
2808	1442/2922	164/335	132	Hollie Ponce	F	44	Omaha	NE	00:31:06.06	01:13:01.01	00:35:57.84	10:41	02:20:04.92
2809	1367/1785	112/145	5875	David Black	M	51	Raymond	NE	00:32:00.45	01:12:02.01	00:36:02.87	10:41	02:20:05.34
2810	1368/1785	201/253	3330	Nathan Friedman	M	32	Lincoln	NE	00:31:55.15	01:13:35.66	00:34:35.61	10:41	02:20:06.42
2811	1443/2922	163/345	2056	Miranda Kaderly	F	23	Lincoln	NE	00:33:34.65	01:12:10.76	00:34:21.25	10:41	02:20:06.67
2812	1369/1785	198/260	6113	Josh Bennett	M	28	Syracuse	NE	00:27:21.00	01:10:33.58	00:42:12.93	10:41	02:20:07.52
2813	1444/2922	164/345	1602	Rachel Nielsen	F	21	Omaha	NE	00:32:03.05	01:12:47.27	00:35:18.65	10:41	02:20:08.97
2814	1445/2922	165/335	1069	Season Epp	F	41	Lincoln	NE	00:31:04.24	01:14:03.01	00:35:01.82	10:41	02:20:09.08
2815	1370/1785	128/172	5764	Ashley Augustin	M	46	Hastings	NE	00:32:07.21	01:13:39.36	00:34:23.77	10:41	02:20:10.34
2816	1446/2922	165/345	1523	Kelsey Ritchie	F	20	Saint Libory	NE	00:28:19.45	01:12:08.95	00:39:44.82	10:41	02:20:13.23
2817	1447/2922	166/345	1384	Mariah Kaup	F	22	Arlington	NE	00:34:11.88	01:13:44.98	00:32:18.87	10:41	02:20:15.73
2818	1448/2922	166/335	2279	Alicia Cruce	F	44	Lincoln	NE	00:31:57.35	01:13:42.69	00:34:39.72	10:42	02:20:19.78
2819	1371/1785	113/145	4783	Marshall Johnson	M	53	Omaha	NE	00:29:24.59	01:08:11.93	00:42:44.29	10:42	02:20:20.81
2820	1449/2922	283/531	329	Jennifer Vetick	F	36	Lincoln	NE	00:34:11.10	01:11:26.22	00:34:44.94	10:42	02:20:22.27
2821	1450/2922	284/531	2400	Krista Bartholomew	F	35	Omaha	NE	00:33:20.19	01:13:53.70	00:33:08.41	10:42	02:20:22.30
2822	1451/2922	248/508	439	Tiffany Herbek	F	26	Belleville	KS	00:32:16.68	01:13:11.70	00:34:54.42	10:42	02:20:22.80
2823	1372/1785	199/260	4014	Chance Hohensee	M	28	Lincoln	NE	00:31:28.32	01:12:08.67	00:36:45.92	10:42	02:20:22.91
2824	1373/1785	228/276	4204	Stephen Beck	M	35	Omaha	NE	00:32:04.24	01:13:53.78	00:34:26.57	10:42	02:20:24.59
2825	1452/2922	236/454	1095	Michelle Galles	F	30	Wayne	NE	00:30:38.17	01:12:53.96	00:36:52.95	10:42	02:20:25.09
2826	1453/2922	249/508	1149	Tory Hall	F	29	Lincoln	NE	00:30:00.27	01:13:06.83	00:37:19.07	10:42	02:20:26.17
2827	1374/1785	200/260	3414	Brad Raders	M	29	Lincoln	NE	00:30:14.02	01:10:29.84	00:39:42.51	10:42	02:20:26.38
2828	1454/2922	237/454	3231	Danae Garfield	F	34	Lincoln	NE	00:33:52.85	01:13:48.78	00:32:45.30	10:42	02:20:26.94
2829	1455/2922	250/508	3466	Leesia Christiansen	F	29	Nebraska City	NE	00:31:52.91	01:13:42.04	00:34:52.69	10:42	02:20:27.65
2830	1375/1785	84/96	3398	Benjamin Simonson	M	16	Fremont	NE	00:27:03.11	01:19:40.87	00:33:44.29	10:42	02:20:28.28
2831	1456/2922	167/345	1769	Brittany Shindelar	F	22	Calmar	IA	00:33:05.74	01:13:48.86	00:33:36.96	10:43	02:20:31.57
2832	1457/2922	168/345	1756	Rebecca Franzen	F	23	Calmar	IA	00:33:05.85	01:13:48.97	00:33:37.23	10:43	02:20:32.06
2833	1458/2922	169/345	2158	Sarah Lehl	F	20	Lincoln	NE	00:29:22.23	01:13:06.49	00:38:05.20	10:43	02:20:33.93
2834	1459/2922	285/531	196	Caroline Ebers	F	36	Lincoln	NE	00:30:40.74	01:13:34.97	00:36:19.97	10:43	02:20:35.68
2835	1460/2922	251/508	2224	Jordan Lechner	F	27	Omaha	NE	00:32:08.17	01:13:04.46	00:35:25.53	10:43	02:20:38.17

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2836	1461/2922	252/508	4174	Cheyenne Kreutz	F	25	Hastings	NE	00:30:50.66	01:13:15.64	00:36:34.80	10:43	02:20:41.10
2837	1462/2922	170/345	3854	Cora Welton	F	20	Lincoln	NE	00:30:51.43	01:13:15.68	00:36:35.21	10:44	02:20:42.33
2838	1376/1785	202/253	5275	Justin Christiansen	M	32	Nebraska City	NE	00:30:56.81	01:10:08.96	00:39:39.29	10:44	02:20:45.07
2839	1463/2922	110/258	4303	Jennifer Thompson	F	46	Omaha	NE	00:30:32.30	01:13:37.12	00:36:36.78	10:44	02:20:46.20
2840	1464/2922	171/345	4170	Allison Hansen	F	23	Kearney	NE	00:32:52.48	01:14:56.09	00:32:59.17	10:44	02:20:47.75
2841	1465/2922	167/335	6104	Sarah Howard	F	43	Omaha	NE	00:32:10.68	01:14:58.18	00:33:39.52	10:44	02:20:48.38
2842	1466/2922	286/531	2304	Keely Mcaleer	F	37	Bennington	NE	00:30:13.95	01:13:15.75	00:37:19.03	10:44	02:20:48.74
2843	1467/2922	54/122	1854	Tammie Holley	F	59	Valparaiso	NE	00:32:46.13	01:14:08.82	00:33:54.26	10:44	02:20:49.22
2844	1468/2922	253/508	6477	Claire Pohlen	F	26	Lincoln	NE	00:33:27.67	01:14:01.06	00:33:23.04	10:44	02:20:51.78
2845	1469/2922	287/531	3484	Jamie Banzhaf	F	38	Kearney	NE	00:34:58.09	01:13:38.19	00:32:16.77	10:44	02:20:53.06
2846	1470/2922	238/454	319	Katherine Hazen	F	30	Lincoln	NE	00:30:45.49	01:15:15.86	00:34:52.71	10:44	02:20:54.06
2847	1471/2922	254/508	861	Kelly Roth	F	29	Niantic	CT	00:30:46.30	01:15:15.30	00:34:52.62	10:44	02:20:54.22
2848	1472/2922	288/531	640	Emily Sheldon	F	35	Lincoln	NE	00:33:10.05	01:13:46.54	00:33:57.99	10:44	02:20:54.60
2849	1473/2922	239/454	1537	Karie Schapmann	F	31	Columbus	NE	00:31:44.42	01:15:16.35	00:33:54.97	10:45	02:20:55.74
2850	1474/2922	240/454	2649	Rachel Wade	F	30	Pierce	NE	00:31:45.67	01:15:15.89	00:33:55.13	10:45	02:20:56.70
2851	1475/2922	241/454	1540	Barbie Steele	F	34	Sioux Falls	SD	00:31:29.80	01:12:24.22	00:37:02.74	10:45	02:20:56.76
2852	1476/2922	289/531	669	Penny Kreikemeier	F	36	Gretna	NE	00:32:22.25	01:13:51.79	00:34:49.31	10:45	02:21:03.36
2853	1477/2922	168/335	2728	Diana Krupicka	F	44	Milligan	NE	00:31:47.36	01:13:20.63	00:35:56.93	10:45	02:21:04.93
2854	1478/2922	169/335	860	Angela Matson	F	43	Ramona	SD	00:30:25.03	01:14:53.22	00:35:47.90	10:45	02:21:06.15
2855	1377/1785	129/172	5959	Michael Harling	M	49	Hastings	NE	00:33:02.42	01:13:58.68	00:34:05.25	10:45	02:21:06.36
2856	1378/1785	201/260	5107	Grant Ozaki	M	25	Lincoln	NE	00:28:10.80	01:17:55.04	00:35:01.62	10:45	02:21:07.46
2857	1479/2922	170/335	2805	Mindy Travis	F	40	Lincoln	NE	00:30:18.19	01:13:52.26	00:36:57.17	10:45	02:21:07.62
2858	1480/2922	111/258	3311	Georgina Hueske	F	48	Hastings	NE	00:31:43.01	01:12:27.25	00:37:00.69	10:46	02:21:10.96
2859	1379/1785	202/260	4933	Garrett Sutton	M	28	Lincoln	NE	00:30:49.68	01:13:32.41	00:36:48.92	10:46	02:21:11.01
2860	1481/2922	55/122	1492	Brenda Sutton	F	58	Lincoln	NE	00:30:49.49	01:13:32.85	00:36:48.67	10:46	02:21:11.02
2861	1482/2922	67/148	1752	Nadean Spaulding	F	54	Roca	NE	00:32:40.74	01:13:28.08	00:35:03.43	10:46	02:21:12.26
2862	1380/1785	139/181	2956	Diego Galvan	M	20	Carter Lake	IA	00:31:04.49	01:13:57.59	00:36:10.20	10:46	02:21:12.28
2863	1381/1785	130/172	4682	Jeff Sklenar	M	46	Lincoln	NE	00:33:30.81	01:13:24.54	00:34:17.11	10:46	02:21:12.46
2864	1382/1785	58/80	5924	Jon Link	M	59	Alexandria	VA	00:32:01.35	01:13:32.31	00:35:39.53	10:46	02:21:13.20
2865	1383/1785	131/172	4082	Alex Hunter	M	49	Abilene	KS	00:33:11.68	01:10:28.95	00:37:32.58	10:46	02:21:13.21
2866	1483/2922	56/122	3151	Brenda Menzdorf	F	56	Spring	TX	00:32:26.03	01:14:29.03	00:34:18.27	10:46	02:21:13.33
2867	1484/2922	172/345	569	Cassidy Diekmann	F	23	Lincoln	NE	00:31:17.33	01:12:05.30	00:37:51.36	10:46	02:21:14.00
2868	1384/1785	203/260	5017	Mitchell Scheuler	M	26	Lincoln	NE	00:31:17.14	01:12:04.86	00:37:52.18	10:46	02:21:14.19
2869	1385/1785	140/181	5310	Jordan Brozek	M	22	Lincoln	NE	00:31:17.95	01:12:05.06	00:37:52.02	10:46	02:21:15.03
2870	1386/1785	141/181	5030	Justin Peterson	M	21	Fairbury	NE	00:33:23.16	01:13:32.64	00:34:20.96	10:46	02:21:16.77

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2871	1485/2922	94/128	1630	Macy Ohlde	F	19	Fairbury	NE	00:33:23.46	01:13:32.90	00:34:20.70	10:46	02:21:17.07
2872	1486/2922	68/148	1868	Paula Nurnberg	F	51	Watertown	SD	00:28:13.25	01:14:29.44	00:38:35.34	10:46	02:21:18.04
2873	1487/2922	95/128	6341	Gwen Ueding	F	17	Omaha	NE	00:30:25.70	01:11:23.33	00:39:31.65	10:46	02:21:20.68
2874	1488/2922	290/531	1106	Dora Mcfarland	F	38	Lexington	CO	00:30:18.47	01:13:29.25	00:37:33.36	10:46	02:21:21.10
2875	1489/2922	173/345	397	Sarah Meyer	F	21	Lincoln	NE	00:33:12.72	01:14:07.12	00:34:01.25	10:46	02:21:21.10
2876	1490/2922	57/122	2309	Diana Alderson	F	58	Omaha	NE	00:29:28.78	01:13:21.34	00:38:33.33	10:47	02:21:23.45
2877	1491/2922	69/148	3044	Lisa Throener	F	50	Wisner	NE	00:32:16.58	01:14:13.80	00:34:53.34	10:47	02:21:23.73
2878	1492/2922	112/258	3002	Lora Sypal	F	45	Lincoln	NE	00:31:31.61	01:13:48.48	00:36:06.83	10:47	02:21:26.93
2879	1493/2922	255/508	780	Madeline Buell	F	26	Kennard	NE	00:32:05.23	01:14:12.10	00:35:13.59	10:47	02:21:30.92
2880	1387/1785	132/172	5566	Scott Wilke	M	48	Lincoln	NE	00:29:22.33	01:14:00.92	00:38:08.99	10:47	02:21:32.24
2881	1494/2922	70/148	3001	Renae Henrichs	F	50	Hastings	NE	00:31:56.70	01:15:14.29	00:34:21.66	10:47	02:21:32.66
2882	1495/2922	171/335	800	Jen Bonzheim-Lattig	F	40	Eagle	NE	00:31:46.04	01:14:14.37	00:35:32.44	10:47	02:21:32.85
2883	1496/2922	113/258	1976	Kari Weilage	F	49	Murray	NE	00:30:54.18	01:12:18.73	00:38:21.23	10:47	02:21:34.14
2884	1388/1785	159/215	5872	Christopher Fahy	M	43	Lincoln	NE	00:32:31.90	01:13:56.25	00:35:06.83	10:48	02:21:34.98
2885	1497/2922	172/335	2085	Jessica Fahy	F	40	Lincoln	NE	00:32:32.57	01:13:56.21	00:35:06.62	10:48	02:21:35.41
2886	1498/2922	256/508	1869	Andrea Curti	F	29	Colorado Springs	CO	00:31:51.64	01:14:01.91	00:35:45.03	10:48	02:21:38.59
2887	1499/2922	257/508	1534	Shelby Holaday	F	25	Lincoln	NE	00:30:48.44	01:12:40.43	00:38:11.18	10:48	02:21:40.05
2888	1500/2922	291/531	630	Laura Peet Erkes	F	37	Omaha	NE	00:31:49.21	01:17:00.73	00:32:50.51	10:48	02:21:40.45
2889	1389/1785	160/215	4348	Miguel Nunez	M	41	Lincoln	NE	00:34:16.72	01:15:35.80	00:31:48.64	10:48	02:21:41.17
2890	1501/2922	174/345	4119	Emily Freeman	F	23	Omaha	NE	00:30:39.00	01:12:58.08	00:38:05.42	10:48	02:21:42.50
2891	1502/2922	58/122	540	Ruilin Wang	F	55	Lincoln	NE	00:31:22.50	01:14:39.09	00:35:41.23	10:48	02:21:42.83
2892	1503/2922	258/508	1984	Rose Hatting	F	25	Independence	MO	00:31:44.55	01:14:28.44	00:35:32.27	10:48	02:21:45.27
2893	1504/2922	173/335	1096	Janna Binder	F	43	Omaha	NE	00:30:12.40	01:15:17.38	00:36:15.53	10:48	02:21:45.32
2894	1505/2922	175/345	1304	Hope Svoboda	F	22	Lincoln	NE	00:33:00.98	01:12:59.89	00:35:44.59	10:48	02:21:45.48
2895	1506/2922	59/122	3505	Michelle Tomhave	F	55	Eagle	NE	00:31:06.12	01:14:13.80	00:36:26.06	10:48	02:21:45.99
2896	1507/2922	60/122	3026	Brenda Harding	F	58	Leavenworth	KS	00:31:34.33	01:14:21.09	00:35:53.42	10:49	02:21:48.85
2897	1390/1785	161/215	5512	Chris Young	M	42	Stromsburg	NE	00:30:55.36	01:14:40.72	00:36:14.24	10:49	02:21:50.33
2898	1391/1785	229/276	5429	Conner Rocola	M	36	Lincoln	NE	00:32:58.29	01:14:10.55	00:34:44.89	10:49	02:21:53.74
2899	1392/1785	162/215	5629	Donald Clay Siefken	M	40	Bennet	NE	00:33:13.32	01:15:27.54	00:33:15.17	10:49	02:21:56.03
2900	1393/1785	163/215	5976	Jason Kubat	M	44	Lincoln	NE	00:31:40.67	01:16:25.72	00:33:50.05	10:49	02:21:56.44
2901	1508/2922	259/508	6368	Emily Baker	F	26	Omaha	NE	00:30:15.80	01:15:07.25	00:36:33.46	10:49	02:21:56.52
2902	1509/2922	292/531	4451	Anne Zumbrunnen	F	38	Papillion	NE	00:32:56.58	01:12:47.47	00:36:16.60	10:49	02:22:00.66
2903	1510/2922	260/508	919	Sarah Lundak	F	26	Lincoln	NE	00:31:44.87	01:13:55.78	00:36:20.80	10:50	02:22:01.46
2904	1511/2922	174/335	2272	Emily Williams	F	44	Lincoln	NE	00:32:20.09	01:14:02.01	00:35:40.17	10:50	02:22:02.27
2905	1512/2922	175/335	1732	Jaime Hegr	F	41	Seward	NE	00:30:41.03	01:14:15.87	00:37:05.71	10:50	02:22:02.61

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2906	1513/2922	176/335	5739	Missy Peters	F	44	Lincoln	NE	00:29:52.02	01:14:53.30	00:37:18.14	10:50	02:22:03.47
2907	1514/2922	261/508	2639	Brittany Placek	F	25	Lincoln	NE	00:29:52.98	01:14:53.25	00:37:17.49	10:50	02:22:03.72
2908	1515/2922	177/335	1948	Nancy Ozenbaugh	F	41	Hallam	NE	00:33:03.63	01:14:49.47	00:34:12.58	10:50	02:22:05.68
2909	1516/2922	178/335	1744	Katie Lewis	F	40	Lincoln	NE	00:33:03.88	01:14:48.97	00:34:13.27	10:50	02:22:06.13
2910	1517/2922	293/531	2237	Amy Clark	F	39	Lincoln	NE	00:31:00.84	01:14:09.06	00:36:58.48	10:50	02:22:08.39
2911	1518/2922	179/335	2148	Kristi Kohl	F	44	Grant	NE	00:31:12.52	01:14:14.56	00:36:41.71	10:50	02:22:08.80
2912	1394/1785	15/26	5837	David Jantz	M	66	Beatrice	NE	00:34:11.26	01:14:26.38	00:33:33.32	10:50	02:22:10.96
2913	1519/2922	114/258	2359	Jill Gable	F	47	Lincoln	NE	00:32:54.13	01:15:12.24	00:34:06.62	10:50	02:22:13.01
2914	1520/2922	14/41	407	Deborah Ebke	F	62	Daykin	NE	00:30:43.30	01:13:51.16	00:37:39.92	10:51	02:22:14.38
2915	1521/2922	176/345	3849	Erin Stocking	F	22	Lincoln	NE	00:29:46.55	01:15:00.52	00:37:27.86	10:51	02:22:14.93
2916	1395/1785	203/253	4855	Matt Dunkleman	M	30	Bellevue	NE	00:31:09.96	01:13:41.54	00:37:23.90	10:51	02:22:15.41
2917	1396/1785	133/172	5571	Srikant Jangala	M	45	Lincoln	NE	00:32:30.31	01:14:11.22	00:35:34.48	10:51	02:22:16.01
2918	1522/2922	115/258	2287	Michelle Svehla	F	49	Lincoln	NE	00:30:20.63	01:15:21.25	00:36:35.41	10:51	02:22:17.30
2919	1523/2922	262/508	2677	Ginny Ostransky	F	28	Gretna	NE	00:33:31.11	01:14:08.29	00:34:39.58	10:51	02:22:18.98
2920	1524/2922	116/258	3015	Michelle Holm	F	46	Omaha	NE	00:31:17.99	01:13:05.60	00:37:57.30	10:51	02:22:20.90
2921	1525/2922	180/335	2705	Megan Kortright	F	40	Omaha	NE	00:32:32.22	01:13:15.41	00:36:33.30	10:51	02:22:20.95
2922	1526/2922	117/258	5765	Lisa Rumsey	F	48	Norfolk	NE	00:33:25.98	01:14:30.53	00:34:26.03	10:51	02:22:22.54
2923	1397/1785	204/260	5069	Jordan Vanek	M	29	Lincoln	NE	00:34:40.28	01:16:00.91	00:31:44.85	10:51	02:22:26.05
2924	1527/2922	263/508	2665	Tess Starman	F	25	Omaha	NE	00:33:13.30	01:15:59.64	00:33:14.05	10:51	02:22:26.99
2925	1398/1785	205/260	5228	Ryan Reimers	M	25	Woodbine	IA	00:32:05.52	01:10:10.45	00:40:11.47	10:52	02:22:27.45
2926	1528/2922	294/531	1663	Natalie Whitman	F	37	Omaha	NE	00:29:54.02	01:13:52.57	00:38:42.39	10:52	02:22:28.98
2927	1529/2922	264/508	1926	Megan Rice	F	29	Garland	NE	00:31:57.37	01:18:06.55	00:32:28.43	10:52	02:22:32.36
2928	1530/2922	295/531	1383	Courtney Gerdes	F	39	Omaha	NE	00:32:42.51	01:14:56.58	00:34:54.89	10:52	02:22:33.99
2929	1399/1785	30/42	6353	John Van Mouwerik	M	63	Redlands	CA	00:32:32.20	01:13:09.14	00:36:54.07	10:52	02:22:35.41
2930	1531/2922	242/454	1532	Jessica Roberts	F	34	Bonner Springs	KS	00:30:33.29	01:14:11.43	00:37:53.64	10:52	02:22:38.37
2931	1532/2922	296/531	2243	Brooke Wimes	F	39	Lincoln	NE	00:33:10.34	01:13:45.04	00:35:44.14	10:52	02:22:39.53
2932	1533/2922	297/531	878	Angel Christensen	F	36	Omaha	NE	00:35:13.45	01:15:11.45	00:32:19.17	10:53	02:22:44.07
2933	1534/2922	243/454	2394	Amy Engel	F	34	Lincoln	NE	00:32:29.07	01:15:34.54	00:34:41.79	10:53	02:22:45.41
2934	1535/2922	15/41	2344	Bonnie Engel	F	61	Lincoln	NE	00:32:28.88	01:15:34.74	00:34:41.80	10:53	02:22:45.42
2935	1536/2922	298/531	1035	Patty Martinez	F	37	Lincoln	NE	00:30:21.25	01:13:10.24	00:39:13.96	10:53	02:22:45.46
2936	1400/1785	206/260	4930	Sam Robb	M	29	Lincoln	NE	00:33:14.29	01:13:43.72	00:35:47.97	10:53	02:22:45.99
2937	1537/2922	181/335	2281	Melissa Reinsch	F	43	Lincoln	NE	00:31:18.74	01:12:59.93	00:38:36.07	10:54	02:22:54.75
2938	1538/2922	244/454	1241	Courtney Stottler	F	30	Alma	NE	00:30:03.55	01:12:39.94	00:40:13.76	10:54	02:22:57.26
2939	1539/2922	177/345	4073	Abby Maresh	F	22	Omaha	NE	00:32:11.06	01:14:31.97	00:36:14.41	10:54	02:22:57.45
2940	1540/2922	178/345	1731	Valerie Fousek	F	23	Central City	NE	00:32:11.32	01:14:32.03	00:36:14.56	10:54	02:22:57.91

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2941	1541/2922	265/508	7109	Kayla Wendt	F	28	Davenport	IA	00:33:00.75	01:15:07.75	00:34:50.15	10:54	02:22:58.66
2942	1542/2922	118/258	6467	Sheli Glover	F	48	Wichita	KS	00:30:29.60	01:14:10.50	00:38:20.72	10:54	02:23:00.82
2943	1401/1785	164/215	4474	Kevin Palko	M	41	Lincoln	NE	00:30:07.13	01:15:50.05	00:37:04.23	10:54	02:23:01.41
2944	1402/1785	165/215	5471	Nick Mollo	M	41	Greenwood	NE	00:31:49.38	01:15:13.56	00:35:58.63	10:54	02:23:01.58
2945	1543/2922	182/335	3011	Christina Mollo	F	40	Greenwood	NE	00:31:49.88	01:15:13.38	00:35:58.78	10:54	02:23:02.05
2946	1544/2922	183/335	3319	Shelly Fargo	F	44	Lincoln	NE	00:30:07.26	01:15:50.59	00:37:04.23	10:54	02:23:02.09
2947	1545/2922	266/508	3272	Abigail Wacker	F	27	Ames	NE	00:29:20.11	01:15:06.71	00:38:36.89	10:54	02:23:03.71
2948	1546/2922	267/508	6470	Brittney Origas	F	26	Lincoln	NE	00:34:48.38	01:14:22.48	00:33:53.94	10:54	02:23:04.80
2949	1547/2922	268/508	218	Julia Fries	F	25	Mead	NE	00:30:30.79	01:19:45.18	00:32:49.80	10:54	02:23:05.78
2950	1548/2922	269/508	3800	Hannah Schnell	F	27	Mead	NE	00:30:31.02	01:19:45.10	00:32:49.66	10:54	02:23:05.79
2951	1549/2922	119/258	2291	Deanna Rodenburg	F	48	Council Bluffs	IA	00:30:50.47	01:17:17.06	00:35:05.08	10:55	02:23:12.62
2952	1550/2922	184/335	592	Krystal Keating	F	42	Marysville	KS	00:31:49.29	01:14:57.05	00:36:30.44	10:55	02:23:16.78
2953	1551/2922	179/345	2123	Kelsey Epp	F	20	North Platte	NE	00:32:12.29	01:14:05.52	00:36:59.44	10:55	02:23:17.25
2954	1552/2922	185/335	3036	Melanie Mccain	F	44	Omaha	NE	00:33:21.54	01:14:29.27	00:35:26.81	10:55	02:23:17.62
2955	1553/2922	245/454	4671	Jen Oestmann	F	34	Lincoln	NE	00:33:58.59	01:15:13.06	00:34:06.29	10:55	02:23:17.95
2956	1554/2922	299/531	3012	Jennifer Wickard	F	36	Lincoln	NE	00:32:28.13	01:15:34.38	00:35:18.02	10:56	02:23:20.53
2957	1555/2922	186/335	984	Lexy Quandt	F	40	Council Bluffs	IA	00:32:44.04	01:15:29.63	00:35:06.96	10:56	02:23:20.63
2958	1556/2922	300/531	2270	Angela O'neal	F	39	Lincoln	NE	00:33:39.84	01:14:53.03	00:34:50.46	10:56	02:23:23.34
2959	1557/2922	187/335	2503	Bonita Sharif	F	43	Lincoln	NE	00:33:38.90	01:16:14.33	00:33:30.14	10:56	02:23:23.37
2960	1558/2922	301/531	437	Debra Rupp	F	35	Kearney	NE	00:34:09.16	01:14:51.42	00:34:24.71	10:56	02:23:25.30
2961	1559/2922	180/345	6496	Rachel Tweedy	F	24	Omaha	NE	00:28:53.62	01:15:19.84	00:39:13.23	10:56	02:23:26.69
2962	1560/2922	302/531	690	Jacquelyn Garrison	F	35	Lincoln	NE	00:32:48.54	01:13:55.62	00:36:42.77	10:56	02:23:26.94
2963	1561/2922	270/508	2556	Karah Schneider	F	29	Papillion	NE	00:32:01.26	01:14:49.25	00:36:37.35	10:56	02:23:27.87
2964	1562/2922	188/335	2226	Meghan Gibbons	F	42	Lincoln	NE	00:33:36.15	01:14:10.98	00:35:41.56	10:56	02:23:28.70
2965	1563/2922	271/508	6098	Ashley Mcgee	F	28	Cortland	NE	00:32:09.73	01:14:40.09	00:36:38.95	10:56	02:23:28.77
2966	1564/2922	272/508	2897	Shelby Goering	F	28	Roca	NE	00:32:09.53	01:14:40.09	00:36:39.15	10:56	02:23:28.78
2967	1403/1785	166/215	5558	Nate Hoppe	M	40	Lincoln	NE	00:34:04.11	01:19:17.44	00:30:08.18	10:56	02:23:29.74
2968	1565/2922	303/531	2502	Brandee Garratt	F	38	Lincoln	NE	00:29:57.34	01:14:15.02	00:39:18.88	10:56	02:23:31.24
2969	1566/2922	273/508	6522	Madison Beyer	F	26	Lincoln	NE	00:34:22.78	01:14:53.46	00:34:17.32	10:57	02:23:33.56
2970	1404/1785	142/181	6305	Seth Moyer	M	22	Omaha	NE	00:28:30.26	01:16:34.68	00:38:29.09	10:57	02:23:34.04
2971	1567/2922	120/258	2383	Lorra O'banion	F	48	Elkhorn	NE	00:32:50.40	01:14:38.00	00:36:05.81	10:57	02:23:34.21
2972	1568/2922	304/531	2143	Nicole Pierce	F	37	Ely	IA	00:34:58.56	01:13:30.26	00:35:06.16	10:57	02:23:35.00
2973	1405/1785	167/215	5476	Brian Dickey	M	40	Lincoln	NE	00:29:37.39	01:15:44.30	00:38:14.16	10:57	02:23:35.86
2974	1406/1785	59/80	5922	David Ernesti	M	56	Lincoln	NE	00:33:28.22	01:15:29.92	00:34:37.83	10:57	02:23:35.98
2975	1569/2922	305/531	964	Misty Appeldorn	F	37	Norfolk	NE	00:30:06.27	01:16:17.96	00:37:15.82	10:57	02:23:40.05

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
2976	1570/2922	246/454	467	Marina Malatesta	F	31	Cheyenne	WY	00:31:25.74	01:15:29.11	00:36:45.38	10:57	02:23:40.24
2977	1571/2922	181/345	2109	Laurel Nitzel	F	24	Hastings	NE	00:30:39.38	01:14:00.09	00:39:01.68	10:57	02:23:41.15
2978	1572/2922	247/454	836	Brittni Sprouls	F	32	Lincoln	NE	00:30:48.69	01:15:33.16	00:37:21.45	10:57	02:23:43.31
2979	1573/2922	189/335	2550	Stephanie Montgomery	F	41	Bennet	NE	00:33:15.37	01:15:26.94	00:35:04.34	10:58	02:23:46.65
2980	1574/2922	190/335	2529	Erin Vanboening	F	42	Orleans	NE	00:33:41.82	01:15:14.37	00:34:50.82	10:58	02:23:47.02
2981	1575/2922	306/531	2663	Kelsi Anderson	F	39	Lincoln	NE	00:33:58.20	01:16:04.72	00:33:45.18	10:58	02:23:48.11
2982	1576/2922	274/508	1550	Dinka Husovic	F	29	Lincoln	NE	00:29:50.31	01:15:41.97	00:38:17.39	10:58	02:23:49.67
2983	1577/2922	61/122	2867	Lynne Walz	F	56	Fremont	NE	00:33:16.88	01:16:49.84	00:33:44.06	10:58	02:23:50.79
2984	1578/2922	121/258	1870	Stephanie Kissler	F	46	Grand Island	NE	00:31:56.36	01:13:44.94	00:38:09.62	10:58	02:23:50.92
2985	1407/1785	207/260	6241	Patrick Walz	M	29	Fremont	NE	00:33:14.49	01:16:43.32	00:33:53.17	10:58	02:23:50.99
2986	1579/2922	248/454	2766	Erin Bunton	F	34	Omaha	NE	00:33:14.22	01:15:26.88	00:35:12.09	10:58	02:23:53.19
2987	1580/2922	275/508	1962	Laura Milburn	F	27	Lincoln	NE	00:30:30.61	01:11:42.02	00:41:41.96	10:58	02:23:54.59
2988	1581/2922	71/148	2975	Kimberly Armstrong	F	51	Logan	IA	00:31:49.83	01:14:58.77	00:37:06.42	10:58	02:23:55.03
2989	1582/2922	307/531	6525	Leasa Welter	F	35	Moorhead	MN	00:31:30.62	01:14:35.29	00:37:49.81	10:58	02:23:55.73
2990	1583/2922	72/148	6064	Beverly Moore	F	53	Mineral Wells	WV	00:31:06.11	01:14:28.04	00:38:21.59	10:58	02:23:55.75
2991	1584/2922	96/128	6314	Kate Erwin	F	19	Lincoln	NE	00:31:17.14	01:13:57.37	00:38:41.54	10:58	02:23:56.05
2992	1408/1785	204/253	5130	Nick Goering	M	33	Dawson	NE	00:30:08.08	01:15:33.90	00:38:14.44	10:58	02:23:56.43
2993	1585/2922	249/454	4107	Kari Goering	F	30	Hickman	NE	00:30:08.45	01:15:34.70	00:38:13.88	10:58	02:23:57.03
2994	1409/1785	208/260	5031	Daniel Farnworth	M	28	Lincoln	NE	00:32:24.21	01:14:41.14	00:36:54.55	10:59	02:23:59.91
2995	1586/2922	276/508	1651	Anna Farnworth	F	26	Lincoln	NE	00:32:24.80	01:14:40.80	00:36:54.55	10:59	02:24:00.15
2996	1587/2922	62/122	1317	Lynne Crawford	F	56	Mahomet	IL	00:31:44.80	01:13:53.79	00:38:22.41	10:59	02:24:01.00
2997	1588/2922	191/335	2669	Jenny Fisher	F	42	Yutan	NE	00:33:36.03	01:16:00.04	00:34:25.20	10:59	02:24:01.27
2998	1589/2922	250/454	1194	Sara Berglund	F	34	Lincoln	NE	00:33:26.85	01:15:25.79	00:35:08.81	10:59	02:24:01.45
2999	1410/1785	114/145	4894	Paul Findley	M	51	Omaha	NE	00:29:43.47	01:18:55.33	00:35:22.80	10:59	02:24:01.60
3000	1590/2922	182/345	1365	Caitlin Allely	F	24	Omaha	NE	00:32:50.89	01:16:10.83	00:35:00.18	10:59	02:24:01.90
3001	1591/2922	183/345	632	Megan Anderson	F	21	Roca	NE	00:30:54.33	01:12:56.27	00:40:12.58	10:59	02:24:03.19
3002	1592/2922	184/345	673	Julia Lindgren	F	24	Blair	NE	00:33:37.79	01:14:35.77	00:35:50.05	10:59	02:24:03.62
3003	1411/1785	230/276	5007	Matthew Hudson	M	39	Gretna	NE	00:27:26.73	01:15:56.79	00:40:40.70	10:59	02:24:04.23
3004	1593/2922	192/335	2979	Stacia Kelle	F	40	Beatrice	NE	00:31:12.49	01:15:53.12	00:36:59.46	10:59	02:24:05.07
3005	1594/2922	308/531	2030	Dana Schebaum	F	38	Nebraska City	NE	00:33:02.72	01:15:42.67	00:35:22.06	10:59	02:24:07.47
3006	1595/2922	185/345	1956	Emily Witzenburg	F	21	Omaha	NE	00:30:16.43	01:15:09.19	00:38:43.28	10:59	02:24:08.91
3007	1596/2922	251/454	2218	Rebecca Schademann	F	32	Lincoln	NE	00:32:10.60	01:14:59.04	00:37:00.06	10:59	02:24:09.71
3008	1597/2922	252/454	1450	Sarah Egger	F	31	Grand Island	NE	00:30:59.54	01:14:55.63	00:38:15.47	10:59	02:24:10.65
3009	1598/2922	193/335	497	Alesia Harlan	F	40	Winterset	IA	00:31:42.87	01:15:17.29	00:37:16.35	11:00	02:24:16.52
3010	1599/2922	309/531	999	Krissy Turman	F	35	Lincoln	NE	00:29:20.64	01:16:17.97	00:38:39.32	11:00	02:24:17.94

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3011	1600/2922	310/531	469	Mary Kechely	F	38	Omaha	NE	00:33:14.23	01:13:53.84	00:37:11.33	11:00	02:24:19.40
3012	1412/1785	231/276	4421	Derek Molacek	M	36	Omaha	NE	00:29:43.55	01:14:51.76	00:39:46.67	11:00	02:24:21.99
3013	1601/2922	122/258	2571	Angela Wise	F	45	Council Bluffs	IA	00:31:53.23	01:15:52.03	00:36:37.59	11:00	02:24:22.85
3014	1602/2922	186/345	425	Cassie Kiihne	F	22	Omaha	NE	00:30:52.98	01:17:05.36	00:36:24.64	11:00	02:24:22.98
3015	1603/2922	277/508	1983	Elizabeth Hatting	F	29	Kansas City	MO	00:32:08.11	01:14:56.76	00:37:18.32	11:00	02:24:23.20
3016	1413/1785	143/181	3867	Spencer Collins	M	22	Omaha	NE	00:30:53.11	01:17:05.17	00:36:25.06	11:00	02:24:23.35
3017	1414/1785	205/253	6512	Nathan Atkinson	M	33	Kansas City	MO	00:32:09.34	01:14:58.01	00:37:16.13	11:00	02:24:23.49
3018	1604/2922	253/454	906	Emily Churilla	F	30	Omaha	NE	00:30:33.26	01:14:45.59	00:39:05.98	11:00	02:24:24.83
3019	1605/2922	254/454	365	Jenna Henrichs	F	31	Auburn	NE	00:32:57.15	01:16:21.75	00:35:06.14	11:00	02:24:25.04
3020	1606/2922	311/531	3745	Amber Barker	F	35	Omaha	NE	00:31:05.89	01:14:15.78	00:39:04.04	11:01	02:24:25.72
3021	1415/1785	144/181	5197	Zachary Krall	M	24	Lincoln	NE	00:28:09.09	01:19:35.80	00:36:41.98	11:01	02:24:26.88
3022	1607/2922	123/258	2674	Sara Kutovy	F	45	Lincoln	NE	00:31:15.16	01:15:07.19	00:38:04.67	11:01	02:24:27.02
3023	1608/2922	124/258	946	Rhonda Ahrens	F	45	Gretna	NE	00:31:50.19	01:16:26.79	00:36:10.43	11:01	02:24:27.42
3024	1609/2922	125/258	1271	Shawna Meyer	F	45	Austin	TX	00:31:50.52			11:01	02:24:27.74
3025	1416/1785	168/215	5774	Harlan Sayles	M	40	Omaha	NE	00:30:50.25	01:14:35.30	00:39:03.67	11:01	02:24:29.22
3026	1417/1785	145/181	5158	Grant McGill	M	22	Waverly	NE	00:27:19.51	01:09:07.44	00:48:02.44	11:01	02:24:29.40
3027	1610/2922	194/335	406	Jennifer Gibbons	F	41	Omaha	NE	00:33:01.76	01:14:44.30	00:36:45.06	11:01	02:24:31.13
3028	1611/2922	126/258	952	Julie Shue	F	46	Omaha	NE	00:31:13.20	01:16:04.79	00:37:14.43	11:01	02:24:32.43
3029	1612/2922	127/258	1944	Molly Meier	F	49	Topeka	KS	00:33:52.97	01:16:32.61	00:34:09.49	11:01	02:24:35.07
3030	1613/2922	195/335	6057	Kristina Engler	F	40	Omaha	NE	00:31:35.11	01:15:28.73	00:37:32.54	11:01	02:24:36.38
3031	1418/1785	209/260	4558	Stephen Leick	M	29	Omaha	NE	00:27:02.98	01:17:13.52	00:40:20.79	11:01	02:24:37.29
3032	1614/2922	312/531	2969	Michelle Scamehorn	F	39	Lincoln	NE	00:33:56.61	01:16:05.32	00:34:37.63	11:02	02:24:39.57
3033	1615/2922	73/148	3119	Lori Snyder	F	50	Bloomfield	IA	00:32:12.73	01:17:11.85	00:35:16.77	11:02	02:24:41.35
3034	1616/2922	128/258	2470	Kristine Roper	F	47	David City	NE	00:32:37.63	01:17:10.51	00:34:56.65	11:02	02:24:44.79
3035	1419/1785	232/276	6352	Arron Adams	M	35	Omaha	NE	00:30:05.65	01:14:25.38	00:40:14.28	11:02	02:24:45.32
3036	1617/2922	129/258	4244	Jennifer Richardson	F	45	Elkhorn	NE	00:30:54.87	01:11:36.36	00:42:14.63	11:02	02:24:45.86
3037	1618/2922	313/531	2147	Lisa Brunssen	F	38	Springfield	NE	00:30:11.35	01:12:20.87	00:42:15.16	11:02	02:24:47.39
3038	1619/2922	187/345	801	Alexandria Richardson	F	20	Elkhorn	NE	00:30:13.04	01:12:20.06	00:42:14.92	11:02	02:24:48.03
3039	1420/1785	85/96	4209	Caleb Allerheiligen	M	19	Lincoln	NE	00:29:44.25	01:13:53.36	00:41:11.04	11:02	02:24:48.66
3040	1421/1785	134/172	5911	Robby Shortridge	M	49	Lincoln	NE	00:32:51.07	01:15:05.18	00:36:52.73	11:02	02:24:49.00
3041	1620/2922	74/148	2193	Kristine Brenneis	F	50	Lincoln	NE	00:32:52.16	01:15:05.04	00:36:52.63	11:02	02:24:49.83
3042	1422/1785	135/172	3825	Edward Dickens	M	49	Waverly	OH	00:31:31.83	01:16:49.65	00:36:28.69	11:02	02:24:50.18
3043	1423/1785	136/172	5593	Bruce Crabtree	M	48	Circleville	OH	00:31:32.55	01:16:49.29	00:36:28.92	11:02	02:24:50.77
3044	1424/1785	115/145	5344	Keith Miller	M	52	Lincoln	NE	00:33:47.58	01:15:43.92	00:35:19.79	11:03	02:24:51.29
3045	1425/1785	16/26	4349	Scott Stuckey	M	69	Lincoln	NE	00:33:49.82	01:14:05.86	00:36:55.88	11:03	02:24:51.57

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3046	1621/2922	314/531	2510	Katie Navratil	F	36	Omaha	NE	00:31:28.27	01:14:21.98	00:39:03.32	11:03	02:24:53.59
3047	1622/2922	130/258	2361	Michelle Zuroske	F	45	Omaha	NE	00:31:59.36	01:15:28.43	00:37:30.93	11:03	02:24:58.72
3048	1623/2922	315/531	1369	Sarah Placek	F	39	Lincoln	NE	00:32:40.06	01:16:21.38	00:35:57.37	11:03	02:24:58.81
3049	1624/2922	196/335	2559	Steph Shuman	F	40	Lincoln	NE	00:32:40.29	01:16:21.49	00:35:57.17	11:03	02:24:58.96
3050	1625/2922	131/258	1100	Katie Goltl	F	45	Omaha	NE	00:32:00.11	01:15:35.46	00:37:23.41	11:03	02:24:58.99
3051	1626/2922	63/122	1973	Nanct Van Holland	F	59	Sioux Center	IA	00:34:01.87	01:15:24.54	00:35:34.81	11:03	02:25:01.23
3052	1627/2922	188/345	4946	Grace Aakre	F	23	Omaha	NE	00:32:04.76	01:15:14.29	00:37:43.37	11:03	02:25:02.43
3053	1426/1785	210/260	5363	Brandon Wingett	M	29	Omaha	NE	00:30:26.55	01:14:39.65	00:39:58.47	11:04	02:25:04.68
3054	1427/1785	211/260	4776	Connor Griess	M	27	Lincoln	NE	00:30:59.82	01:16:37.75	00:37:30.76	11:04	02:25:08.34
3055	1628/2922	132/258	3575	Jill Deets	F	47	Lincoln	NE	00:32:20.21	01:15:07.28	00:37:42.57	11:04	02:25:10.06
3056	1428/1785	116/145	3889	Daniel Ciobanu	M	52	Lincoln	NE	00:34:48.53	01:16:20.19	00:34:01.41	11:04	02:25:10.14
3057	1629/2922	255/454	3513	Veronica Jones	F	33	Lincoln	NE	00:33:21.00	01:14:52.85	00:36:58.63	11:04	02:25:12.48
3058	1630/2922	278/508	3453	Jessica Stephens	F	26	Denver	CO	00:35:06.96	01:14:19.79	00:35:49.23	11:04	02:25:15.98
3059	1631/2922	256/454	2508	Molly Krolkowski	F	33	Lincoln	NE	00:30:45.71	01:18:02.65	00:36:31.18	11:05	02:25:19.55
3060	1632/2922	133/258	2455	Jill Kort	F	48	Marysville	KS	00:32:13.06	01:16:12.05	00:36:55.74	11:05	02:25:20.86
3061	1633/2922	316/531	294	Anna Degraff	F	36	Brookings	SD	00:34:42.30	01:15:08.25	00:35:32.86	11:05	02:25:23.42
3062	1429/1785	31/42	5517	David Hegberg	M	62	Lincoln	NE	00:34:02.31	01:15:16.19	00:36:05.50	11:05	02:25:24.01
3063	1634/2922	279/508	2945	Ginnie Martin	F	29	Omaha	NE	00:32:58.34	01:17:00.95	00:35:26.23	11:05	02:25:25.53
3064	1430/1785	212/260	3941	Cam Penner	M	28	Lincoln	NE	00:30:54.01	01:12:45.76	00:41:48.51	11:05	02:25:28.28
3065	1635/2922	280/508	1604	Ashley Lopez	F	25	Omaha	NE	00:31:55.61	01:17:42.26	00:35:51.65	11:05	02:25:29.53
3066	1636/2922	317/531	4698	Julie Schlick	F	39	Omaha	NE	00:30:56.79	01:16:49.01	00:37:44.17	11:05	02:25:29.98
3067	1637/2922	281/508	3468	Jennifer Osborne	F	27	Duncan	NE	00:30:01.55	01:15:42.09	00:39:47.44	11:06	02:25:31.09
3068	1638/2922	197/335	2564	Jill Trucke	F	42	Lincoln	NE	00:31:37.40	01:15:15.61	00:38:41.30	11:06	02:25:34.32
3069	1639/2922	75/148	2924	Lisa Wegener	F	53	Twin Lakes	WI	00:32:37.23	01:15:28.13	00:37:30.15	11:06	02:25:35.52
3070	1431/1785	169/215	3669	Michael Van Gerpen	M	42	Omaha	NE	00:26:27.99	01:18:12.54	00:40:56.74	11:06	02:25:37.27
3071	1432/1785	233/276	6145	Antonio Carr	M	39	Glenwood	IA	00:33:20.65	01:17:31.66	00:34:49.00	11:06	02:25:41.32
3072	1640/2922	257/454	1312	Charlene Day	F	34	Omaha	NE	00:30:57.80	01:15:19.00	00:39:24.83	11:06	02:25:41.64
3073	1641/2922	198/335	1288	Cassandra Day	F	40	Gretna	NE	00:30:58.67	01:15:18.93	00:39:24.63	11:06	02:25:42.23
3074	1642/2922	282/508	4945	Myca Aakrr	F	27	Omaha	NE	00:32:05.29	01:15:13.93	00:38:23.83	11:06	02:25:43.06
3075	1643/2922	318/531	2928	Rochelle Wolverton	F	39	Gretna	NE	00:34:01.23	01:16:23.68	00:35:19.53	11:07	02:25:44.45
3076	1433/1785	170/215	5373	Kevin Kruse	M	42	Lincoln	NE	00:28:04.10	01:18:31.33	00:39:10.70	11:07	02:25:46.13
3077	1644/2922	189/345	1969	Ava Wetrosky	F	22	Nebraska City	NE	00:30:55.85	01:15:58.27	00:38:53.01	11:07	02:25:47.13
3078	1645/2922	283/508	742	Gena Olson	F	28	Lincoln	NE	00:32:41.15	01:16:33.22	00:36:33.35	11:07	02:25:47.72
3079	1646/2922	76/148	6095	Leigh-Anna Martinets	F	53	Elkhorn	NE	00:31:23.31			11:07	02:25:50.28
3080	1434/1785	137/172	5271	Craig Allerheiligen	M	48	Lincoln	NE	00:29:43.89	01:13:53.85	00:42:14.91	11:07	02:25:52.65



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3081	1435/1785	18/25	3471	Caden Allerheiligen	M	14	Lincoln	NE	00:29:43.88	01:13:55.06	00:42:14.94	11:07	02:25:53.89
3082	1436/1785	60/80	5896	Gordon Wheeler	M	59	Hastings	NE	00:34:06.32	01:15:55.29	00:35:53.16	11:07	02:25:54.78
3083	1437/1785	171/215	5901	David Frye	M	44	Lincoln	NE	00:34:03.62	01:20:03.04	00:31:48.46	11:07	02:25:55.13
3084	1438/1785	234/276	5689	Stuart Hostetler	M	39	Kearney	NE	00:34:53.76	01:15:10.24	00:35:51.25	11:07	02:25:55.26
3085	1439/1785	206/253	6088	Brett Summers	M	33	Omaha	NE	00:30:51.05	01:16:01.80	00:39:02.42	11:07	02:25:55.28
3086	1647/2922	77/148	2399	Claudia Brunner	F	50	Omaha	NE	00:33:08.08	01:17:57.57	00:34:52.77	11:08	02:25:58.43
3087	1648/2922	190/345	771	Rachelle Staehr	F	22	York	NE	00:33:37.38	01:16:21.58	00:36:03.59	11:08	02:26:02.55
3088	1440/1785	235/276	5605	Al Barton	M	38	Omaha	NE	00:34:29.10	01:15:56.76	00:35:37.55	11:08	02:26:03.42
3089	1649/2922	64/122	1068	Cyndi Schaer	F	59	Omaha	NE	00:32:24.37	01:16:32.87	00:37:06.68	11:08	02:26:03.92
3090	1650/2922	319/531	537	Kristin Kwan	F	36	Lincoln	NE	00:34:20.55	01:15:36.06	00:36:07.63	11:08	02:26:04.25
3091	1651/2922	258/454	5608	Marylyn Vong	F	32	Waverly	NE	00:33:47.64	01:10:44.14	00:41:33.79	11:08	02:26:05.58
3092	1652/2922	259/454	4607	Annie Kalita	F	33	Lincoln	NE	00:30:48.46	01:18:01.17	00:37:18.68	11:08	02:26:08.32
3093	1441/1785	207/253	4740	Brandon Oelschlager	M	34	Lincoln	NE	00:30:48.89	01:18:00.89	00:37:19.34	11:08	02:26:09.13
3094	1653/2922	320/531	568	Allison Petersen	F	38	Fairmont	NE	00:34:00.01	01:16:47.28	00:35:24.43	11:09	02:26:11.73
3095	1654/2922	284/508	2153	Ariel Neumeyer	F	29	Alma	NE	00:32:58.34	01:17:53.53	00:35:19.96	11:09	02:26:11.84
3096	1442/1785	32/42	5600	Edward Krieger	M	60	Omaha	NE	00:32:27.41	01:15:33.85	00:38:13.83	11:09	02:26:15.09
3097	1655/2922	285/508	723	Karlye Machado	F	26	Lincoln	NE	00:32:19.99	01:17:02.81	00:36:54.35	11:09	02:26:17.17
3098	1443/1785	138/172	5831	Matthew Hopken	M	45	Kansas City	MO	00:32:59.75	01:15:43.93	00:37:34.16	11:09	02:26:17.85
3099	1444/1785	213/260	4071	Joseph Couch	M	25	Lincoln	NE	00:27:44.28	01:13:08.10	00:45:27.43	11:09	02:26:19.81
3100	1656/2922	134/258	1443	Laurie Holman	F	46	Lincoln	NE	00:33:33.61	01:14:55.41	00:37:52.38	11:09	02:26:21.40
3101	1445/1785	236/276	5665	Matt Holman	M	35	Lincoln	NE	00:33:34.30	01:14:54.06	00:37:53.16	11:09	02:26:21.53
3102	1657/2922	191/345	2128	Lindy Nickerson	F	21	West Point	NE	00:34:32.93	01:17:22.50	00:34:26.38	11:09	02:26:21.81
3103	1658/2922	199/335	2756	Neleigh Boyer	F	41	Lincoln	NE	00:32:39.18	01:15:29.80	00:38:13.64	11:09	02:26:22.62
3104	1446/1785	17/26	5239	David Smith	M	67	Mccook	NE	00:32:39.17	01:15:30.14	00:38:13.32	11:09	02:26:22.64
3105	1659/2922	260/454	4048	Alyssa Chambers	F	31	Bellevue	NE	00:34:01.57	01:16:05.79	00:36:15.34	11:09	02:26:22.71
3106	1447/1785	172/215	4575	Jeffrey Erb	M	41	Lincoln	NE	00:31:04.59	01:15:31.07	00:39:47.71	11:10	02:26:23.38
3107	1448/1785	214/260	5725	Trev Muth	M	25	Fremont	NE	00:31:52.68	01:16:03.04	00:38:28.32	11:10	02:26:24.05
3108	1660/2922	192/345	1054	Leah Hipps	F	24	Rio Linda	CA	00:34:35.03	01:17:35.08	00:34:14.44	11:10	02:26:24.55
3109	1661/2922	321/531	6280	Chere Stephen	F	37	Ainsworth	NE	00:34:17.64	01:18:05.97	00:34:02.65	11:10	02:26:26.27
3110	1662/2922	286/508	1586	Keanna Gross	F	28	Lansing	KS	00:34:18.34	01:18:06.27	00:34:02.57	11:10	02:26:27.18
3111	1663/2922	322/531	1822	Tonia Jelinek	F	36	Omaha	NE	00:34:06.64	01:17:00.49	00:35:22.30	11:10	02:26:29.44
3112	1664/2922	65/122	3021	Teri Price	F	55	Council Bluffs	IA	00:30:50.15	01:17:16.96	00:38:24.51	11:10	02:26:31.62
3113	1665/2922	200/335	2885	Thuvan Bert	F	44	Lansing	KS	00:33:13.61	01:15:29.96	00:37:49.37	11:10	02:26:32.95
3114	1666/2922	201/335	1793	Erin Roubal	F	41	Valparaiso	NE	00:34:04.60	01:17:01.15	00:35:31.69	11:11	02:26:37.44
3115	1667/2922	261/454	2796	Sheena Matulka	F	34	Omaha	NE	00:34:05.12	01:16:59.77	00:35:32.63	11:11	02:26:37.53

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3116	1668/2922	202/335	533	Jennifer Hamilton	F	44	Lincoln	NE	00:33:38.69	01:13:42.06	00:39:17.18	11:11	02:26:37.94
3117	1449/1785	173/215	3842	Brett Marquardt	M	40	Omaha	NE	00:33:10.10	01:16:22.19	00:37:13.14	11:11	02:26:45.43
3118	1450/1785	208/253	5502	Michael Hipps	M	33	Firth	NE	00:35:34.96	01:17:13.52	00:34:01.28	11:12	02:26:49.77
3119	1669/2922	287/508	2393	Allison Osler	F	25	Lincoln	NE	00:33:42.34	01:18:17.02	00:34:53.51	11:12	02:26:52.88
3120	1670/2922	288/508	2976	Rebekah Remus	F	27	Omaha	NE	00:31:11.06	01:15:40.98	00:40:01.03	11:12	02:26:53.07
3121	1671/2922	135/258	308	Jill Rainforth	F	47	Doniphan	NE	00:33:42.93	01:18:16.58	00:34:53.90	11:12	02:26:53.42
3122	1672/2922	136/258	2360	Diana Weihrauch	F	47	Fort Smith	AR	00:34:35.04	01:18:48.69	00:33:33.17	11:12	02:26:56.91
3123	1451/1785	117/145	4874	Jeff Niedbalski	M	50	Lincoln	NE	00:30:51.32	01:15:59.23	00:40:08.26	11:12	02:26:58.82
3124	1452/1785	174/215	5679	Joe Niedbalski	M	40	Columbus	NE	00:30:51.97	01:16:00.10	00:40:07.93	11:12	02:27:00.00
3125	1673/2922	289/508	2662	Paige Rojas	F	26	Lincoln	NE	00:33:29.58	01:16:17.93	00:37:13.12	11:12	02:27:00.64
3126	1674/2922	203/335	1225	Meredith Kuehler	F	41	Bennington	NE	00:33:09.42	01:16:06.66	00:37:45.07	11:12	02:27:01.16
3127	1675/2922	323/531	3122	Jessica Kapple	F	37	Bennington	NE	00:33:23.41	01:17:37.91	00:36:00.34	11:12	02:27:01.67
3128	1676/2922	290/508	220	Kate Klein	F	29	Dunlap	IA	00:30:15.62	01:15:14.98	00:41:35.53	11:13	02:27:06.13
3129	1677/2922	291/508	2473	Katie Johnson	F	26	Oro Valley	AZ	00:32:20.61	01:17:56.85	00:36:50.55	11:13	02:27:08.01
3130	1678/2922	292/508	1613	Shannon Ronhovde	F	26	Omaha	NE	00:35:32.24	01:16:00.37	00:35:35.42	11:13	02:27:08.03
3131	1679/2922	293/508	1922	Megan Venner	F	27	Ankeny	IA	00:34:32.48	01:18:30.32	00:34:08.04	11:13	02:27:10.84
3132	1680/2922	193/345	3821	Anah Mcneal	F	21	Lincoln	NE	00:35:34.82	01:14:17.83	00:37:19.57	11:13	02:27:12.23
3133	1453/1785	209/253	3548	Keith Knoop	M	32	Lincoln	NE	00:28:53.53	01:16:20.08	00:41:58.93	11:13	02:27:12.55
3134	1681/2922	204/335	3965	Brenda Buhl	F	42	Genoa	NE	00:33:28.49	01:16:40.04	00:37:04.57	11:13	02:27:13.10
3135	1682/2922	324/531	2369	Sarah Dworak	F	39	Ralston	NE	00:32:14.81	01:16:29.03	00:38:30.76	11:13	02:27:14.60
3136	1683/2922	325/531	3017	Megan Dugan	F	36	Lincoln	NE	00:32:14.37	01:16:51.05	00:38:09.17	11:13	02:27:14.60
3137	1684/2922	294/508	1176	Sarah Eagan	F	27	Lincoln	NE	00:32:50.97	01:18:08.39	00:36:16.16	11:14	02:27:15.53
3138	1685/2922	194/345	1600	Karoline Senn	F	21	Lincoln	NE	00:32:44.01	01:15:58.44	00:38:35.57	11:14	02:27:18.03
3139	1454/1785	210/253	5595	Dave Kincheloe	M	33	Lincoln	NE	00:33:18.22	01:18:42.83	00:35:17.00	11:14	02:27:18.06
3140	1455/1785	215/260	5128	Trevor Schuller	M	25	Wayne	NE	00:32:14.64	01:14:33.13	00:40:33.84	11:14	02:27:21.62
3141	1686/2922	205/335	2575	Thresa Mcintosh	F	40	Alda	NE	00:33:56.41	01:16:47.70	00:36:39.24	11:14	02:27:23.35
3142	1687/2922	295/508	4105	Stephanie Crocker	F	26	Kearney	NE	00:34:16.56	01:18:14.82	00:34:52.08	11:14	02:27:23.47
3143	1456/1785	139/172	5623	Josh Weimer	M	46	Gretna	NE	00:30:02.24	01:16:48.28	00:40:36.55	11:14	02:27:27.07
3144	1688/2922	137/258	1408	Susan Holsing	F	49	Clatonia	NE	00:32:37.41	01:16:56.32	00:37:53.40	11:14	02:27:27.13
3145	1457/1785	216/260	4347	Robbie Kocks	M	27	Lincoln	NE	00:30:40.73	01:15:53.75	00:40:53.13	11:14	02:27:27.62
3146	1689/2922	66/122	2684	Barb Leu	F	55	Columbus	NE	00:32:37.28	01:17:34.28	00:37:18.65	11:15	02:27:30.21
3147	1690/2922	195/345	2552	Mikayla Mack	F	22	Lincoln	NE	00:29:28.68	01:16:58.03	00:41:04.60	11:15	02:27:31.32
3148	1691/2922	196/345	739	Tara Tran	F	21	Lincoln	NE	00:34:26.19	01:17:04.06	00:36:02.20	11:15	02:27:32.45
3149	1692/2922	206/335	2560	Kelly Gering	F	44	Omaha	NE	00:33:10.39	01:17:05.62	00:37:19.02	11:15	02:27:35.03
3150	1693/2922	326/531	2005	Amy Vetter	F	35	Hastings	NE	00:32:26.13	01:16:43.52	00:38:25.72	11:15	02:27:35.37

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3151	1694/2922	78/148	1737	Lisa Briggs	F	54	Chadron	NE	00:31:02.31	01:15:22.11	00:41:12.56	11:15	02:27:36.99
3152	1695/2922	197/345	706	Lillian Butler-Hale	F	21	Lincoln	NE	00:35:01.83	01:15:19.82	00:37:15.46	11:15	02:27:37.12
3153	1696/2922	207/335	655	Erin Ryan	F	42	Chadron	NE	00:31:02.67	01:15:19.37	00:41:15.09	11:15	02:27:37.13
3154	1697/2922	327/531	2238	Shana Martinez	F	39	Omaha	NE	00:33:24.39	01:17:43.30	00:36:32.10	11:15	02:27:39.79
3155	1458/1785	140/172	7105	John Guernsey	M	49	Pickrell	NE	00:30:21.13	01:16:42.77	00:40:36.31	11:15	02:27:40.21
3156	1698/2922	296/508	2819	Sarah Piercy	F	28	Council Bluffs	IA	00:33:03.36	01:19:27.52	00:35:09.64	11:15	02:27:40.52
3157	1699/2922	97/128	6485	Josie Guernsey	F	18	Pickrell	NE	00:30:22.15	01:16:45.43	00:40:34.05	11:15	02:27:41.63
3158	1700/2922	198/345	1916	Lauren Taylor	F	22	Lincoln	NE	00:31:22.62	01:18:49.76	00:37:30.48	11:16	02:27:42.86
3159	1459/1785	61/80	4398	Tim McClung	M	55	Lincoln	NE	00:35:13.12	01:15:12.77	00:37:18.16	11:16	02:27:44.06
3160	1701/2922	297/508	3483	Sandy Le	F	26	Lincoln	NE	00:34:29.93	01:18:09.97	00:35:04.74	11:16	02:27:44.64
3161	1702/2922	16/41	1964	Phyllis Baker	F	63	Urbana	IL	00:34:10.02	01:18:17.43	00:35:22.59	11:16	02:27:50.04
3162	1703/2922	298/508	6185	Sadie Fuller	F	26	Dorchester	NE	00:33:21.25	01:16:21.51	00:38:08.78	11:16	02:27:51.54
3163	1704/2922	79/148	222	Deanna Walter	F	52	Lincoln	NE	00:35:12.92	01:15:12.77	00:37:26.30	11:16	02:27:52.00
3164	1460/1785	175/215	4089	Hieu Ninh	M	43	Lincoln	NE	00:33:59.77	01:14:04.09	00:39:52.07	11:17	02:27:55.94
3165	1705/2922	262/454	1918	Angela Marshek	F	30	Papillion	NE	00:32:06.00	01:17:55.53	00:37:57.13	11:17	02:27:58.67
3166	1461/1785	118/145	6037	Jeff Gilbertson	M	53	Grand Island	NE	00:32:22.25	01:16:40.50	00:39:01.37	11:17	02:28:04.13
3167	1706/2922	328/531	1226	Jennifer Beckman	F	38	West Des Moines	IA	00:31:38.06	01:17:33.70	00:38:56.16	11:18	02:28:07.93
3168	1707/2922	299/508	4190	Amanda Roesener	F	25	Lincoln	NE	00:33:56.22	01:20:39.54	00:33:35.81	11:18	02:28:11.57
3169	1708/2922	329/531	3161	Rebecca Wachs	F	38	Lincoln	NE	00:33:51.03	01:17:29.05	00:36:52.53	11:18	02:28:12.61
3170	1462/1785	146/181	5715	Reagan Bergen	M	24	Lincoln	NE	00:32:04.45	01:17:41.09	00:38:27.30	11:18	02:28:12.84
3171	1709/2922	263/454	434	Tierney Lorenz	F	34	Lincoln	NE	00:34:58.31	01:16:21.83	00:36:53.13	11:18	02:28:13.28
3172	1710/2922	138/258	6207	Jennifer Miller	F	46	Bastrop	TX	00:31:31.15	01:15:45.36	00:40:57.98	11:18	02:28:14.50
3173	1711/2922	98/128	2144	Jessica Miller	F	19	Bastrp	TX	00:31:31.19	01:15:45.56	00:40:58.23	11:18	02:28:14.99
3174	1712/2922	300/508	837	Debbie Fong	F	25	Englewood	CO	00:31:55.81	01:16:46.44	00:39:35.38	11:18	02:28:17.64
3175	1713/2922	264/454	2119	Crystal Martin	F	31	Lincoln	NE	00:34:46.07	01:18:40.30	00:34:51.87	11:18	02:28:18.25
3176	1463/1785	176/215	5980	Colby Vesely	M	42	Lincoln	NE	00:32:06.08	01:15:46.60	00:40:26.72	11:18	02:28:19.41
3177	1714/2922	301/508	1813	Tania Moreno	F	26	Omaha	NE	00:33:39.80	01:17:51.25	00:36:48.46	11:18	02:28:19.52
3178	1464/1785	147/181	5848	Sam Manthey	M	24	Grand Junction	CO	00:30:09.42	01:16:25.42	00:41:49.20	11:19	02:28:24.04
3179	1715/2922	265/454	5403	Stacey Stewart	F	32	Lincoln	NE	00:33:43.88	01:17:51.57	00:36:48.93	11:19	02:28:24.39
3180	1716/2922	330/531	2007	Ricque Harth	F	37	Lincoln	NE	00:33:43.06	01:17:52.26	00:36:49.15	11:19	02:28:24.48
3181	1465/1785	119/145	5287	Rick Manthey	M	52	Omaha	NE	00:31:12.11	01:15:22.72	00:41:49.64	11:19	02:28:24.48
3182	1717/2922	139/258	2604	Jill Robison	F	48	Omaha	NE	00:32:49.76	01:14:38.55	00:40:56.21	11:19	02:28:24.53
3183	1466/1785	217/260	5009	Daniel Moles	M	27	Omaha	NE	00:35:32.58	01:16:00.07	00:36:52.13	11:19	02:28:24.79
3184	1718/2922	199/345	173	Ella Prussa	F	24	Denver	CO	00:28:42.82	01:18:24.81	00:41:17.33	11:19	02:28:24.98
3185	1719/2922	208/335	1742	Jennifer Maginn	F	40	Gretna	NE	00:32:47.31	01:18:40.75	00:36:57.47	11:19	02:28:25.53

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3186	1720/2922	209/335	3170	Lori Kortright	F	42	Plattsmouth	NE	00:35:35.43	01:16:00.29	00:36:51.55	11:19	02:28:27.27
3187	1721/2922	200/345	2833	Jacy Embray	F	22	Glenwood	IA	00:33:11.19	01:17:08.02	00:38:08.95	11:19	02:28:28.16
3188	1722/2922	331/531	6334	Crystal Millington	F	37	Skokie	IL	00:31:20.05	01:15:53.19	00:41:14.94	11:19	02:28:28.19
3189	1723/2922	201/345	527	Vanessa Thomas	F	22	Lincoln	NE	00:35:29.61	01:18:09.00	00:34:55.32	11:19	02:28:33.94
3190	1467/1785	141/172	4673	John Shaw	M	48	Lincoln	NE	00:27:58.28	01:10:30.31	00:50:07.16	11:20	02:28:35.76
3191	1468/1785	86/96	4693	Ben Roof	M	15	Lincoln	NE	00:33:49.13	01:15:50.38	00:38:56.65	11:20	02:28:36.17
3192	1724/2922	210/335	343	Vanessa Roof	F	42	Lincoln	NE	00:33:48.54	01:15:50.18	00:38:57.49	11:20	02:28:36.22
3193	1725/2922	332/531	1282	Becky Cheek	F	36	Scottsbluff	NE	00:30:47.31	01:15:31.69	00:42:17.67	11:20	02:28:36.68
3194	1726/2922	302/508	1883	Victoria Stewart	F	29	Bellevue	NE	00:35:10.56	01:17:04.44	00:36:30.30	11:20	02:28:45.32
3195	1727/2922	303/508	1858	Breidy Garcia	F	29	Invergrove Heights	MN	00:32:01.05	01:18:39.23	00:38:06.07	11:20	02:28:46.36
3196	1728/2922	266/454	699	Merary Garcia	F	34	Hugo	MN	00:32:12.11	01:18:27.96	00:38:06.31	11:20	02:28:46.39
3197	1469/1785	237/276	5132	Derrick Eells	M	38	Lincoln	NE	00:30:39.74	01:17:19.86	00:40:49.14	11:21	02:28:48.75
3198	1729/2922	267/454	1605	Zabrina Roussan	F	30	Lincoln	NE	00:30:49.56	01:17:47.31	00:40:12.18	11:21	02:28:49.06
3199	1470/1785	211/253	5033	Josh Roussan	M	32	Lincoln	NE	00:30:49.49	01:17:47.47	00:40:12.20	11:21	02:28:49.17
3200	1730/2922	140/258	1925	Deanna Ramse	F	47	Derby	NY	00:34:53.68	01:17:45.77	00:36:10.50	11:21	02:28:49.96
3201	1731/2922	268/454	3413	Caitlin James	F	31	Lincoln	NE	00:35:14.09	01:17:06.43	00:36:29.92	11:21	02:28:50.44
3202	1732/2922	269/454	1847	Ashley Schroeder	F	34	Lincoln	NE	00:35:14.27	01:17:06.68	00:36:30.27	11:21	02:28:51.23
3203	1733/2922	304/508	3397	Hannah Sunderman	F	25	Lincoln	NE	00:35:35.33	01:18:08.57	00:35:10.43	11:21	02:28:54.33
3204	1734/2922	80/148	344	Larissa Moguel	F	50	Lincoln	NE	00:32:52.00	01:16:48.28	00:39:15.05	11:21	02:28:55.33
3205	1735/2922	141/258	2925	Rebecca Maw	F	45	Omaha	NE	00:32:12.68	01:20:52.46	00:35:52.10	11:21	02:28:57.24
3206	1471/1785	120/145	5650	Rob Nickolaus	M	51	Lincoln	NE	00:34:02.20	01:15:26.39	00:39:29.83	11:21	02:28:58.42
3207	1736/2922	202/345	194	Annie Fish	F	22	Seward	NE	00:34:53.31	01:18:09.46	00:35:57.41	11:21	02:29:00.18
3208	1737/2922	333/531	2249	Tara Sampson	F	38	Lincoln	NE	00:34:32.85	01:18:14.81	00:36:13.87	11:22	02:29:01.54
3209	1738/2922	334/531	474	Sarah Couch	F	39	Council Bluffs	IA	00:33:58.51	01:18:49.33	00:36:14.00	11:22	02:29:01.85
3210	1739/2922	270/454	3700	Ashley Foral	F	34	Gretna	NE	00:31:00.65	01:17:37.56	00:40:24.29	11:22	02:29:02.50
3211	1740/2922	142/258	2725	Debra Larson	F	47	Waverly	NE	00:34:34.51	01:18:14.55	00:36:13.67	11:22	02:29:02.74
3212	1472/1785	218/260	5840	Zane Peterson	M	28	Lincoln	NE	00:35:08.06	01:17:56.43	00:35:59.42	11:22	02:29:03.92
3213	1473/1785	177/215	5787	Jonathan Hemenway	M	40	Lincoln	NE	00:33:22.01	01:16:53.50	00:38:49.11	11:22	02:29:04.62
3214	1474/1785	219/260	3652	David Kirk	M	29	Lincoln	NE	00:35:35.18	01:16:04.10	00:37:26.11	11:22	02:29:05.41
3215	1741/2922	305/508	1026	Kelsey Stewart	F	28	Omaha	NE	00:35:35.72	01:16:03.96	00:37:26.84	11:22	02:29:06.52
3216	1742/2922	211/335	2203	Mandi Chaplin	F	42	Omaha	NE	00:33:08.72	01:18:09.82	00:37:50.34	11:22	02:29:08.89
3217	1475/1785	178/215	5714	Kareem Mcdougall	M	40	Lexington	NE	00:35:08.70	01:18:08.40	00:35:52.40	11:22	02:29:09.51
3218	1476/1785	87/96	4603	Jonah Letak	M	19	Omaha	NE	00:27:28.71	01:14:37.86	00:47:06.60	11:22	02:29:13.18
3219	1477/1785	148/181	6078	Bnr Sqd	M	24	Lincoln	NE	00:29:41.22	01:13:42.11	00:45:49.85	11:22	02:29:13.19
3220	1743/2922	306/508	2957	Macey Lackaff	F	26	Bassett	NE	00:35:26.14	01:18:07.16	00:35:40.28	11:23	02:29:13.58

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3221	1478/1785	121/145	6048	Phillip Hunt	M	52	Omaha	NE	00:33:09.14	01:16:22.92	00:39:42.79	11:23	02:29:14.87
3222	1744/2922	143/258	2569	Suzanne Endicott	F	45	Lincoln	NE	00:34:31.34	01:18:46.43	00:35:58.23	11:23	02:29:16.01
3223	1745/2922	212/335	1770	Shannon Jay	F	40	Lincoln	NE	00:34:53.03	01:18:58.32	00:35:25.38	11:23	02:29:16.73
3224	1746/2922	2/5	3434	Mariana Phipps	F	75	Omaha	NE	00:34:16.14	01:17:09.98	00:37:52.71	11:23	02:29:18.83
3225	1747/2922	307/508	226	Moriah Wellman	F	26	Ashland	NE	00:30:40.67	01:18:29.02	00:40:11.70	11:23	02:29:21.39
3226	1479/1785	122/145	4522	Jim Baumann	M	53	Hickman	NE	00:30:58.17	01:17:30.97	00:40:53.92	11:23	02:29:23.06
3227	1748/2922	335/531	2066	Lisa Thayer	F	35	Albion	NE	00:33:40.39	01:18:32.44	00:37:11.94	11:23	02:29:24.78
3228	1480/1785	212/253	5762	Joseph Rotolo	M	32	Omaha	NE	00:33:28.55	01:18:14.02	00:37:42.86	11:23	02:29:25.44
3229	1749/2922	203/345	1007	Sarah Van Ert	F	22	Petersburg	NE	00:32:02.49	01:18:16.47	00:39:06.95	11:23	02:29:25.92
3230	1481/1785	238/276	6156	Bode Hill	M	39	Fremont	NE	00:34:57.90	01:18:30.04	00:35:59.92	11:24	02:29:27.87
3231	1750/2922	336/531	4668	Angie Burgess	F	35	Sioux Falls	SD	00:33:23.18	01:19:04.68	00:37:00.48	11:24	02:29:28.35
3232	1751/2922	271/454	4502	Charley Hill	F	32	Lincoln	NE	00:32:33.83	01:17:44.05	00:39:11.17	11:24	02:29:29.05
3233	1752/2922	204/345	4529	Abigail Heller	F	21	Seward	NE	00:31:50.81	01:18:30.30	00:39:13.18	11:24	02:29:34.29
3234	1482/1785	213/253	5886	Kasey Meyer	M	31	Quincy	IL	00:34:22.06	01:18:20.05	00:36:52.93	11:24	02:29:35.04
3235	1753/2922	308/508	847	Caroline Meyer	F	28	Quincy	IL	00:34:22.29	01:18:20.23	00:36:52.58	11:24	02:29:35.10
3236	1754/2922	144/258	4528	Julie Trost	F	47	Seward	NE	00:31:51.94	01:18:30.25	00:39:13.13	11:24	02:29:35.32
3237	1755/2922	205/345	6232	Ellie Sjogren	F	21	Omaha	NE	00:28:57.45	01:18:38.07	00:42:06.82	11:25	02:29:42.35
3238	1756/2922	206/345	1911	Sierra Thomas	F	24	Dallas	SD	00:32:17.57	01:22:00.18	00:35:24.86	11:25	02:29:42.61
3239	1757/2922	309/508	651	Alexandra Vig	F	25	Apple Valley	MN	00:33:36.10	01:19:11.83	00:36:57.57	11:25	02:29:45.51
3240	1758/2922	272/454	1684	Kelsey Anzai	F	30	Omaha	NE	00:33:36.12	01:19:11.81	00:36:57.58	11:25	02:29:45.51
3241	1759/2922	310/508	2568	Kate Thiele	F	28	Aurora	NE	00:32:24.28	01:18:26.36	00:38:55.31	11:25	02:29:45.96
3242	1760/2922	207/345	2115	Shannon Argo	F	24	Lincoln	NE	00:32:57.63	01:18:02.51	00:38:46.73	11:25	02:29:46.88
3243	1761/2922	273/454	1996	Nicole Bekker	F	31	Lincoln	NE	00:32:57.37	01:18:02.99	00:38:46.52	11:25	02:29:46.89
3244	1762/2922	145/258	3252	Denise Drake	F	47	Eagle	NE	00:34:19.65	01:17:01.18	00:38:29.88	11:25	02:29:50.71
3245	1763/2922	3/5	1727	Nancy Howard	F	74	Lincoln	NE	00:35:46.87	01:18:42.01	00:35:23.68	11:25	02:29:52.56
3246	1764/2922	311/508	1479	Amy Robinson	F	28	Beaver Crossing	NE	00:31:20.96	01:21:02.59	00:37:29.36	11:26	02:29:52.92
3247	1483/1785	18/26	6383	Norman Anderson	M	67	Nebraska City	NE	00:34:37.66	01:19:14.28	00:36:06.30	11:26	02:29:58.25
3248	1765/2922	312/508	2312	Leslie Neiman	F	29	Omaha	NE	00:30:49.53	01:18:33.33	00:40:35.44	11:26	02:29:58.30
3249	1766/2922	337/531	1193	Becky Clinard	F	39	Lincoln	NE	00:32:00.29	01:17:33.00	00:40:28.90	11:26	02:30:02.19
3250	1767/2922	213/335	495	Sheila Wokson	F	41	Minneapolis	MN	00:32:42.04	01:16:33.15	00:40:48.77	11:26	02:30:03.97
3251	1768/2922	67/122	1218	Suzanne Fortin	F	55	Omaha	NE	00:34:00.02	01:18:16.65	00:37:49.29	11:27	02:30:05.98
3252	1769/2922	146/258	1760	Charity Kracher	F	49	Omaha	NE	00:34:14.08	01:17:13.76	00:38:38.87	11:27	02:30:06.72
3253	1484/1785	179/215	3998	Jason Peplinski	M	41	Lincoln	NE	00:32:03.96	01:17:59.49	00:40:04.24	11:27	02:30:07.69
3254	1770/2922	214/335	810	Joann Porter	F	41	Albion	NE	00:33:40.99	01:18:34.09	00:37:52.75	11:27	02:30:07.84
3255	1771/2922	274/454	191	Kayleigh Peterson	F	30	Omaha	NE	00:35:29.32	01:18:26.63	00:36:13.83	11:27	02:30:09.78

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3256	1772/2922	338/531	6328	Pamela Sampson	F	37	Omaha	NE	00:33:55.21	01:18:44.66	00:37:31.51	11:27	02:30:11.39
3257	1773/2922	339/531	844	Megan Greene	F	36	Castle Rock	CO	00:34:05.57	01:18:52.49	00:37:14.03	11:27	02:30:12.09
3258	1774/2922	340/531	2993	Meghan Albenesius	F	39	Lincoln	NE	00:30:27.97	01:19:09.57	00:40:37.64	11:27	02:30:15.19
3259	1775/2922	341/531	2443	Brianna Mcnall	F	37	Bartlesville	OK	00:34:34.18	01:19:38.03	00:36:03.05	11:27	02:30:15.27
3260	1776/2922	147/258	362	Jo Wilson	F	49	Missouri Valley	IA	00:33:59.93	01:17:08.59	00:39:07.61	11:27	02:30:16.14
3261	1485/1785	142/172	4761	Brandon Webb	M	49	Lincoln	NE	00:30:20.56	01:18:30.70	00:41:25.52	11:27	02:30:16.79
3262	1486/1785	220/260	5337	Adam Yankech	M	29	Lincoln	NE	00:33:59.97	01:18:34.91	00:37:43.32	11:27	02:30:18.20
3263	1487/1785	143/172	5728	Dan Miller	M	45	Lincoln	NE	00:34:05.59	01:19:11.01	00:37:01.89	11:27	02:30:18.49
3264	1488/1785	62/80	4568	Greg Welch	M	57	Lincoln	NE	00:34:06.32	01:19:10.89	00:37:01.67	11:27	02:30:18.88
3265	1777/2922	275/454	2511	Kara Ryks	F	31	Bellevue	NE	00:35:43.89	01:18:33.77	00:36:04.60	11:28	02:30:22.26
3266	1778/2922	276/454	3090	Ashley Mcbratney	F	34	Fremont	NE	00:31:48.58	01:18:54.07	00:39:41.38	11:28	02:30:24.03
3267	1779/2922	208/345	1527	Alexus Fleharty	F	22	Hastings	NE	00:32:51.89	01:19:53.03	00:37:43.20	11:28	02:30:28.13
3268	1780/2922	342/531	4233	Ashley Speak	F	35	Hastings	NE	00:32:26.43	01:16:54.17	00:41:08.39	11:28	02:30:29.00
3269	1781/2922	209/345	777	Kaylee Rhoades	F	21	Kearney	NE	00:32:35.00	01:13:35.85	00:44:18.59	11:28	02:30:29.45
3270	1782/2922	210/345	831	Amanda Humlicek	F	22	Kearney	NE	00:32:35.22	01:13:36.44	00:44:18.21	11:28	02:30:29.88
3271	1783/2922	211/345	6592	Carley Hinrichs	F	24	Kearney	NE	00:32:51.40	01:19:53.72	00:37:45.98	11:28	02:30:31.11
3272	1784/2922	212/345	1943	Tana Downs	F	23	Lincoln	NE	00:33:55.90	01:20:24.75	00:36:10.61	11:28	02:30:31.26
3273	1785/2922	313/508	621	Shannon Acton	F	28	Pleasanton	CA	00:34:52.78	01:18:04.63	00:37:34.05	11:28	02:30:31.47
3274	1786/2922	215/335	2774	Cheryl Dietrich	F	40	Lincoln	NE	00:35:20.29	01:17:31.41	00:37:42.20	11:29	02:30:33.91
3275	1489/1785	239/276	5555	Jeff Kingsley	M	36	Grand Island	NE	00:34:09.64	01:15:10.34	00:41:14.89	11:29	02:30:34.88
3276	1787/2922	277/454	2540	Darci Stacy	F	33	Omaha	NE	00:31:51.31	01:19:45.00	00:38:58.59	11:29	02:30:34.90
3277	1788/2922	314/508	3630	Sara Brock	F	26	Lincoln	NE	00:35:02.47	01:19:20.13	00:36:16.65	11:29	02:30:39.25
3278	1789/2922	148/258	6361	Elizabeth Carver	F	49	Alpharetta	GA	00:32:38.91	01:17:50.89	00:40:10.98	11:29	02:30:40.79
3279	1790/2922	213/345	5198	Emily Crouch	F	22	Lincoln	NE	00:34:06.06	01:19:55.30	00:36:40.77	11:29	02:30:42.14
3280	1791/2922	343/531	3365	Abbie Grim	F	37	Lincoln	NE	00:36:10.34	01:15:12.42	00:39:20.40	11:29	02:30:43.16
3281	1490/1785	240/276	5602	Corey Gray	M	36	Seward	NE	00:30:49.76	01:17:36.39	00:42:17.40	11:29	02:30:43.55
3282	1792/2922	149/258	1256	Carol Widhalm	F	47	Waterloo	NE	00:34:05.30	01:18:55.90	00:37:44.12	11:30	02:30:45.32
3283	1793/2922	214/345	3420	Katie Reisdorff	F	23	Columbus	NE	00:31:43.97	01:20:10.75	00:38:52.93	11:30	02:30:47.65
3284	1491/1785	221/260	5332	Rylee Willett	M	25	Des Moines	IA	00:33:31.02	01:17:58.29	00:39:19.57	11:30	02:30:48.89
3285	1794/2922	150/258	4197	Lauren Gatti	F	47	Lincoln	NE	00:32:41.14	01:19:39.80	00:38:28.06	11:30	02:30:49.01
3286	1795/2922	215/345	2086	Carlee Simonson	F	20	Fremont	NE	00:30:13.95	01:18:23.33	00:42:12.88	11:30	02:30:50.17
3287	1796/2922	216/335	2986	Melissa Todd	F	40	Hickman	NE	00:32:58.53	01:17:36.17	00:40:15.88	11:30	02:30:50.58
3288	1797/2922	151/258	3020	Emily Ethington	F	45	Omaha	NE	00:32:51.54	01:18:16.94	00:39:43.93	11:30	02:30:52.41
3289	1798/2922	278/454	3462	Whitney Scheef	F	33	Moundridge	KS	00:34:40.91	01:19:26.08	00:36:46.15	11:30	02:30:53.14
3290	1799/2922	217/335	2325	Darcy Kapke	F	44	Fairbury	NE	00:31:48.54	01:19:54.76	00:39:10.86	11:30	02:30:54.17

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3291	1800/2922	216/345	2936	Maddie Hubka	F	22	Omaha	NE	00:33:54.12	01:17:34.34	00:39:27.13	11:30	02:30:55.60
3292	1801/2922	99/128	647	Olivia Jarosz	F	15	Hickman	NE	00:34:23.32	01:22:12.08	00:34:22.61	11:30	02:30:58.02
3293	1802/2922	218/335	646	Michelle Jarosz	F	40	Hickman	NE	00:34:23.42	01:22:12.05	00:34:22.84	11:31	02:30:58.32
3294	1803/2922	68/122	3094	Karen Fischer	F	59	Lincoln	NE	00:35:18.02	01:17:53.37	00:37:47.17	11:31	02:30:58.56
3295	1804/2922	219/335	2075	Janelle Kowalek	F	40	Kearney	NE	00:30:20.86	01:17:21.80	00:43:17.40	11:31	02:31:00.07
3296	1805/2922	217/345	1286	Samantha Brandes	F	23	Coin	IA	00:33:45.91	01:19:34.02	00:37:41.63	11:31	02:31:01.57
3297	1806/2922	69/122	2825	Lee Cooney	F	55	Omaha	NE	00:32:27.15	01:18:11.52	00:40:23.19	11:31	02:31:01.86
3298	1807/2922	218/345	783	Cecilee Jacobsen	F	21	Lincoln	NE	00:33:54.44	01:18:21.86	00:38:46.07	11:31	02:31:02.37
3299	1808/2922	220/335	1947	Stephanie Morrow	F	40	Lincoln	NE	00:30:09.70	01:17:07.99	00:43:45.37	11:31	02:31:03.06
3300	1492/1785	241/276	5864	Justin Tiangco	M	39	Lincoln	NE	00:33:12.23	01:19:05.88	00:38:45.22	11:31	02:31:03.33
3301	1809/2922	70/122	2832	Kay Mills	F	57	Olathe	KS	00:34:04.85	01:19:56.05	00:37:03.10	11:31	02:31:04.01
3302	1810/2922	219/345	3903	Vanessa Crookshank	F	22	Hastings	NE	00:33:36.13	01:19:54.39	00:37:36.90	11:31	02:31:07.43
3303	1811/2922	315/508	2827	Giselle Armendariz	F	26	Lincoln	NE	00:34:07.13	01:19:16.18	00:37:45.28	11:31	02:31:08.59
3304	1493/1785	180/215	5025	Corey Rourke	M	43	Lincoln	NE	00:34:39.45	01:20:20.52	00:36:10.11	11:31	02:31:10.09
3305	1812/2922	344/531	2200	Jennifer Smith	F	39	Ashland	NE	00:32:49.95	01:18:12.30	00:40:10.12	11:32	02:31:12.38
3306	1813/2922	152/258	1546	Kori Worden	F	45	Omaha	NE	00:36:32.57	01:18:50.79	00:35:54.16	11:32	02:31:17.53
3307	1814/2922	345/531	2172	Andrea Ripp	F	39	Kearney	NE	00:33:45.83	01:18:56.48	00:38:35.86	11:32	02:31:18.18
3308	1815/2922	316/508	830	April Coons	F	29	Gardner	KS	00:35:01.82	01:22:15.33	00:34:02.19	11:32	02:31:19.35
3309	1816/2922	317/508	2040	Lydia Courtier	F	27	Neola	IA	00:35:02.44	01:19:47.16	00:36:29.91	11:32	02:31:19.51
3310	1494/1785	149/181	6554	Mckenna Hansson	M	24	Wahoo	NE	00:34:11.77	01:18:12.18	00:38:56.01	11:32	02:31:19.96
3311	1817/2922	100/128	674	Amelia Herbert	F	17	Lincoln	NE	00:30:46.50	01:23:28.25	00:37:05.53	11:32	02:31:20.29
3312	1818/2922	220/345	4136	Chelsea Bryant	F	20	Blair	NE	00:30:39.75	01:21:07.30	00:39:34.24	11:32	02:31:21.29
3313	1819/2922	81/148	3074	Lori Rockwell	F	50	Green Bay	WI	00:32:51.77	01:19:35.50	00:38:54.06	11:32	02:31:21.34
3314	1820/2922	318/508	6177	Alyssa Dethloff	F	26	Grand Island	NE	00:33:21.84	01:18:26.05	00:39:34.28	11:32	02:31:22.18
3315	1495/1785	63/80	5388	Bob Glissmann	M	58	Omaha	NE	00:33:34.33	01:20:17.44	00:37:35.75	11:33	02:31:27.53
3316	1821/2922	221/335	2489	Erin Eaton	F	42	Liberty	MO	00:32:53.07	01:19:08.58	00:39:26.24	11:33	02:31:27.90
3317	1822/2922	222/335	3845	Anita Gammel	F	42	Lincoln	NE	00:35:03.40	01:18:38.00	00:37:47.21	11:33	02:31:28.62
3318	1823/2922	101/128	3254	Taylor Lamp	F	19	Hubbard	NE	00:30:01.29	01:20:36.17	00:40:51.21	11:33	02:31:28.67
3319	1824/2922	17/41	1249	Denise Thornburg	F	60	Beatrice	NE	00:33:39.35	01:19:25.80	00:38:27.67	11:33	02:31:32.82
3320	1825/2922	279/454	2216	Justine Truckenbrod	F	33	Elkhorn	NE	00:31:36.78	01:20:25.06	00:39:32.61	11:33	02:31:34.46
3321	1826/2922	280/454	263	Rachel Steier	F	31	Omaha	NE	00:31:38.32	01:20:24.88	00:39:32.32	11:33	02:31:35.54
3322	1827/2922	319/508	3670	Kimberly Barry	F	26	Lakewood	CO	00:35:04.67	01:18:44.48	00:37:47.29	11:33	02:31:36.45
3323	1828/2922	281/454	1837	Samantha Pflingsten	F	31	Plymouth	NE	00:30:36.36	01:21:02.80	00:39:58.47	11:34	02:31:37.64
3324	1829/2922	320/508	3065	Taylor Barnes	F	27	Seward	NE	00:33:51.13	01:20:23.10	00:37:23.48	11:34	02:31:37.72
3325	1496/1785	242/276	3514	Benny Foltz	M	39	Papillion	NE	00:25:11.55	01:16:53.07	00:49:33.61	11:34	02:31:38.23

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3326	1830/2922	346/531	709	Carmen Hesser	F	36	Denton	NE	00:33:29.75	01:18:55.61	00:39:13.64	11:34	02:31:39.01
3327	1497/1785	150/181	4924	Troy Hlavaty	M	23	Omaha	NE	00:33:53.28	01:19:16.01	00:38:30.46	11:34	02:31:39.75
3328	1498/1785	151/181	5700	Nick Mcewin	M	23	Elkhorn	NE	00:33:54.19	01:19:11.00	00:38:34.98	11:34	02:31:40.18
3329	1831/2922	223/335	1692	Kili Krauter	F	42	Wilber	NE	00:33:28.95	01:18:57.05	00:39:14.63	11:34	02:31:40.64
3330	1832/2922	221/345	1522	Sophie Sealer	F	23	Omaha	NE	00:33:54.71	01:19:15.56	00:38:30.55	11:34	02:31:40.83
3331	1833/2922	222/345	2179	Celica Galeano	F	22	Lincoln	NE	00:34:16.62	01:16:40.58	00:40:44.81	11:34	02:31:42.02
3332	1499/1785	243/276	5776	Tanner Penrod	M	39	Lincoln	NE	00:31:55.85	01:17:32.65	00:42:14.04	11:34	02:31:42.54
3333	1834/2922	321/508	3577	Lydia Becker	F	28	Omaha	NE	00:32:56.94	01:19:28.59	00:39:17.94	11:34	02:31:43.48
3334	1835/2922	223/345	2917	Bailey Hoover	F	24	Geneva	NE	00:33:28.31	01:19:10.68	00:39:11.64	11:34	02:31:50.64
3335	1836/2922	224/345	2162	Shelby Heberlee	F	22	Lincoln	NE	00:31:51.85	01:19:48.51	00:40:11.95	11:35	02:31:52.32
3336	1500/1785	222/260	5143	Jack Huettner	M	26	Omaha	NE	00:32:54.22	01:19:26.60	00:39:32.44	11:35	02:31:53.27
3337	1837/2922	282/454	2890	Becky Holland	F	32	Bellevue	NE	00:33:28.89	01:18:04.38	00:40:20.22	11:35	02:31:53.50
3338	1838/2922	322/508	2071	Paige Weber	F	26	Elkhorn	NE	00:32:56.55	01:19:25.41	00:39:32.85	11:35	02:31:54.81
3339	1839/2922	323/508	3719	Kristin Kroeker	F	28	Omaha	NE	00:29:39.80	01:20:21.45	00:41:54.50	11:35	02:31:55.76
3340	1840/2922	283/454	1472	Emily Beasley	F	31	Omaha	NE	00:34:34.23	01:17:35.35	00:39:50.07	11:35	02:31:59.66
3341	1841/2922	284/454	1259	Apryl Schwarz	F	33	Geneva	NE	00:35:22.84	01:21:26.46	00:35:11.36	11:35	02:32:00.67
3342	1842/2922	285/454	2069	Elizabeth Walters	F	34	Kearney	NE	00:33:42.37	01:17:27.52	00:40:51.94	11:35	02:32:01.84
3343	1501/1785	214/253	5324	Andy Walters	M	34	Kearney	NE	00:33:42.54	01:17:28.57	00:40:51.00	11:35	02:32:02.11
3344	1843/2922	324/508	2068	Roxy Lane	F	28	Kearney	NE	00:33:42.36	01:17:27.93	00:40:51.91	11:35	02:32:02.20
3345	1844/2922	225/345	2947	Taylor Sorensen	F	21	Lincoln	NE	00:32:27.38	01:21:17.80	00:38:18.42	11:35	02:32:03.61
3346	1845/2922	226/345	2139	Taylor Edmonds	F	21	Lincoln	NE	00:32:27.08	01:21:17.99	00:38:18.55	11:35	02:32:03.62
3347	1502/1785	64/80	5842	Don Boehm	M	55	Mauston	WI	00:33:33.69	01:21:56.77	00:36:35.18	11:36	02:32:05.64
3348	1846/2922	153/258	4988	Kari Braun	F	47	Carleton	NE	00:33:04.69	01:19:51.44	00:39:09.92	11:36	02:32:06.05
3349	1847/2922	224/335	1724	Jodi Pfaff	F	41	Gretna	NE	00:33:27.94	01:20:41.64	00:37:57.32	11:36	02:32:06.91
3350	1848/2922	325/508	2151	Haley Most	F	26	Omaha	NE	00:32:35.44	01:19:18.12	00:40:13.80	11:36	02:32:07.36
3351	1503/1785	123/145	5756	Todd Tabor	M	53	Walton	NE	00:36:10.56	01:18:22.34	00:37:36.90	11:36	02:32:09.80
3352	1849/2922	326/508	337	Shiloh Davenport	F	29	Lincoln	NE	00:32:42.37	01:17:07.24	00:42:20.39	11:36	02:32:10.01
3353	1850/2922	225/335	2476	Julie Eggen	F	44	Fremont	NE	00:31:55.07	01:18:57.34	00:41:22.00	11:36	02:32:14.41
3354	1851/2922	226/335	1244	Jessica Sagehorn	F	42	Fremont	NE	00:31:54.88	01:17:28.05	00:42:51.90	11:36	02:32:14.83
3355	1852/2922	286/454	3756	Laura Griffis	F	34	Fremont	NE	00:31:52.56	01:17:35.30	00:42:47.03	11:36	02:32:14.89
3356	1853/2922	227/335	2415	Regina Wagner	F	42	Fremont	NE	00:31:55.07	01:18:57.10	00:41:23.33	11:36	02:32:15.51
3357	1854/2922	154/258	4218	Pam Peters	F	48	Pender	NE	00:31:00.32	01:20:46.84	00:40:28.78	11:36	02:32:15.95
3358	1504/1785	244/276	6028	Brian Krejci	M	39	Elkhorn	NE	00:30:02.13	01:16:57.94	00:45:17.21	11:37	02:32:17.28
3359	1505/1785	19/25	3913	Lucas Lee	M	14	Omaha	NE	00:27:50.57	01:18:08.79	00:46:18.04	11:37	02:32:17.41
3360	1855/2922	18/41	6621	Carol Werthan	F	61	Freehold	NJ	00:32:45.11	01:20:22.47	00:39:11.42	11:37	02:32:19.01



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3361	1506/1785	152/181	5904	Nicolas Jack	M	23	Omaha	NE	00:29:49.41	01:21:32.06	00:40:58.34	11:37	02:32:19.83
3362	1856/2922	287/454	2449	Katie Morrill	F	33	Lincoln	NE	00:32:52.37	01:19:41.53	00:39:49.17	11:37	02:32:23.07
3363	1857/2922	327/508	1434	Kendra Wurdeman	F	28	Lincoln	NE	00:33:51.45	01:20:11.08	00:38:20.97	11:37	02:32:23.50
3364	1858/2922	328/508	4689	Kelsey Yadon	F	28	Lincoln	NE	00:33:52.64	01:20:10.30	00:38:20.86	11:37	02:32:23.81
3365	1507/1785	245/276	5116	Corry Compton	M	35	Lincoln	NE	00:34:05.00	01:19:58.02	00:38:21.15	11:37	02:32:24.18
3366	1859/2922	347/531	1772	Jessica Compton	F	36	Lincoln	NE	00:34:08.12	01:19:59.54	00:38:17.19	11:37	02:32:24.85
3367	1508/1785	215/253	4835	Ryan Drees	M	34	Lincoln	NE	00:33:18.09	01:18:33.10	00:40:34.95	11:37	02:32:26.14
3368	1509/1785	4/9	5206	Richard Halvorsen	M	73	Lincoln	NE	00:33:08.22	01:19:27.18	00:39:51.17	11:37	02:32:26.58
3369	1860/2922	288/454	2658	Lauren Scheurer	F	31	Saint Peters	MO	00:34:12.12	01:16:25.99	00:41:48.66	11:37	02:32:26.77
3370	1861/2922	5/23	1548	Patricia Franks	F	67	Lincoln	NE	00:33:04.08	01:20:07.06	00:39:19.82	11:38	02:32:30.97
3371	1862/2922	82/148	6132	Vera Herrero	F	54	Omaha	NE	00:35:06.49	01:19:23.06	00:38:02.15	11:38	02:32:31.71
3372	1863/2922	9/19	150	Cecilia Ulrich	F	14	Lincoln	NE	00:33:11.86	01:22:39.29	00:36:40.56	11:38	02:32:31.72
3373	1864/2922	329/508	5127	Annie Boesiger	F	26	Lincoln	NE	00:31:25.50	01:20:12.79	00:40:54.48	11:38	02:32:32.78
3374	1865/2922	227/345	2918	Abby Baker	F	21	Lincoln	NE	00:32:10.29	01:20:54.65	00:39:33.82	11:38	02:32:38.77
3375	1866/2922	102/128	1308	Jenna Kempkes	F	17	Lincoln	NE	00:31:15.95	01:21:03.58	00:40:19.89	11:38	02:32:39.42
3376	1867/2922	330/508	707	Trina Osuna	F	26	West Point	NE	00:35:16.80	01:17:35.02	00:39:50.19	11:38	02:32:42.02
3377	1510/1785	144/172	5416	Roger Main	M	48	Ankeny	IA	00:32:46.92	01:18:32.55	00:41:23.91	11:39	02:32:43.39
3378	1868/2922	228/345	4076	Marisa Martinez	F	24	Omaha	NE	00:31:55.58	01:19:13.53	00:41:36.34	11:39	02:32:45.46
3379	1869/2922	103/128	2197	Izabella Stofer	F	18	Kearney	NE	00:37:30.42	01:19:31.17	00:35:45.44	11:39	02:32:47.03
3380	1870/2922	229/345	2755	Connor Ward	F	22	Altoona	IA	00:33:05.10	01:19:26.26	00:40:15.89	11:39	02:32:47.26
3381	1511/1785	223/260	5312	Joe Denicola	M	26	Lincoln	NE	00:31:54.99	01:14:36.32	00:46:15.99	11:39	02:32:47.30
3382	1871/2922	348/531	3082	Meredith Tvrdik	F	38	Big Lake	MN	00:33:10.48	01:19:39.30	00:39:58.55	11:39	02:32:48.33
3383	1512/1785	224/260	5192	Aaron Baney	M	26	Lincoln	NE	00:32:58.33	01:20:31.58	00:39:20.69	11:39	02:32:50.61
3384	1872/2922	230/345	548	Katie Oæbrien	F	23	Lincoln	NE	00:32:58.54	01:20:31.79	00:39:20.92	11:39	02:32:51.25
3385	1873/2922	289/454	1685	Angie Arnold	F	30	Lees Summit	MO	00:31:45.56	01:21:48.06	00:39:18.96	11:39	02:32:52.58
3386	1874/2922	104/128	854	Holly Nitzel	F	17	Hastings	NE	00:32:16.30	01:18:38.12	00:42:00.31	11:39	02:32:54.75
3387	1875/2922	349/531	2062	Melissa Campbell	F	36	Sioux City	IA	00:31:37.54	01:20:42.77	00:40:35.71	11:39	02:32:56.03
3388	1876/2922	331/508	2714	Mckenzie Riesselman	F	26	Gretna	NE	00:32:37.07	01:17:34.69	00:42:44.47	11:39	02:32:56.23
3389	1513/1785	124/145	4617	Steve Mossman	M	54	Lincoln	NE	00:33:12.43	01:21:31.74	00:38:12.54	11:40	02:32:56.71
3390	1877/2922	83/148	866	Terri Thomas	F	53	Topeka	KS	00:34:48.31	01:18:34.23	00:39:34.95	11:40	02:32:57.50
3391	1878/2922	231/345	1749	Lexie Karkazis	F	20	Lincoln	NE	00:32:08.88	01:19:40.79	00:41:08.51	11:40	02:32:58.19
3392	1879/2922	228/335	3146	Amy Johnson	F	44	Springview	NE	00:32:54.83	01:18:42.62	00:41:25.95	11:40	02:33:03.41
3393	1514/1785	181/215	5549	Daniel Kennedy	M	40	Omaha	NE	00:34:30.75	01:19:05.97	00:39:27.16	11:40	02:33:03.89
3394	1880/2922	71/122	824	Glenda Kerwin	F	55	Omaha	NE	00:34:24.20	01:20:26.12	00:38:13.67	11:40	02:33:03.99
3395	1881/2922	350/531	951	Laura Vannordstrand	F	35	Minden	IA	00:33:36.95	01:21:39.69	00:37:50.03	11:40	02:33:06.67

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3396	1882/2922	232/345	423	Rachel Engel	F	21	Lincoln	NE	00:32:59.11	01:15:36.06	00:44:31.73	11:40	02:33:06.91
3397	1883/2922	72/122	2451	Cathy Heyen	F	55	Lincoln	NE	00:35:38.77	01:20:51.81	00:36:38.44	11:40	02:33:09.03
3398	1884/2922	290/454	2379	Amanda Finco	F	33	Lincoln	NE	00:33:59.68	01:19:55.05	00:39:17.41	11:41	02:33:12.15
3399	1515/1785	182/215	5507	Ben Hennecke	M	43	Lincoln	NE	00:34:34.17	01:23:56.65	00:34:41.38	11:41	02:33:12.21
3400	1885/2922	351/531	1583	Amy Knobbe	F	38	Lincoln	NE	00:34:02.17	01:20:11.00	00:39:00.89	11:41	02:33:14.06
3401	1886/2922	332/508	1018	Kate Stephen	F	29	Lincoln	NE	00:35:38.32	01:19:53.16	00:37:55.80	11:42	02:33:27.28
3402	1887/2922	291/454	4150	Reesa Vice	F	31	York	NE	00:36:50.37	01:22:14.85	00:34:24.39	11:42	02:33:29.62
3403	1888/2922	233/345	3730	Fayth Ryan	F	24	Columbus	NE	00:34:11.36	01:19:43.80	00:39:34.91	11:42	02:33:30.07
3404	1889/2922	229/335	2978	Jamie Akins	F	42	Lincoln	NE	00:33:40.60	01:19:58.77	00:39:52.31	11:42	02:33:31.69
3405	1890/2922	155/258	6172	Valerie Tiemann	F	48	Omaha	NE	00:34:11.05	01:20:21.37	00:39:02.62	11:42	02:33:35.04
3406	1516/1785	153/181	5081	Zach Tabor	M	21	Walton	NE	00:31:53.89	01:23:04.88	00:38:36.26	11:42	02:33:35.04
3407	1891/2922	230/335	3210	Nedine Cunningham	F	42	West Tisbury	MA	00:36:03.30	01:19:08.74	00:38:23.46	11:42	02:33:35.50
3408	1892/2922	231/335	1274	Shawna Victor	F	41	Columbia	MO	00:27:16.65	01:15:53.56	00:50:25.94	11:43	02:33:36.16
3409	1517/1785	145/172	5500	Tony Lamar	M	46	Omaha	NE	00:31:09.75	01:20:11.86	00:42:16.36	11:43	02:33:37.98
3410	1518/1785	183/215	4460	Dean Gerke	M	44	Omaha	NE	00:34:33.11	01:20:10.95	00:38:54.32	11:43	02:33:38.39
3411	1893/2922	352/531	1298	Hallie Yantzie	F	37	Ord	NE	00:33:23.43	01:20:34.00	00:39:41.72	11:43	02:33:39.16
3412	1894/2922	353/531	1019	Whitney Fleischman	F	37	Goehner	NE	00:33:25.04	01:20:33.99	00:39:41.62	11:43	02:33:40.66
3413	1895/2922	333/508	4137	Jenna Burger	F	25	Auburn	NE	00:30:37.20	01:19:43.43	00:43:20.19	11:43	02:33:40.83
3414	1896/2922	334/508	1638	Khyla Malone	F	29	Aurora	NE	00:31:17.05	01:20:36.18	00:41:50.54	11:43	02:33:43.78
3415	1897/2922	234/345	3496	Elizabeth Brannon	F	20	Rolla	MO	00:33:33.50	01:21:07.73	00:39:03.94	11:43	02:33:45.18
3416	1898/2922	335/508	4332	Emily Lapreze	F	25	Omaha	NE	00:33:34.51	01:21:08.22	00:39:03.32	11:43	02:33:46.06
3417	1519/1785	146/172	4888	Dale Zaruba	M	47	Columbus	NE	00:32:21.87	01:20:08.24	00:41:16.88	11:43	02:33:46.99
3418	1899/2922	336/508	1041	Kelli Claassen	F	28	Lincoln	NE	00:30:40.02	01:20:27.49	00:42:42.41	11:44	02:33:49.92
3419	1900/2922	235/345	5249	Heidi Roesener	F	20	Stromsburg	NE	00:33:53.15	01:20:47.21	00:39:10.81	11:44	02:33:51.18
3420	1901/2922	337/508	848	Rachael Huether	F	28	Gordon	NE	00:31:22.94	01:21:53.62	00:40:36.66	11:44	02:33:53.23
3421	1902/2922	292/454	5424	Jenna Koperski-Bohn	F	34	Oakland	NE	00:35:54.03	01:22:00.85	00:35:58.40	11:44	02:33:53.29
3422	1903/2922	354/531	2129	Cassie Banks	F	37	Gordon	NE	00:31:24.30	01:21:52.88	00:40:36.57	11:44	02:33:53.75
3423	1904/2922	84/148	2290	Chris Stungis	F	51	Omaha	NE	00:34:50.35	01:20:18.54	00:38:48.72	11:44	02:33:57.62
3424	1905/2922	293/454	6562	Jenna Beideck	F	34	Lincoln	NE	00:34:09.64	01:21:14.28	00:38:34.81	11:44	02:33:58.75
3425	1906/2922	338/508	1102	Bobbie Lippert	F	27	Council Bluffs	IA	00:34:18.87	01:19:52.07	00:39:49.61	11:44	02:34:00.56
3426	1907/2922	355/531	1806	Shanna Drumheller	F	35	Kearney	NE	00:33:35.71	01:19:59.67	00:40:25.95	11:44	02:34:01.33
3427	1908/2922	356/531	1748	Annie Drumheller	F	39	Kearney	NE	00:33:35.31	01:20:00.27	00:40:25.76	11:44	02:34:01.35
3428	1909/2922	294/454	4899	Tara Shuster	F	32	Antelope	CA	00:35:02.49	01:21:10.40	00:37:52.20	11:45	02:34:05.11
3429	1910/2922	339/508	2447	Lizz Bauer	F	26	Lincoln	NE	00:34:46.40	01:21:21.43	00:37:57.96	11:45	02:34:05.80
3430	1911/2922	357/531	1248	Crystal Brown	F	38	Tecumseh	NE	00:35:03.50	01:21:10.01	00:37:53.12	11:45	02:34:06.64

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3431	1912/2922	358/531	2317	Jessica Kuzepa	F	39	Bellevue	NE	00:33:23.93	01:21:02.57	00:39:41.65	11:45	02:34:08.15
3432	1520/1785	147/172	5741	Aphidet Khammaly	M	46	Lincoln	NE	00:35:31.84	01:22:51.65	00:35:49.82	11:45	02:34:13.32
3433	1521/1785	154/181	3696	Ethan Schott	M	21	Papillion	NE	00:30:15.28	01:18:23.33	00:45:34.80	11:45	02:34:13.41
3434	1913/2922	232/335	736	Kathryn Riesz Schapper	F	41	Elkhorn	NE	00:32:17.92	01:22:06.20	00:39:50.73	11:45	02:34:14.85
3435	1914/2922	156/258	1107	Molly Noon	F	46	Council Bluffs	IA	00:35:16.98	01:21:45.59	00:37:12.71	11:46	02:34:15.29
3436	1915/2922	359/531	2915	Michaela Schweitzer	F	36	Broken Bow	NE	00:35:16.55	01:20:16.27	00:38:43.47	11:46	02:34:16.29
3437	1916/2922	295/454	1786	Cassandra Blakely	F	33	Lincoln	NE	00:34:40.25	01:21:31.13	00:38:05.40	11:46	02:34:16.78
3438	1917/2922	296/454	1307	Lacie Ritchie	F	34	Kearney	NE	00:34:18.73	01:21:30.00	00:38:31.15	11:46	02:34:19.88
3439	1522/1785	125/145	5817	Kevin Miller	M	52	Valley Center	KS	00:35:32.84	01:22:49.18	00:35:58.29	11:46	02:34:20.31
3440	1523/1785	155/181	5330	Andy Ngo	M	23	Lincoln	NE	00:30:48.44	01:18:38.25	00:44:53.67	11:46	02:34:20.37
3441	1524/1785	33/42	5936	Mickey Muthersbaugh	M	62	Lincoln	NE	00:36:09.86	01:22:07.57	00:36:04.11	11:46	02:34:21.55
3442	1525/1785	20/25	3323	Trey Henning	M	13	Beatrice	NE	00:37:09.29	01:22:26.32	00:34:47.90	11:46	02:34:23.52
3443	1918/2922	340/508	424	Madison Scroggins	F	26	Linden	IA	00:32:42.79	01:21:44.91	00:39:56.31	11:46	02:34:24.02
3444	1526/1785	148/172	5636	Todd Scroggins	M	49	Linden	IA	00:32:43.04	01:21:45.31	00:39:56.08	11:46	02:34:24.43
3445	1919/2922	233/335	1614	Christine Mollhoff	F	44	Lincoln	NE	00:31:53.83	01:23:24.55	00:39:10.57	11:47	02:34:28.96
3446	1920/2922	234/335	1477	Lisa Kasik	F	42	Lincoln	NE	00:31:57.37	01:23:24.29	00:39:10.91	11:47	02:34:32.57
3447	1921/2922	297/454	2166	Mckenzie Mclaughlin	F	31	Adams	NE	00:32:51.46	01:20:27.49	00:41:19.79	11:47	02:34:38.75
3448	1922/2922	157/258	1316	Lisa Banks	F	49	Lincoln	NE	00:33:59.11	01:24:17.53	00:36:22.56	11:47	02:34:39.21
3449	1923/2922	158/258	1327	Kris Vrooman	F	45	Juniata	NE	00:31:19.66	01:20:03.76	00:43:16.69	11:47	02:34:40.12
3450	1924/2922	360/531	2233	Chelsea Mollak	F	37	Omaha	NE	00:34:56.92	01:20:32.15	00:39:14.76	11:48	02:34:43.83
3451	1925/2922	341/508	3797	Sarah Longsine	F	28	Kearney	NE	00:36:14.69	01:21:07.48	00:37:23.50	11:48	02:34:45.68
3452	1527/1785	225/260	4540	Cody Herald	M	26	Lincoln	NE	00:35:18.26	01:19:31.54	00:39:56.37	11:48	02:34:46.18
3453	1926/2922	235/335	6552	Jenny Woods	F	40	Lincoln	NE	00:33:47.63	01:21:01.64	00:39:58.36	11:48	02:34:47.64
3454	1927/2922	361/531	1834	Lisa Bowers	F	37	Lincoln	NE	00:35:21.05	01:19:39.06	00:39:49.08	11:48	02:34:49.20
3455	1928/2922	236/345	3407	Ana Clapham	F	24	Omaha	NE	00:31:15.74	01:20:52.46	00:42:41.08	11:48	02:34:49.28
3456	1929/2922	298/454	3070	Sarah Bornemeier	F	33	Roca	NE	00:34:14.02	01:21:58.64	00:38:38.32	11:48	02:34:50.98
3457	1930/2922	85/148	4225	Rebecca Krumm	F	50	Hastings	NE	00:35:17.73	01:21:13.74	00:38:19.82	11:48	02:34:51.29
3458	1931/2922	362/531	2613	Jennifer Deets	F	38	Hastings	NE	00:35:17.98	01:21:13.94	00:38:19.62	11:48	02:34:51.55
3459	1528/1785	226/260	4267	Patrick Lowrey	M	27	Lincoln	NE	00:37:42.59	01:21:24.52	00:35:47.41	11:49	02:34:54.53
3460	1529/1785	126/145	5868	Shane Lowrey	M	50	Gothenburg	NE	00:37:43.32	01:21:24.54	00:35:46.80	11:49	02:34:54.67
3461	1530/1785	227/260	4896	Craig Guilkey	M	28	Superior	NE	00:34:15.38	01:21:57.83	00:38:41.92	11:49	02:34:55.14
3462	1932/2922	342/508	3580	Tessa Recker	F	29	Beemer	NE	00:30:27.63	01:22:06.03	00:42:21.85	11:49	02:34:55.52
3463	1933/2922	343/508	2605	Olivia Housholder	F	25	Courtland	KS	00:34:18.30	01:21:56.00	00:38:41.23	11:49	02:34:55.53
3464	1531/1785	156/181	3502	Tim Eveland	M	20	Lincoln	NE	00:32:58.55	01:15:45.86	00:46:13.06	11:49	02:34:57.48
3465	1934/2922	237/345	4848	Haley Collins	F	23	Omaha	NE	00:35:50.17	01:20:13.45	00:38:54.08	11:49	02:34:57.70

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3466	1532/1785	149/172	5377	Scott Eveland	M	47	Lincoln	NE	00:32:59.54	01:15:46.06	00:46:12.68	11:49	02:34:58.28
3467	1533/1785	228/260	5060	Travis Collins	M	25	Omaha	NE	00:35:50.69	01:20:12.92	00:38:54.66	11:49	02:34:58.29
3468	1534/1785	65/80	5631	Scott Wilson	M	55	Tyler	TX	00:33:05.73	01:19:48.63	00:42:05.09	11:49	02:34:59.45
3469	1935/2922	236/335	1345	Misti Mcinteer	F	44	Lincoln	NE	00:36:53.81	01:20:33.75	00:37:32.67	11:49	02:35:00.23
3470	1936/2922	344/508	4141	Emily Berg	F	26	Watertown	SD	00:32:28.27	01:21:29.91	00:41:02.11	11:49	02:35:00.30
3471	1937/2922	238/345	3977	Sydney Wilson	F	23	Tyler	TX	00:33:08.30	01:19:48.78	00:42:04.60	11:49	02:35:01.69
3472	1938/2922	345/508	4055	Kasey Nicolaus	F	26	York	NE	00:36:50.36	01:22:14.65	00:35:57.23	11:49	02:35:02.25
3473	1939/2922	299/454	886	Mai Pham	F	33	Lincoln	NE	00:33:17.82	01:20:17.29	00:41:29.32	11:49	02:35:04.44
3474	1940/2922	363/531	415	Kara Saldierna	F	39	Omaha	NE	00:35:37.91	01:22:27.52	00:36:59.16	11:49	02:35:04.60
3475	1941/2922	6/23	1350	Adele Gammel	F	65	Strasburg	CO	00:35:48.39	01:21:41.18	00:37:35.67	11:49	02:35:05.26
3476	1942/2922	346/508	2120	Bay Lee Purdy	F	25	North Sioux City	SD	00:30:12.56	01:20:02.05	00:44:53.57	11:50	02:35:08.19
3477	1943/2922	364/531	2519	Rachel Vandekop	F	35	Sergeant Bluff	IA	00:30:56.06	01:19:32.38	00:44:40.20	11:50	02:35:08.65
3478	1535/1785	229/260	5884	Justin Young	M	26	North Sioux City	SD	00:30:13.31	01:20:02.10	00:44:53.43	11:50	02:35:08.84
3479	1944/2922	237/335	2723	Tara Meyer	F	44	Elkhorn	NE	00:32:28.24	01:19:43.40	00:42:58.33	11:50	02:35:09.97
3480	1945/2922	365/531	2907	Amy Smallfoot	F	35	Nebraska City	NE	00:34:15.81	01:18:59.32	00:41:55.70	11:50	02:35:10.84
3481	1946/2922	239/345	1008	Haley Clausen	F	20	Elkhorn	NE	00:32:31.07	01:21:24.28	00:41:16.30	11:50	02:35:11.66
3482	1947/2922	347/508	306	Rachel Lewis	F	28	Lincoln	NE	00:36:18.78	01:20:11.02	00:38:42.87	11:50	02:35:12.67
3483	1536/1785	157/181	5026	Lawrence Van Treeck	M	22	Lincoln	NE	00:32:12.35	01:19:32.43	00:43:30.61	11:50	02:35:15.39
3484	1948/2922	300/454	4397	Katie Hague	F	30	Lincoln	NE	00:34:58.76	01:19:55.77	00:40:22.33	11:50	02:35:16.87
3485	1949/2922	348/508	361	Elli Strohbehm	F	25	Lincoln	NE	00:31:24.38	01:20:22.83	00:43:30.16	11:50	02:35:17.37
3486	1950/2922	366/531	1677	Jennifer Price	F	39	Columbus	NE	00:34:16.39	01:19:12.36	00:41:48.99	11:50	02:35:17.75
3487	1951/2922	367/531	745	Laura Erickson	F	39	Bellevue	NE	00:33:31.56	01:21:03.48	00:40:45.49	11:51	02:35:20.54
3488	1537/1785	246/276	5793	Mark Giesler	M	36	Lincoln	NE	00:32:48.54	01:20:17.03	00:42:15.20	11:51	02:35:20.78
3489	1952/2922	238/335	270	Jennifer Heiser	F	42	Lincoln	NE	00:33:37.39	01:18:01.30	00:43:43.99	11:51	02:35:22.68
3490	1953/2922	349/508	2866	Sarah Routt	F	27	Omaha	NE	00:33:31.50	01:21:06.33	00:40:46.70	11:51	02:35:24.54
3491	1954/2922	73/122	3086	Nadine Coles	F	56	Indianapolis	IN	00:35:27.48	01:21:05.52	00:38:52.49	11:51	02:35:25.50
3492	1955/2922	301/454	581	Jennifer Goetsch	F	34	Hickman	NE	00:32:00.17	01:23:04.58	00:40:24.73	11:51	02:35:29.50
3493	1956/2922	302/454	1475	Kat Johnson	F	32	Omaha	NE	00:36:08.92	01:21:02.67	00:38:20.16	11:51	02:35:31.75
3494	1538/1785	158/181	4721	Shane Whitney	M	24	Omaha	NE	00:30:51.31	01:24:52.42	00:39:49.47	11:51	02:35:33.20
3495	1957/2922	350/508	3529	Robin Holloway	F	27	Lincoln	NE	00:35:36.47	01:20:49.33	00:39:07.61	11:51	02:35:33.42
3496	1958/2922	368/531	589	Kristin Skinner	F	36	Lincoln	NE	00:34:47.92	01:21:38.03	00:39:07.79	11:52	02:35:33.74
3497	1959/2922	351/508	2815	Hailey Larsen	F	25	Lincoln	NE	00:32:17.98	01:22:01.03	00:41:15.25	11:52	02:35:34.27
3498	1960/2922	352/508	3637	Sara Neuhaus	F	26	Bellevue	NE	00:33:39.81	01:18:46.07	00:43:08.60	11:52	02:35:34.49
3499	1961/2922	240/345	2625	Caitlin Holman	F	24	Lincoln	NE	00:33:18.16	01:22:14.41	00:40:04.17	11:52	02:35:36.76
3500	1962/2922	159/258	3003	Tami Griffiths	F	47	Omaha	NE	00:35:20.69	01:24:06.83	00:36:14.55	11:52	02:35:42.08

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3501	1963/2922	353/508	1838	Shannon Linton	F	28	Kearney	NE	00:36:07.72	01:19:54.80	00:39:48.84	11:53	02:35:51.37
3502	1539/1785	216/253	5220	Dustin Florian	M	33	Lincoln	NE	00:35:20.19	01:18:25.51	00:42:06.55	11:53	02:35:52.25
3503	1964/2922	369/531	649	Donna Fisher	F	36	Lincoln	NE	00:34:52.81	01:19:07.13	00:41:53.80	11:53	02:35:53.75
3504	1965/2922	239/335	601	Angie Hoppe	F	42	Lincoln	NE	00:34:03.73	01:19:18.02	00:42:33.80	11:53	02:35:55.56
3505	1966/2922	354/508	452	Rainielle Hoover	F	28	Grand Island	NE	00:33:14.56	01:20:33.07	00:42:10.42	11:53	02:35:58.05
3506	1967/2922	355/508	378	Madison Barbee	F	26	Lincoln	NE	00:32:44.91	01:20:49.83	00:42:26.49	11:54	02:36:01.23
3507	1968/2922	241/345	412	Allison Witcofski	F	24	Gering	NE	00:32:45.32	01:20:49.63	00:42:26.60	11:54	02:36:01.56
3508	1969/2922	356/508	178	Christina Harrison	F	29	Lincoln	NE	00:32:24.37	01:20:53.81	00:42:44.68	11:54	02:36:02.87
3509	1970/2922	160/258	3244	Michelle Henderson	F	45	Owatonna	MN	00:33:23.74	01:21:10.87	00:41:34.18	11:54	02:36:08.80
3510	1971/2922	242/345	3143	Nyla Witzel	F	23	Brainard	NE	00:31:33.28	01:21:41.44	00:42:54.49	11:54	02:36:09.21
3511	1972/2922	370/531	741	Krystal Howard	F	37	Falls City	NE	00:31:13.07	01:20:18.70	00:44:42.19	11:55	02:36:13.97
3512	1540/1785	217/253	5955	Christopher Gardner	M	30	Seward	NE	00:37:58.81	01:21:53.92	00:36:22.49	11:55	02:36:15.23
3513	1541/1785	21/25	3341	Tayden Runcie	M	10	Seward	NE	00:37:58.29	01:21:54.08	00:36:23.28	11:55	02:36:15.66
3514	1973/2922	371/531	2821	Amy Berggren	F	38	Lincoln	NE	00:34:33.85	01:21:45.82	00:39:56.79	11:55	02:36:16.47
3515	1974/2922	372/531	198	Christine Foy	F	37	Lincoln	NE	00:34:14.54	01:23:28.32	00:38:37.67	11:55	02:36:20.53
3516	1975/2922	357/508	1840	Melissa Peterson	F	29	Elkhorn	NE	00:35:42.80	01:22:28.79	00:38:09.27	11:55	02:36:20.87
3517	1976/2922	373/531	6530	Penie Preston	F	37	Tempe	AZ	00:33:37.95	01:21:17.50	00:41:25.66	11:55	02:36:21.12
3518	1977/2922	105/128	1489	Jadyn Robley	F	18	Bee	NE	00:34:53.50	01:22:22.50	00:39:06.89	11:55	02:36:22.90
3519	1542/1785	88/96	4906	Carter Stara	M	19	David City	NE	00:34:54.32	01:22:23.11	00:39:05.56	11:55	02:36:23.00
3520	1978/2922	240/335	2036	Heather Doke	F	40	Newport	NE	00:34:49.41	01:22:30.24	00:39:04.11	11:55	02:36:23.76
3521	1979/2922	358/508	1341	Amy Fosler	F	27	Hickman	NE	00:33:43.54	01:22:07.15	00:40:33.10	11:55	02:36:23.80
3522	1980/2922	303/454	4746	Rachel Pickering	F	32	Crete	NE	00:33:44.30	01:22:07.41	00:40:32.49	11:55	02:36:24.21
3523	1543/1785	218/253	5983	Curtis Housholder	M	33	Courtland	KS	00:34:16.08	01:21:57.62	00:40:11.94	11:55	02:36:25.65
3524	1544/1785	219/253	6427	Jason Moffatt	M	30	Lincoln	NE	00:31:37.20	01:19:38.07	00:45:10.76	11:55	02:36:26.03
3525	1545/1785	159/181	5550	Charles Krueger	M	23	Lincoln	NE	00:36:24.71	01:20:45.26	00:39:18.83	11:56	02:36:28.81
3526	1981/2922	241/335	6547	Janet Goetting	F	40	Omaha	NE	00:34:07.93	01:21:00.55	00:41:21.42	11:56	02:36:29.91
3527	1982/2922	359/508	4878	Jessica Housholder	F	28	Courtland	KS	00:34:24.06	01:21:55.58	00:40:10.87	11:56	02:36:30.52
3528	1983/2922	242/335	1289	Laura Dean-Fuhr	F	41	Langenburg		00:34:08.47	01:20:29.13	00:41:53.76	11:56	02:36:31.36
3529	1984/2922	161/258	3117	Janet Nuss	F	45	Lincoln	NE	00:33:37.36	01:19:02.41	00:43:54.79	11:56	02:36:34.57
3530	1985/2922	360/508	4834	Jessica David	F	29	Holdrege	NE	00:33:52.58	01:23:52.55	00:38:50.17	11:56	02:36:35.30
3531	1986/2922	106/128	2816	Elizabeth Struwe	F	17	Lincoln	NE	00:30:47.10	01:23:28.21	00:42:24.85	11:57	02:36:40.16
3532	1987/2922	361/508	4177	Sara Shonka	F	26	Omaha	NE	00:35:25.23	01:21:35.13	00:39:39.84	11:57	02:36:40.21
3533	1988/2922	162/258	713	Angie Embray	F	49	Glenwood	IA	00:34:02.83	01:22:07.08	00:40:36.38	11:57	02:36:46.30
3534	1989/2922	374/531	180	Michelle Seier	F	36	Columbus	NE	00:34:18.05	01:19:58.27	00:42:30.10	11:57	02:36:46.43
3535	1990/2922	243/345	3536	Emma Hart	F	24	Columbus	NE	00:36:04.13	01:21:12.27	00:39:31.67	11:57	02:36:48.07

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3536	1991/2922	375/531	1435	Kayti Bowling	F	39	Omaha	NE	00:34:17.79	01:22:53.79	00:39:38.48	11:57	02:36:50.06
3537	1992/2922	244/345	1265	Emma Craig	F	23	Lincoln	NE	00:38:31.04	01:20:45.83	00:37:34.30	11:57	02:36:51.17
3538	1993/2922	304/454	1844	Natalie Ramaekers	F	30	Humphrey	NE	00:33:41.04	01:20:35.50	00:42:36.13	11:58	02:36:52.68
3539	1994/2922	245/345	1664	Donna Chen	F	24	Lincoln	NE	00:34:08.49	01:23:43.25	00:39:01.82	11:58	02:36:53.57
3540	1995/2922	362/508	1124	Ashley Torske	F	27	Lincoln	NE	00:34:03.58	01:20:58.30	00:41:52.29	11:58	02:36:54.18
3541	1996/2922	305/454	2439	Kayla Sellhorn	F	30	Lincoln	NE	00:34:03.86	01:20:58.10	00:41:52.79	11:58	02:36:54.75
3542	1997/2922	246/345	500	Alison Schmit	F	24	Norfolk	NE	00:34:12.15	01:20:49.42	00:41:54.49	11:58	02:36:56.06
3543	1998/2922	376/531	2437	Denee Kunzman	F	38	Albion	NE	00:36:12.10	01:24:03.02	00:36:42.11	11:58	02:36:57.24
3544	1546/1785	230/260	4980	Sam Bassman	M	28	Omaha	NE	00:31:14.72	01:20:54.31	00:44:51.57	11:58	02:37:00.61
3545	1999/2922	74/122	1222	Glenda Sturgis	F	58	Omaha	NE	00:34:19.33	01:22:20.27	00:40:23.40	11:58	02:37:03.01
3546	2000/2922	363/508	5152	Hunter Hillje	F	26	Omaha	NE	00:34:31.57	01:24:35.97	00:37:55.81	11:58	02:37:03.35
3547	2001/2922	306/454	3356	Jenna Cattau	F	33	Shelby	NE	00:32:14.33	01:22:33.30	00:42:21.97	11:59	02:37:09.61
3548	2002/2922	243/335	5849	Christina Podolak	F	40	Bellwood	NE	00:33:32.56	01:23:10.21	00:40:27.31	11:59	02:37:10.09
3549	2003/2922	75/122	1090	Lisa Lonchor	F	55	Phoenix	AZ	00:36:28.11	01:21:39.61	00:39:03.22	11:59	02:37:10.94
3550	1547/1785	34/42	3731	Dave Pease	M	63	Peru	NE	00:34:04.32	01:22:45.79	00:40:21.02	11:59	02:37:11.14
3551	2004/2922	247/345	6254	Jenna Debruyne	F	23	Omaha	NE	00:33:41.31	01:21:36.59	00:41:53.59	11:59	02:37:11.49
3552	2005/2922	364/508	1437	Erica Parde	F	29	Nebraska City	NE	00:34:05.52	01:22:45.93	00:40:20.40	11:59	02:37:11.86
3553	1548/1785	150/172	4301	Trevor Klimm	M	45	Garland	NE	00:34:06.91	01:22:48.94	00:40:16.42	11:59	02:37:12.27
3554	2006/2922	244/335	2427	Jen Weydert	F	40	Omaha	NE	00:36:50.11	01:22:36.40	00:37:45.81	11:59	02:37:12.32
3555	2007/2922	107/128	849	Sage Klimm	F	17	Garland	NE	00:34:07.39	01:22:51.79	00:40:13.16	11:59	02:37:12.36
3556	2008/2922	307/454	6620	Chelsey Fox	F	31	Ashland	NE	00:32:03.82	01:24:26.81	00:40:42.40	11:59	02:37:13.03
3557	2009/2922	163/258	1790	Sandra Burwell	F	49	David City	NE	00:33:31.93	01:23:10.00	00:40:31.22	11:59	02:37:13.16
3558	1549/1785	151/172	5345	Chad Brady	M	48	Hornick	IA	00:33:35.85	01:25:22.18	00:38:17.63	11:59	02:37:15.68
3559	1550/1785	231/260	5778	Chad Willis	M	27	Omaha	NE	00:32:20.85	01:19:10.56	00:45:45.57	11:59	02:37:16.98
3560	2010/2922	365/508	4354	Jessica Evans	F	29	Pierce	NE	00:31:42.51	01:22:15.81	00:43:19.92	11:59	02:37:18.25
3561	2011/2922	377/531	2687	Melanie Auxier	F	37	Omaha	NE	00:33:31.65	01:22:27.38	00:41:20.23	12:00	02:37:19.27
3562	2012/2922	378/531	744	Brea Hostetler	F	37	Kearney	NE	00:37:59.25	01:23:16.63	00:36:03.72	12:00	02:37:19.61
3563	2013/2922	248/345	1587	Bailey Schuelke	F	22	Greenwood	NE	00:34:31.69	01:22:32.17	00:40:16.03	12:00	02:37:19.90
3564	2014/2922	308/454	3236	Lisa Olson	F	33	Aurora	NE	00:32:22.96	01:23:36.93	00:41:23.35	12:00	02:37:23.24
3565	1551/1785	184/215	3355	Shefers Sarkar	M	42	Omaha	NE	00:36:17.90	01:23:40.04	00:37:26.10	12:00	02:37:24.04
3566	2015/2922	245/335	2994	Erin Stubbendieck	F	40	Omaha	NE	00:35:57.67	01:23:34.73	00:37:53.29	12:00	02:37:25.70
3567	2016/2922	76/122	1480	Eileen Gralewski	F	56	Bellevue	NE	00:34:04.84	01:19:30.93	00:43:50.21	12:00	02:37:25.98
3568	2017/2922	86/148	3063	Lori Wagner	F	54	Grand Island	NE	00:34:26.61	01:20:52.25	00:42:07.66	12:00	02:37:26.52
3569	1552/1785	19/26	5217	David Crook	M	65	Humboldt	NE	00:32:20.31	01:25:36.06	00:39:30.46	12:00	02:37:26.84
3570	2018/2922	366/508	1991	Kayla Beckstrom	F	27	Omaha	NE	00:35:34.91	01:21:42.10	00:40:14.28	12:00	02:37:31.30

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3571	2019/2922	309/454	2549	Jacqueline Wilson	F	30	Omaha	NE	00:31:28.94	01:19:59.87	00:46:03.11	12:01	02:37:31.92
3572	2020/2922	249/345	5301	Laura Hermansen	F	24	Savage	MN	00:34:01.90	01:17:56.54	00:45:33.51	12:01	02:37:31.96
3573	1553/1785	232/260	5863	Aaron Hlavaty	M	26	Lincoln	NE	00:31:20.58	01:24:02.38	00:42:09.84	12:01	02:37:32.80
3574	2021/2922	379/531	2229	Andrea Guzzo	F	35	Omaha	NE	00:35:38.54	01:22:27.53	00:39:30.19	12:01	02:37:36.27
3575	2022/2922	380/531	2217	Christine Jaber	F	37	Omaha	NE	00:36:03.72	01:29:55.85	00:31:38.78	12:01	02:37:38.37
3576	2023/2922	164/258	1708	April Ostransky	F	47	Ceresco	NE	00:34:39.95	01:23:19.30	00:39:39.34	12:01	02:37:38.60
3577	2024/2922	87/148	2671	Lori Cleary	F	53	Omaha	NE	00:34:24.92	01:20:41.27	00:42:33.71	12:01	02:37:39.91
3578	2025/2922	310/454	3175	Kate Martz	F	32	Lincoln	NE	00:36:18.84	01:22:34.21	00:38:47.52	12:01	02:37:40.58
3579	2026/2922	381/531	2024	Jaime Long	F	39	Lincoln	NE	00:32:06.13	01:24:12.40	00:41:27.57	12:02	02:37:46.10
3580	2027/2922	108/128	1139	Emma Gevelinger	F	19	Lincoln	NE	00:35:06.66	01:23:08.68	00:39:32.42	12:02	02:37:47.77
3581	1554/1785	185/215	4719	Brian Nelson	M	40	Lincoln	NE	00:30:21.49	01:19:37.45	00:47:51.07	12:02	02:37:50.02
3582	2028/2922	165/258	3166	Jennifer Blankenship	F	47	Lincoln	NE	00:35:30.31	01:22:30.80	00:39:49.91	12:02	02:37:51.03
3583	2029/2922	367/508	1568	Irma Serrato	F	28	Lincoln	NE	00:30:57.40	01:26:56.97	00:39:59.30	12:02	02:37:53.68
3584	2030/2922	77/122	2122	Roxanne Bretschneider	F	58	Norfolk	NE	00:35:04.40	01:22:23.38	00:40:25.99	12:02	02:37:53.77
3585	2031/2922	19/41	2428	Deb Ebeling	F	61	Norfolk	NE	00:35:05.06	01:22:23.30	00:40:26.05	12:02	02:37:54.41
3586	1555/1785	247/276	5768	Richard Rosas	M	36	Omaha	NE	00:32:46.58	01:20:03.26	00:45:06.94	12:02	02:37:56.79
3587	2032/2922	368/508	3968	Courtney Gentil	F	26	Lincoln	NE	00:34:07.26	01:22:52.03	00:40:57.95	12:02	02:37:57.24
3588	1556/1785	233/260	4519	Randy Humphrey	M	29	Lincoln	NE	00:37:49.83	01:21:34.26	00:38:33.41	12:02	02:37:57.51
3589	2033/2922	250/345	2589	Elizabeth Todsen	F	23	Eagle	NE	00:33:42.69	01:22:59.70	00:41:22.39	12:03	02:38:04.79
3590	2034/2922	311/454	2640	Laurel Peterson	F	32	Omaha	NE	00:28:57.53	01:16:16.31	00:52:52.93	12:03	02:38:06.77
3591	1557/1785	152/172	5465	Terry Colpitts	M	48	Glenwood	IA	00:32:05.96	01:24:41.77	00:41:21.59	12:03	02:38:09.32
3592	2035/2922	251/345	3177	Stephanie Tabor	F	23	Lincoln	NE	00:34:07.07	01:21:08.55	00:42:54.38	12:03	02:38:10.01
3593	2036/2922	109/128	2097	Ripley Schafers	F	19	Tripp	SD	00:33:38.11	01:23:23.75	00:41:09.40	12:04	02:38:11.26
3594	1558/1785	20/26	127	Bob Fiedler	M	68	Pleasant Dale	NE	00:33:54.73	01:21:39.85	00:42:38.17	12:04	02:38:12.76
3595	2037/2922	246/335	1449	Emily Glenn	F	44	Omaha	NE	00:37:53.34	01:23:44.01	00:36:37.40	12:04	02:38:14.75
3596	2038/2922	382/531	2694	Dana Allen	F	37	Stromsburg	NE	00:34:52.57	01:23:42.87	00:39:41.35	12:04	02:38:16.79
3597	1559/1785	153/172	5488	Matt Mundorf	M	49	Lincoln	NE	00:35:40.50	01:23:04.05	00:39:32.31	12:04	02:38:16.87
3598	2039/2922	78/122	1821	Bev Hattle	F	58	Fairbury	NE	00:36:30.00	01:22:07.82	00:39:40.21	12:04	02:38:18.04
3599	2040/2922	383/531	4614	Jennifer Long	F	37	Underwood	IA	00:34:11.19	01:23:09.08	00:40:57.76	12:04	02:38:18.04
3600	2041/2922	252/345	2650	Aliya Kunikeeva	F	23	Lincoln	NE	00:32:11.32	01:24:05.05	00:42:02.57	12:04	02:38:18.94
3601	1560/1785	154/172	5691	Stephen Montgomery	M	48	Papillion	NE	00:33:32.27	01:23:04.22	00:41:44.51	12:04	02:38:21.00
3602	1561/1785	66/80	6129	J D Davis	M	55	Omaha	NE	00:33:19.85	01:23:05.01	00:41:59.07	12:04	02:38:23.94
3603	1562/1785	234/260	5885	Emanuel Williams	M	29	Grand Island	NE	00:29:46.46	01:14:06.42	00:54:31.17	12:05	02:38:24.05
3604	2042/2922	384/531	1543	Crystal Nabity	F	37	Elkhorn	NE	00:33:54.51	01:21:43.75	00:42:47.28	12:05	02:38:25.54
3605	2043/2922	88/148	1034	Rachelle Kaspar-Cope	F	52	Cambridge	NE	00:31:40.39	01:21:12.86	00:45:34.62	12:05	02:38:27.88

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3606	2044/2922	79/122	3245	Marcy Zauha	F	56	Papillion	NE	00:32:26.27	01:23:20.42	00:42:41.24	12:05	02:38:27.94
3607	2045/2922	166/258	267	Kristy Witte	F	48	Wilsonville	NE	00:31:40.07	01:21:12.90	00:45:35.09	12:05	02:38:28.07
3608	2046/2922	89/148	2105	Tracy Scott	F	52	Omaha	NE	00:32:27.08	01:23:20.81	00:42:40.76	12:05	02:38:28.67
3609	2047/2922	385/531	2497	Nicole Sedlacek	F	38	Oneill	NE	00:34:03.72	01:23:36.03	00:40:48.99	12:05	02:38:28.74
3610	1563/1785	248/276	4321	Dijon Delaporte	M	37	Omaha	NE	00:33:23.63	01:20:17.17	00:44:50.00	12:05	02:38:30.81
3611	2048/2922	90/148	2841	Amy Avila	F	53	Omaha	NE	00:34:06.90	01:21:43.81	00:42:42.40	12:05	02:38:33.12
3612	1564/1785	89/96	3686	Ahren Schneider	M	18	Lincoln	NE	00:32:05.53	01:18:15.89	00:48:11.72	12:05	02:38:33.15
3613	2049/2922	312/454	1516	Emily Bottorf	F	34	Lincoln	NE	00:34:46.20	01:23:19.59	00:40:27.95	12:05	02:38:33.75
3614	1565/1785	249/276	5950	Abelardo Rodriguez	M	36	Kingsland	GA	00:35:09.06	01:21:07.55	00:42:17.54	12:05	02:38:34.16
3615	2050/2922	386/531	5621	Brandi Daugherty	F	36	Valentine	NE	00:36:47.10	01:22:57.52	00:38:51.25	12:05	02:38:35.88
3616	2051/2922	369/508	1414	Anne Machian	F	29	Omaha	NE	00:30:42.32	01:23:12.56	00:44:41.63	12:05	02:38:36.52
3617	2052/2922	387/531	2544	Michelle Schaffert	F	38	Lincoln	NE	00:32:55.08	01:24:04.44	00:41:37.64	12:06	02:38:37.16
3618	2053/2922	370/508	1781	Therese Bohaty	F	26	Seward	NE	00:35:41.85	01:22:47.56	00:40:08.72	12:06	02:38:38.14
3619	2054/2922	371/508	2742	Olivia Johnson	F	26	Lincoln	NE	00:38:26.42	01:23:56.93	00:36:15.02	12:06	02:38:38.38
3620	1566/1785	235/260	5111	Brian Bayer	M	25	Lincoln	NE	00:38:26.54	01:23:57.52	00:36:14.66	12:06	02:38:38.73
3621	2055/2922	313/454	3148	Malaika Hanika	F	31	Holdrege	NE	00:33:51.23	01:21:48.23	00:43:00.37	12:06	02:38:39.84
3622	1567/1785	220/253	5535	Josh Haby	M	32	Lincoln	NE	00:33:51.78	01:22:39.66	00:42:08.65	12:06	02:38:40.10
3623	2056/2922	372/508	896	Stacy Persson	F	29	Hastings	NE	00:35:47.29	01:23:50.30	00:39:04.21	12:06	02:38:41.80
3624	2057/2922	110/128	1216	Olivia Haller	F	16	Lincoln	NE	00:32:08.68	01:23:44.46	00:42:48.66	12:06	02:38:41.80
3625	2058/2922	111/128	2572	Sydney Auxier	F	16	Lincoln	NE	00:32:36.06	01:23:16.91	00:42:49.17	12:06	02:38:42.15
3626	2059/2922	112/128	3316	Jessie Reyes	F	18	Omaha	NE	00:31:22.41	01:25:16.75	00:42:03.30	12:06	02:38:42.46
3627	1568/1785	221/253	5694	Brandon Hanika	M	30	Holdrege	NE	00:33:53.73	01:21:48.13	00:43:00.80	12:06	02:38:42.66
3628	1569/1785	186/215	4863	David McClain	M	41	Lincoln	NE	00:30:37.82	01:20:48.57	00:47:16.42	12:06	02:38:42.81
3629	2060/2922	253/345	2121	Bethany Nitzel	F	22	Omaha	NE	00:32:38.61	01:24:12.47	00:41:53.16	12:06	02:38:44.24
3630	2061/2922	373/508	3354	Marysha Brown	F	28	Kansas City	MO	00:36:14.59	01:23:27.29	00:39:03.57	12:06	02:38:45.46
3631	2062/2922	314/454	3408	Kari Chavez	F	32	Grand Island	NE	00:33:33.27	01:22:08.96	00:43:06.30	12:06	02:38:48.53
3632	2063/2922	388/531	3954	Savanna Groteluschen	F	36	Ashland	NE	00:33:33.09	01:22:08.77	00:43:06.66	12:06	02:38:48.53
3633	2064/2922	254/345	1238	Alison Finn	F	23	Lincoln	NE	00:34:15.74	01:22:10.63	00:42:22.30	12:06	02:38:48.67
3634	2065/2922	374/508	2764	Alissa Christensen	F	26	Omaha	NE	00:33:15.97	01:21:30.74	00:44:02.08	12:06	02:38:48.80
3635	2066/2922	315/454	1945	Laurel Peterson	F	32	Omaha	NE	00:32:48.55	01:20:16.20	00:45:45.14	12:06	02:38:49.90
3636	2067/2922	375/508	3239	Alix Adams	F	28	Lincoln	NE	00:31:20.75	01:23:04.89	00:44:26.82	12:07	02:38:52.46
3637	1570/1785	35/42	5529	Mark Goodman	M	60	Omaha	NE	00:33:52.53	01:20:49.18	00:44:11.22	12:07	02:38:52.93
3638	2068/2922	316/454	586	Natalie Nelson	F	32	Omaha	NE	00:36:53.97	01:23:22.58	00:38:38.37	12:07	02:38:54.93
3639	1571/1785	187/215	5735	James Piippo	M	41	Lincoln	NE	00:30:13.05	01:25:06.06	00:43:39.24	12:07	02:38:58.35
3640	2069/2922	317/454	330	Jessica Gregg	F	33	Juniata	NE	00:33:44.82	01:24:18.00	00:40:57.54	12:07	02:39:00.36



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3641	2070/2922	389/531	3381	Kelli Fischer	F	37	Humphrey	NE	00:34:05.55	01:23:14.31	00:41:44.69	12:08	02:39:04.56
3642	1572/1785	222/253	5134	Alejandro Casanova	M	31	Kearney	NE	00:35:03.71	01:21:56.40	00:42:04.96	12:08	02:39:05.08
3643	2071/2922	167/258	1094	Roya Attaie	F	46	Lincoln	NE	00:36:57.73	01:22:34.05	00:39:34.14	12:08	02:39:05.93
3644	2072/2922	376/508	1799	Kenzie Banzhaf	F	28	Kearney	NE	00:35:03.95	01:21:57.25	00:42:04.73	12:08	02:39:05.94
3645	2073/2922	390/531	1474	Allison Pagan	F	39	Council Bluffs	IA	00:37:44.45	01:21:33.78	00:39:50.84	12:08	02:39:09.07
3646	2074/2922	247/335	4972	Kelli Kral	F	43	Ainsworth	NE	00:35:11.72	01:24:10.86	00:39:48.99	12:08	02:39:11.57
3647	1573/1785	155/172	4827	Tracy Henke	M	45	Treynor	IA	00:33:58.56	01:21:37.83	00:43:35.24	12:08	02:39:11.64
3648	1574/1785	156/172	4571	Jeff Martinson	M	47	Omaha	NE	00:34:06.73	01:23:57.89	00:41:07.90	12:08	02:39:12.52
3649	1575/1785	157/172	6034	Troy Hanson	M	46	Omaha	NE	00:34:06.93	01:23:57.92	00:41:08.07	12:08	02:39:12.92
3650	2075/2922	168/258	1379	Kristen Henke	F	45	Treynor	IA	00:33:59.95	01:21:38.63	00:43:34.91	12:08	02:39:13.50
3651	1576/1785	188/215	5543	Shawn Ippensen	M	41	Omaha	NE	00:39:20.83	01:24:22.53	00:35:30.87	12:08	02:39:14.23
3652	2076/2922	248/335	3440	Nicole Barker	F	40	Lincoln	NE	00:33:31.20	01:22:56.46	00:42:47.53	12:08	02:39:15.19
3653	2077/2922	255/345	1807	Emma Laible	F	21	Lincoln	NE	00:36:36.60	01:22:40.03	00:40:04.79	12:09	02:39:21.43
3654	2078/2922	169/258	2914	Jenn Neilan	F	45	Lincoln	NE	00:33:45.20	01:25:40.58	00:39:56.27	12:09	02:39:22.05
3655	2079/2922	377/508	261	Hannah Meeks	F	27	Sargent	NE	00:32:03.17	01:21:05.52	00:46:14.67	12:09	02:39:23.36
3656	2080/2922	256/345	2633	Shannon Moore	F	24	Ralston	NE	00:31:50.07	01:22:36.50	00:45:02.74	12:09	02:39:29.33
3657	2081/2922	378/508	934	Alyx Beckmann	F	25	Omaha	NE	00:32:05.45	01:21:01.34	00:46:23.99	12:10	02:39:30.78
3658	1577/1785	223/253	6622	Curt Bolte	M	31	Hastings	NE		01:13:11.26	00:34:55.03	12:10	02:39:32.28
3659	1578/1785	67/80	4679	Michael Ranallo	M	59	Omaha	NE	00:35:32.57	01:23:21.01	00:40:40.71	12:10	02:39:34.30
3660	1579/1785	189/215	5974	Shadron Vosler	M	44	Bertrand	NE	00:34:27.64	01:23:28.50	00:41:38.36	12:10	02:39:34.52
3661	2082/2922	91/148	2899	Tammie Kruszczyk	F	52	Omaha	NE	00:32:14.59	01:23:52.40	00:43:28.82	12:10	02:39:35.81
3662	1580/1785	250/276	5791	Joseph Flores	M	36	Lincoln	NE	00:34:00.24	01:20:45.19	00:44:50.42	12:10	02:39:35.85
3663	2083/2922	379/508	4241	Tessa Konen	F	26	Kearney	NE	00:34:07.06	01:22:50.89	00:42:38.19	12:10	02:39:36.14
3664	2084/2922	170/258	3030	Shawnda Eggleston	F	45	Broken Bow	NE	00:29:43.64	01:26:32.10	00:43:20.43	12:10	02:39:36.18
3665	2085/2922	391/531	2378	Kimberly Baker	F	38	Lincoln	NE	00:33:05.40	01:24:36.73	00:41:55.16	12:10	02:39:37.29
3666	2086/2922	318/454	162	Nicki Guretzky	F	32	Lincoln	NE	00:29:58.05	01:25:00.57	00:44:43.18	12:10	02:39:41.81
3667	2087/2922	92/148	3174	Tina Garland	F	51	Beatrice	NE	00:35:42.76	01:23:41.14	00:40:19.39	12:11	02:39:43.30
3668	2088/2922	171/258	6187	Lora Tyson	F	45	Jamestown	NC	00:36:10.18	01:23:42.73	00:39:55.04	12:11	02:39:47.95
3669	2089/2922	80/122	2263	Kathleen Ockinga	F	55	Kearney	NE	00:34:01.35	01:22:31.28	00:43:18.67	12:11	02:39:51.31
3670	2090/2922	20/41	958	Lori Doll	F	62	Papillion	NE	00:34:05.18	01:25:00.64	00:40:50.64	12:12	02:39:56.47
3671	2091/2922	380/508	6306	Emma Natalie	F	25	Redmond	WA	00:34:16.25	01:23:46.37	00:41:55.05	12:12	02:39:57.67
3672	2092/2922	381/508	2060	Katie Wilkerson	F	27	Omaha	NE	00:32:36.30	01:22:40.88	00:44:41.28	12:12	02:39:58.47
3673	2093/2922	382/508	2318	Erin Mulder	F	27	Lincoln	NE	00:34:16.24	01:23:46.67	00:41:55.58	12:12	02:39:58.50
3674	1581/1785	68/80	5475	Larry Emanuel	M	58	Gretna	NE	00:32:01.63	01:25:48.12	00:42:09.73	12:12	02:39:59.48
3675	2094/2922	392/531	236	Lata Nawal	F	35	Lincoln	NE	00:34:35.91	01:23:54.53	00:41:29.17	12:12	02:39:59.61

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3676	2095/2922	393/531	1545	Lindsey Lamb	F	36	Lincoln	NE	00:34:15.24	01:24:33.86	00:41:13.95	12:12	02:40:03.06
3677	2096/2922	257/345	1386	Allison Hilfiker	F	24	Omaha	NE	00:37:32.41	01:21:43.12	00:40:47.59	12:12	02:40:03.12
3678	2097/2922	249/335	3465	Joey Quevedo	F	43	Lincoln	NE	00:36:18.08	01:24:15.28	00:39:30.01	12:12	02:40:03.38
3679	2098/2922	258/345	653	Molly Cummings	F	21	Lincoln	NE	00:36:40.13	01:23:33.74	00:39:50.04	12:12	02:40:03.91
3680	1582/1785	158/172	5048	Dwayne Meyer	M	49	Elkhorn	NE	00:31:35.52	01:23:32.79	00:45:01.36	12:13	02:40:09.67
3681	2099/2922	172/258	1639	Jennifer Sherman	F	45	Dawson	NE	00:36:28.41	01:26:32.25	00:37:10.25	12:13	02:40:10.93
3682	2100/2922	394/531	4000	Kelly Forghani	F	35	Angier	NC	00:34:41.44	01:25:02.91	00:40:28.28	12:13	02:40:12.64
3683	2101/2922	259/345	1187	Caitlin Goin	F	22	Lincoln	NE	00:34:23.63	01:21:48.31	00:44:02.67	12:13	02:40:14.62
3684	1583/1785	160/181	3772	Logan Glenn	M	24	Lincoln	NE	00:34:23.42	01:21:48.52	00:44:02.76	12:13	02:40:14.71
3685	1584/1785	161/181	3789	Jacob Hansen	M	21	Lincoln	NE	00:31:13.44	01:25:37.17	00:43:25.43	12:13	02:40:16.05
3686	2102/2922	395/531	816	Kellie Overly	F	37	Elhorn	NE	00:33:37.13	01:24:51.58	00:41:48.57	12:13	02:40:17.28
3687	2103/2922	260/345	391	Halleigh Lockhorn	F	23	Ravenna	NE	00:33:02.33	01:23:24.74	00:43:51.06	12:13	02:40:18.14
3688	2104/2922	383/508	5203	Chelsea Brisbin	F	26	Lincoln	NE	00:31:59.92	01:25:26.94	00:42:55.17	12:14	02:40:22.04
3689	2105/2922	81/122	1745	Donna Kallhoff	F	58	Omaha	NE	00:33:15.58	01:21:07.16	00:46:00.43	12:14	02:40:23.17
3690	2106/2922	319/454	1581	Lory Dash	F	32	Lincoln	NE	00:35:45.59	01:23:17.02	00:41:23.26	12:14	02:40:25.87
3691	2107/2922	261/345	1833	Samantha Creamer	F	22	Omaha	NE	00:33:37.80	01:23:21.59	00:43:28.00	12:14	02:40:27.40
3692	1585/1785	159/172	4411	Warren Holt	M	47	Lincoln	NE	00:34:06.54	01:25:44.55	00:40:39.05	12:14	02:40:30.14
3693	2108/2922	320/454	1427	Carly Kendle	F	32	Lincoln	NE	00:34:20.27	01:20:56.97	00:45:13.03	12:14	02:40:30.28
3694	2109/2922	82/122	1454	Lisa Kendle	F	55	Lincoln	NE	00:34:21.36	01:20:41.27	00:45:27.85	12:14	02:40:30.48
3695	2110/2922	321/454	950	Amanda Holt	F	31	Lincoln	NE	00:34:07.66	01:25:44.37	00:40:39.27	12:14	02:40:31.31
3696	1586/1785	224/253	3324	Khoa Tran	M	34	Lincoln	NE	00:29:15.03	01:12:05.73	00:59:13.72	12:14	02:40:34.48
3697	2111/2922	396/531	2655	Melody Dubon	F	39	Blair	NE	00:34:12.74	01:22:31.42	00:43:51.12	12:15	02:40:35.28
3698	2112/2922	397/531	340	Ngoc Ly	F	35	Lincoln	NE	00:32:12.45	01:22:04.00	00:46:19.22	12:15	02:40:35.68
3699	2113/2922	113/128	1575	Maggie Hogan	F	19	Omaha	NE	00:34:56.41	01:24:07.83	00:41:33.67	12:15	02:40:37.92
3700	2114/2922	322/454	2800	Rebecca Spellman	F	31	Omaha	NE	00:33:58.41	01:24:55.98	00:41:47.87	12:15	02:40:42.26
3701	2115/2922	323/454	6479	Whitney Harvey	F	33	Wichita	KS	00:32:49.11	01:25:27.31	00:42:26.80	12:15	02:40:43.23
3702	2116/2922	93/148	6131	Dorothy Endacott	F	54	Lincoln	NE	00:34:58.42	01:23:21.13	00:42:24.04	12:15	02:40:43.60
3703	2117/2922	324/454	2125	Samia Moreland	F	31	Lincoln	NE	00:31:58.97	01:25:27.23	00:43:18.93	12:15	02:40:45.14
3704	2118/2922	384/508	3461	Margarita Quintana	F	25	Lincoln	NE	00:34:44.90	01:23:50.84	00:42:10.16	12:15	02:40:45.90
3705	2119/2922	385/508	6264	Rachel Harmon	F	27	Omaha	NE	00:32:56.32	01:23:49.14	00:44:01.51	12:15	02:40:46.98
3706	2120/2922	398/531	3526	Jackie Boller	F	38	Beatrice	NE	00:35:37.19	01:23:45.52	00:41:24.80	12:15	02:40:47.51
3707	2121/2922	325/454	1346	Haze Holtorf	F	33	Lincoln	NE	00:34:14.25	01:23:24.58	00:43:14.16	12:16	02:40:52.99
3708	2122/2922	386/508	2591	Susan Pense	F	28	Lincoln	NE	00:35:24.17	01:26:27.53	00:39:09.95	12:17	02:41:01.65
3709	2123/2922	387/508	2708	Angela Choe	F	27	Lincoln	NE	00:35:24.11	01:26:27.99	00:39:11.69	12:17	02:41:03.80
3710	2124/2922	250/335	2269	Robin Brester	F	40	Lincoln	NE	00:34:17.55	01:23:53.65	00:42:54.14	12:17	02:41:05.34

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3711	2125/2922	326/454	1698	Tishan Albarado	F	33	Sugar Land	TX	00:34:35.84	01:27:28.41	00:39:03.25	12:17	02:41:07.51
3712	2126/2922	399/531	2660	Sara Crisp	F	35	Lincoln	NE	00:36:14.97	01:23:54.98	00:40:58.14	12:17	02:41:08.10
3713	2127/2922	400/531	2022	Jennifer Cartwright	F	35	Gretna	NE	00:31:59.80	01:23:20.62	00:45:52.63	12:17	02:41:13.05
3714	1587/1785	251/276	6016	Gabriel Long Soldier	M	35	Lincoln	NE	00:35:33.79	01:23:15.08	00:42:24.27	12:17	02:41:13.15
3715	2128/2922	401/531	1729	Erin Defruiter	F	38	Lincoln	NE	00:34:34.54	01:23:56.52	00:42:42.46	12:17	02:41:13.52
3716	2129/2922	402/531	3305	Sarah Meints	F	35	Syracuse	NE	00:33:14.29	01:23:46.57	00:44:13.94	12:18	02:41:14.80
3717	2130/2922	388/508	6128	Avery Mika	F	28	Sidney	NE	00:33:51.01	01:21:10.07	00:46:14.43	12:18	02:41:15.52
3718	2131/2922	327/454	1951	Missy Fuchs	F	34	Lincoln	NE	00:33:14.30	01:23:46.77	00:44:14.69	12:18	02:41:15.76
3719	2132/2922	328/454	2289	Elizabeth Meade	F	34	Lincoln	NE	00:31:19.88	01:24:04.32	00:45:53.01	12:18	02:41:17.21
3720	2133/2922	329/454	3610	Debbie Meade	F	33	Lincoln	NE	00:31:19.97	01:24:04.12	00:45:53.35	12:18	02:41:17.44
3721	1588/1785	162/181	3395	Adam Schneider	M	20	Lincoln	NE	00:30:14.24	01:23:43.78	00:47:20.53	12:18	02:41:18.55
3722	2134/2922	262/345	487	Mia Sharpnack	F	20	Lincoln	NE	00:30:15.32	01:23:43.92	00:47:20.46	12:18	02:41:19.70
3723	2135/2922	330/454	4720	Ashley Tomjack	F	31	Omaha	NE	00:32:24.14	01:26:41.48	00:42:14.13	12:18	02:41:19.75
3724	2136/2922	83/122	1609	Bobbie Vanek	F	55	Lincoln	NE	00:34:55.14	01:25:13.32	00:41:14.19	12:18	02:41:22.66
3725	2137/2922	263/345	642	Makayla Coan	F	22	Lincoln	NE	00:30:46.37	01:28:54.12	00:41:43.99	12:18	02:41:24.49
3726	1589/1785	163/181	3541	Zackery Strecker	M	22	Lincoln	NE	00:30:55.89	01:28:44.50	00:41:44.23	12:18	02:41:24.63
3727	2138/2922	403/531	4159	Lacey Kiefer	F	35	Percival	IA	00:36:53.88	01:24:28.31	00:40:02.84	12:18	02:41:25.04
3728	1590/1785	190/215	6082	Jerry Newth	M	44	Holdrege	NE	00:34:36.75	01:21:36.58	00:45:13.25	12:18	02:41:26.58
3729	2139/2922	84/122	1899	Christie Mikulicz	F	56	Elkhorn	NE	00:36:29.29	01:23:55.32	00:41:03.64	12:19	02:41:28.25
3730	2140/2922	94/148	3209	Brenda Sullivan	F	54	Alexandria	VA	00:33:21.31	01:24:23.47	00:43:45.42	12:19	02:41:30.21
3731	1591/1785	69/80	5754	Mike Simmons	M	58	Lincoln	NE	00:33:22.06	01:25:12.13	00:42:56.99	12:19	02:41:31.19
3732	2141/2922	21/41	929	Kathi Ferguson	F	62	Omaha	NE	00:32:34.60	01:24:37.08	00:44:21.47	12:19	02:41:33.16
3733	2142/2922	85/122	225	Margaret Churchill-Black	F	57	Papillion	NE	00:35:33.07	01:24:48.55	00:41:11.77	12:19	02:41:33.40
3734	1592/1785	160/172	5467	George Hammett	M	47	Lincoln	NE	00:33:50.91	01:22:59.49	00:44:43.69	12:19	02:41:34.09
3735	1593/1785	90/96	4998	Francis Havlovic	M	17	Waverly	NE	00:37:37.77	01:23:27.81	00:40:33.91	12:19	02:41:39.50
3736	2143/2922	389/508	1561	Mary Davis	F	27	Norfolk	NE	00:33:30.18	01:25:09.48	00:43:00.13	12:19	02:41:39.80
3737	1594/1785	225/253	4685	Nathan Stewart	M	30	Omaha	NE	00:33:38.00	01:26:22.48	00:41:41.85	12:20	02:41:42.33
3738	1595/1785	36/42	6468	Sam Schweitzer	M	63	Marlboro	NJ	00:35:23.28	01:26:33.22	00:39:45.91	12:20	02:41:42.42
3739	2144/2922	390/508	1206	Kaitlyn Stewart	F	26	Omaha	NE	00:33:38.90	01:26:22.45	00:41:41.18	12:20	02:41:42.53
3740	2145/2922	264/345	2348	Bailee Schow	F	23	Paxton	NE	00:33:37.24	01:27:06.91	00:41:06.33	12:20	02:41:50.48
3741	2146/2922	95/148	2349	Cheryl Schow	F	51	Paxton	NE	00:33:37.00	01:27:06.86	00:41:06.87	12:20	02:41:50.74
3742	2147/2922	4/5	3022	Kay Herber	F	70	Fort Smith	AR	00:38:47.25	01:24:14.40	00:38:51.26	12:20	02:41:52.92
3743	2148/2922	391/508	3743	Amanda Welsh	F	28	Omaha	NE	00:32:09.43	01:26:36.82	00:43:08.30	12:21	02:41:54.55
3744	2149/2922	96/148	280	Lisa Dennis	F	52	Lincoln	NE	00:34:03.01	01:23:31.73	00:44:20.30	12:21	02:41:55.05
3745	1596/1785	127/145	5931	Michael Lester	M	50	Lincoln	NE	00:34:03.40	01:23:32.16	00:44:19.69	12:21	02:41:55.25

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3746	2150/2922	173/258	3222	Patty Mundorf	F	47	Lincoln	NE	00:35:38.28	01:20:23.27	00:46:00.67	12:21	02:42:02.22
3747	2151/2922	331/454	4405	Katie Umland	F	33	Lincoln	NE	00:37:23.14	01:23:42.71	00:40:58.35	12:21	02:42:04.20
3748	2152/2922	332/454	4299	Courtney Johnson	F	31	Smyrna	GA	00:34:39.07	01:26:12.11	00:41:13.10	12:21	02:42:04.29
3749	2153/2922	97/148	2343	Kathleen Bracken	F	52	Lavista	NE	00:35:55.84	01:25:16.05	00:40:53.01	12:21	02:42:04.91
3750	1597/1785	226/253	5894	Tucker Ferguson	M	34	Wahoo	NE	00:37:58.89	01:22:31.08	00:41:39.46	12:22	02:42:09.44
3751	2154/2922	404/531	1967	Eunite Treat	F	38	North Bend	NE	00:36:55.91	01:22:40.88	00:42:33.11	12:22	02:42:09.92
3752	2155/2922	405/531	3113	Amy Swoboda	F	36	Lincoln	NE	00:33:34.02	01:23:27.53	00:45:08.71	12:22	02:42:10.27
3753	1598/1785	128/145	5578	Matt Collins	M	50	Lincoln	NE	00:34:11.47	01:25:34.00	00:42:27.62	12:22	02:42:13.11
3754	1599/1785	236/260	3996	Chase Craddock	M	27	Lincoln	NE	00:31:45.71	01:25:23.58	00:45:12.55	12:23	02:42:21.84
3755	2156/2922	333/454	5355	Shelly Stitt	F	34	Lincoln	NE	00:34:03.83	01:23:36.92	00:44:41.97	12:23	02:42:22.73
3756	2157/2922	334/454	2118	Megan Davis	F	33	Lincoln	NE	00:34:10.41	01:23:30.71	00:44:42.17	12:23	02:42:23.30
3757	2158/2922	251/335	386	Amanda Wilcox	F	40	Roca	NE	00:34:41.94	01:27:25.93	00:40:20.71	12:23	02:42:28.58
3758	1600/1785	164/181	5074	Caylen Henning	M	20	Beatrice	NE	00:37:08.01	01:25:22.12	00:39:59.15	12:23	02:42:29.29
3759	2159/2922	335/454	2474	Brandi Meade	F	33	Lincoln	NE	00:34:42.25	01:27:26.37	00:40:20.67	12:23	02:42:29.29
3760	2160/2922	265/345	2116	Regan Zanardi	F	21	Lincoln	NE	00:38:15.80	01:24:30.63	00:39:45.02	12:23	02:42:31.46
3761	2161/2922	336/454	188	Laura Nickisch	F	30	Lincoln	NE	00:38:08.27	01:26:23.43	00:38:00.45	12:23	02:42:32.16
3762	2162/2922	98/148	2298	Sue Henning	F	51	Beatrice	NE	00:37:09.24	01:25:22.93	00:40:00.97	12:24	02:42:33.15
3763	1601/1785	252/276	5564	Jeff Jezbera	M	37	Hildreth	NE	00:34:04.53	01:23:15.59	00:45:16.28	12:24	02:42:36.40
3764	2163/2922	337/454	470	Audrey Cooper	F	33	Lincoln	NE	00:33:10.26	01:26:43.61	00:42:49.14	12:24	02:42:43.02
3765	2164/2922	406/531	2893	Molly Broekemeier	F	35	Craig	NE	00:35:48.42	01:21:18.55	00:45:36.13	12:24	02:42:43.11
3766	1602/1785	237/260	5045	Derek Mowinkel	M	27	Lincoln	NE	00:37:34.43	01:25:54.55	00:39:15.68	12:24	02:42:44.66
3767	2165/2922	266/345	2804	Hannah Roepke	F	23	Lincoln	NE	00:34:05.00	01:26:52.20	00:41:49.16	12:25	02:42:46.36
3768	2166/2922	392/508	238	Harumy Aliaga Centon	F	26	Lincoln	NE	00:32:43.90	01:24:55.05	00:45:10.35	12:25	02:42:49.30
3769	1603/1785	191/215	5466	Todd Hartz	M	43	Omaha	NE	00:34:16.45	01:24:13.18	00:44:20.12	12:25	02:42:49.75
3770	1604/1785	37/42	5099	Rick Mccarthy	M	63	Lincoln	NE	00:35:57.72	01:21:10.59	00:45:41.72	12:25	02:42:50.04
3771	2167/2922	252/335	956	Barb Hartz	F	42	Omaha	NE	00:34:16.44	01:24:13.59	00:44:20.01	12:25	02:42:50.04
3772	2168/2922	338/454	1148	Brittany Schmidt	F	31	Kearney	NE	00:33:37.50	01:25:52.87	00:43:24.55	12:25	02:42:54.93
3773	2169/2922	267/345	603	Alex Hopkins	F	21	Lincoln	NE	00:31:46.12	01:24:42.75	00:46:26.09	12:25	02:42:54.97
3774	1605/1785	129/145	5076	Shawn Schulenberg	M	53	Lincoln	NE	00:31:31.76	01:23:18.26	00:48:09.82	12:26	02:42:59.84
3775	2170/2922	393/508	3866	Deirdre Walsh	F	27	Bennington	NE	00:34:00.03	01:25:51.36	00:43:11.42	12:26	02:43:02.81
3776	2171/2922	339/454	1673	Macenzie Rech	F	33	Ulysses	NE	00:36:15.59	01:26:45.80	00:40:03.03	12:26	02:43:04.42
3777	1606/1785	253/276	5038	Scott Dykema	M	36	Omaha	NE	00:31:26.89	01:27:33.99	00:44:04.75	12:26	02:43:05.64
3778	2172/2922	340/454	897	Bekki Zitterkopf	F	30	Gering	NE	00:33:45.97	01:26:15.64	00:43:04.73	12:26	02:43:06.35
3779	2173/2922	407/531	2146	Jennifer Hasleton	F	38	Madison	SD	00:35:06.96	01:24:15.20	00:43:46.03	12:26	02:43:08.19
3780	1607/1785	192/215	5811	Jeffrey Melichar	M	41	Lincoln	NE	00:35:18.44	01:24:55.10	00:42:55.30	12:26	02:43:08.84

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3781	2174/2922	408/531	1671	Alissa Kuehn-Dykema	F	37	Omaha	NE	00:31:30.69	01:27:34.46	00:44:03.78	12:26	02:43:08.94
3782	2175/2922	394/508	2576	Anna Woelk	F	29	Kansas City	MO	00:34:54.28	01:24:10.38	00:44:04.57	12:26	02:43:09.24
3783	2176/2922	409/531	3304	Candida Greuter	F	39	Grand Island	NE	00:34:36.86	01:24:16.13	00:44:16.71	12:26	02:43:09.71
3784	2177/2922	410/531	552	Ashley Saddock	F	37	Omaha	NE	00:33:27.78	01:26:04.69	00:43:37.62	12:26	02:43:10.10
3785	2178/2922	411/531	2645	Darcey Shabram	F	38	Oneill	NE	00:35:42.08	01:25:06.07	00:42:24.91	12:27	02:43:13.07
3786	1608/1785	21/26	5641	Joe Sweeney	M	66	Lincoln	NE	00:38:13.35	01:24:29.57	00:40:31.30	12:27	02:43:14.22
3787	2179/2922	99/148	4808	Susan Steider	F	53	Lincoln	NE	00:37:21.01	01:25:58.61	00:39:58.37	12:27	02:43:17.99
3788	2180/2922	395/508	2002	Emily Brandner	F	27	Hastings	NE	00:33:55.85	01:23:10.26	00:46:12.46	12:27	02:43:18.57
3789	2181/2922	268/345	2920	Malerie Hixson	F	23	Lincoln	NE	00:33:40.24	01:26:19.21	00:43:21.56	12:27	02:43:21.02
3790	2182/2922	253/335	1830	Jackie Gregory	F	41	Fairbury	NE	00:37:12.37	01:25:57.32	00:40:13.04	12:27	02:43:22.73
3791	2183/2922	412/531	1514	Kristine Placek	F	39	Eagle	NE	00:34:58.56	01:27:45.40	00:40:38.98	12:27	02:43:22.95
3792	1609/1785	130/145	5984	Robert Gevelinger	M	50	Lincoln	NE	00:35:06.27	01:23:09.08	00:45:09.07	12:27	02:43:24.43
3793	2184/2922	100/148	1420	Michelle Zahn	F	53	Syracuse	NE	00:34:02.65	01:25:11.81	00:44:10.98	12:27	02:43:25.45
3794	1610/1785	193/215	5263	Joshua Harvey	M	44	Lincoln	NE	00:34:04.54	01:22:57.72	00:46:25.51	12:28	02:43:27.78
3795	2185/2922	22/41	1920	Kathleen Kilnoski	F	60	Council Bluffs	IA	00:38:01.33	01:25:43.87	00:39:51.38	12:28	02:43:36.59
3796	2186/2922	254/335	3217	Mindy Simon	F	43	South Bend	NE	00:37:23.74	01:25:40.56	00:40:32.41	12:28	02:43:36.72
3797	2187/2922	23/41	1108	Leeanne Lind	F	60	Hastings	NE	00:33:57.52	01:26:52.83	00:42:47.44	12:28	02:43:37.79
3798	2188/2922	396/508	1046	Aubrey Webster	F	26	Papillion	NE	00:35:34.01	01:24:28.68	00:43:37.23	12:29	02:43:39.93
3799	2189/2922	269/345	1777	Jordyn Frickel	F	21	Lincoln	NE	00:36:06.82	01:26:22.80	00:41:11.66	12:29	02:43:41.29
3800	2190/2922	255/335	2688	Karen Helmberger	F	42	Hickman	NE	00:35:12.51	01:26:48.82	00:41:41.35	12:29	02:43:42.69
3801	2191/2922	174/258	6251	Dee Brilz	F	45	Omaha	NE	00:37:06.82	01:22:24.04	00:44:12.67	12:29	02:43:43.54
3802	2192/2922	341/454	3524	Michelle Glow	F	32	Omaha	NE	00:34:33.68	01:24:25.92	00:44:44.32	12:29	02:43:43.93
3803	2193/2922	342/454	1088	Jami Huetson	F	34	Omaha	NE	00:37:44.07	01:26:03.52	00:39:58.47	12:29	02:43:46.06
3804	1611/1785	131/145	5718	Paul Nance	M	53	Lincoln	NE	00:34:14.74	01:26:40.40	00:42:51.10	12:29	02:43:46.24
3805	2194/2922	413/531	1607	Chrystal Shimmin	F	35	Kearney	NE	00:36:19.45	01:23:17.93	00:44:09.23	12:29	02:43:46.62
3806	2195/2922	414/531	2222	Erin Ritter	F	35	Elkhorn	NE	00:36:25.77	01:25:37.99	00:41:47.26	12:29	02:43:51.03
3807	1612/1785	70/80	4626	Augie Goelz	M	59	Osceola	NE	00:35:05.71	01:24:24.22	00:44:21.99	12:30	02:43:51.92
3808	2196/2922	175/258	2295	Jen Mathews	F	45	Omaha	NE	00:33:54.09	01:26:45.31	00:43:14.89	12:30	02:43:54.29
3809	1613/1785	5/9	5027	Randall Snyder	M	75	Lincoln	NE	00:37:02.67	01:24:53.70	00:41:59.09	12:30	02:43:55.47
3810	2197/2922	176/258	1091	Jianing Sun	F	47	Lincoln	NE	00:34:43.05	01:24:54.09	00:44:18.76	12:30	02:43:55.91
3811	2198/2922	397/508	4020	Kassee Minzel	F	29	Waverly	NE	00:35:34.03	01:25:07.47	00:43:23.02	12:30	02:44:04.53
3812	2199/2922	343/454	591	Amber Dingwell	F	30	Hickman	NE	00:35:34.76	01:25:07.81	00:43:22.55	12:31	02:44:05.13
3813	2200/2922	398/508	1163	Haley Morrow	F	28	Lincoln	NE	00:34:23.47	01:27:34.89	00:42:09.17	12:31	02:44:07.54
3814	1614/1785	22/26	5547	Richard Rogers	M	65	Lincoln	NE	00:36:45.99	01:24:21.58	00:43:00.62	12:31	02:44:08.20
3815	2201/2922	415/531	230	Lindsay Ewalt	F	35	Stanton	NE	00:34:42.73	01:24:30.89	00:44:54.70	12:31	02:44:08.33

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3816	2202/2922	270/345	1702	Alex Paun	F	23	Camarillo	CA	00:37:59.68	01:26:35.17	00:39:34.14	12:31	02:44:09.00
3817	2203/2922	399/508	1874	Katie Schoening	F	29	Omaha	NE	00:32:27.05	01:26:49.22	00:44:54.14	12:31	02:44:10.42
3818	2204/2922	177/258	2267	Jacqueline Cota	F	48	Papillion	NE	00:39:05.41	01:23:39.73	00:41:30.33	12:31	02:44:15.47
3819	2205/2922	400/508	2021	Lauren Slaughter	F	29	Hastings	NE	00:36:41.83	01:31:57.33	00:35:38.25	12:31	02:44:17.42
3820	2206/2922	344/454	4230	Lydia Lough	F	30	Trumbull	NE	00:36:42.05	01:31:57.53	00:35:38.09	12:31	02:44:17.67
3821	2207/2922	401/508	2205	Devonna Jones	F	25	Lincoln	NE	00:39:27.73	01:24:52.31	00:39:59.62	12:32	02:44:19.67
3822	2208/2922	271/345	3918	Bayleigh Nemeth	F	22	Cozad	NE	00:36:08.49	01:26:30.97	00:41:42.49	12:32	02:44:21.95
3823	2209/2922	178/258	1455	Kimberley Hughes	F	47	Elkhorn	NE	00:36:07.85	01:23:13.64	00:45:00.50	12:32	02:44:21.99
3824	2210/2922	272/345	3380	Madison Smart	F	21	Lincoln	NE	00:35:16.12	01:26:24.92	00:42:41.15	12:32	02:44:22.20
3825	2211/2922	345/454	1601	Megan Mosier	F	31	Lincoln	NE	00:38:07.35	01:26:22.22	00:39:53.48	12:32	02:44:23.05
3826	2212/2922	346/454	3881	Amy Moore	F	30	Elkhorn	NE	00:34:50.58	01:27:00.76	00:42:33.54	12:32	02:44:24.89
3827	2213/2922	402/508	3092	Kailey Keenan-Garren	F	25	Lincoln	NE	00:36:46.31	01:25:37.60	00:42:01.19	12:32	02:44:25.10
3828	1615/1785	165/181	4193	Alec Ziebarth	M	20	Lincoln	NE	00:35:27.78	01:29:10.62	00:39:47.41	12:32	02:44:25.81
3829	2214/2922	273/345	2027	Karlie Sines	F	21	Cambridge	NE	00:35:28.82	01:29:10.18	00:39:47.15	12:32	02:44:26.16
3830	1616/1785	161/172	5719	Adam Hohbein	M	45	Lincoln	NE	00:32:36.59	01:26:25.66	00:45:25.65	12:32	02:44:27.91
3831	2215/2922	274/345	3087	Olivia Nicolarsen	F	21	Hastings	NE	00:37:25.94	01:23:54.20	00:43:11.02	12:33	02:44:31.16
3832	2216/2922	275/345	4487	Jaclyn Venere	F	22	Lincoln	NE	00:37:08.98	01:24:21.88	00:43:01.68	12:33	02:44:32.55
3833	2217/2922	276/345	4340	Josephine Choi	F	23	Lincoln	NE	00:34:40.33	01:27:23.28	00:42:29.63	12:33	02:44:33.25
3834	2218/2922	114/128	891	Hailey Rotherham	F	18	Ewing	NE	00:36:50.11	01:25:31.12	00:42:12.71	12:33	02:44:33.95
3835	2219/2922	179/258	3235	Megan Nebel	F	46	Papillion	NE	00:35:03.56	01:25:10.82	00:44:20.91	12:33	02:44:35.29
3836	2220/2922	347/454	2247	Priscilla Robinson	F	31	Beatrice	NE	00:34:22.61	01:21:42.55	00:48:31.29	12:33	02:44:36.46
3837	2221/2922	416/531	1897	Mandy Irey	F	37	Redmond	WA	00:36:27.97	01:24:57.06	00:43:15.24	12:33	02:44:40.27
3838	1617/1785	254/276	5581	Travis Emerson	M	37	Papillion	NE	00:35:38.16	01:25:28.45	00:43:37.46	12:33	02:44:44.07
3839	2222/2922	403/508	1344	Paige Miksch	F	25	Omaha	NE	00:38:28.49	01:26:36.68	00:39:39.27	12:34	02:44:44.45
3840	2223/2922	417/531	2706	Erin Rourke	F	37	Lincoln	NE	00:34:39.92	01:23:52.65	00:46:12.72	12:34	02:44:45.30
3841	2224/2922	348/454	4300	Lauren Woodward	F	31	Smyrna	GA	00:35:27.10	01:26:53.55	00:42:27.84	12:34	02:44:48.49
3842	2225/2922	404/508	4067	Jillian Epley	F	26	Kearney	NE	00:34:01.81	01:27:54.82	00:42:52.80	12:34	02:44:49.44
3843	2226/2922	405/508	1662	Chelsea Kosmicki	F	26	Grant	NE	00:34:01.60	01:27:55.03	00:42:53.04	12:34	02:44:49.68
3844	2227/2922	349/454	3067	Monica Howe	F	31	Seward	NE	00:33:51.58	01:27:57.29	00:43:06.29	12:34	02:44:55.16
3845	1618/1785	255/276	4992	Noah Pitts	M	35	Lincoln	NE	00:37:18.03	01:28:44.95	00:38:57.14	12:35	02:45:00.13
3846	1619/1785	132/145	4706	Geoffrey Searles	M	50	Lincoln	NE	00:38:41.43	01:25:26.00	00:40:53.47	12:35	02:45:00.90
3847	2228/2922	350/454	1089	Jessica Nelson	F	33	Firth	NE	00:35:25.75	01:25:22.30	00:44:18.95	12:35	02:45:07.00
3848	2229/2922	418/531	3448	Beth Arens	F	36	Lincoln	NE	00:34:32.31	01:26:22.56	00:44:17.18	12:36	02:45:12.05
3849	1620/1785	133/145	5610	Henri Prieels	M	54	Gering	NE	00:36:28.73	01:25:50.06	00:42:54.14	12:36	02:45:12.93
3850	1621/1785	238/260	4812	Tharyn Curtis	M	25	Lincoln	NE	00:36:30.20	01:25:49.81	00:42:54.28	12:36	02:45:14.30

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3851	1622/1785	256/276	5785	Adam Kreikemeier	M	36	Gretna	NE	00:32:22.74	01:26:54.38	00:45:57.89	12:36	02:45:15.02
3852	2230/2922	277/345	4793	Carlie Foster	F	23	Alliance	NE	00:36:34.36	01:24:50.76	00:43:57.80	12:36	02:45:22.92
3853	1623/1785	162/172	5372	Joel House	M	48	Papillion	NE	00:35:42.71	01:25:44.10	00:44:04.19	12:37	02:45:31.01
3854	2231/2922	406/508	4116	Alli Carlson	F	28	Omaha	NE	00:36:16.31	01:29:04.03	00:40:13.73	12:37	02:45:34.08
3855	1624/1785	71/80	5148	Steve Benner	M	56	Apple Valley	MN	00:36:16.10	01:29:04.45	00:40:13.60	12:37	02:45:34.16
3856	2232/2922	256/335	2149	Zoraida Ramos	F	43	Crete	NE	00:34:09.22	01:27:17.24	00:44:09.02	12:37	02:45:35.48
3857	2233/2922	115/128	6094	Cassidy Kruse	F	19	Lincoln	NE	00:38:45.39	01:22:45.02	00:44:09.73	12:38	02:45:40.14
3858	2234/2922	407/508	2794	Kenzie Spellman	F	29	Shelton	NE	00:34:13.19	01:24:39.89	00:46:47.85	12:38	02:45:40.93
3859	2235/2922	351/454	6089	Kelsea Pankonin	F	32	Imperial	NE	00:34:13.61	01:24:39.31	00:46:48.34	12:38	02:45:41.27
3860	2236/2922	180/258	1795	Jeanne Laible	F	47	Atkinson	NE	00:36:36.97	01:25:50.06	00:43:15.64	12:38	02:45:42.67
3861	2237/2922	278/345	2697	Anne-Marie Maher	F	22	Lincoln	NE	00:34:23.84	01:28:03.06	00:43:17.82	12:38	02:45:44.73
3862	1625/1785	166/181	6350	Tommy Rose	M	23	Lincoln	NE	00:37:11.84	01:28:56.79	00:39:37.13	12:38	02:45:45.76
3863	2238/2922	408/508	6362	Brianna Conroy	F	29	Thornton	CO	00:37:11.25	01:28:56.78	00:39:41.18	12:38	02:45:49.22
3864	1626/1785	163/172	4400	Jeff Larsen	M	48	Lincoln	NE	00:35:01.72	01:28:27.14	00:42:21.71	12:39	02:45:50.57
3865	1627/1785	167/181	5195	Wyatt Dozier	M	23	Bartlesville	OK	00:34:12.64	01:27:45.02	00:43:55.88	12:39	02:45:53.54
3866	2239/2922	409/508	3091	Taylor Miller	F	29	Lincoln	NE	00:34:28.28	01:27:15.94	00:44:11.42	12:39	02:45:55.65
3867	2240/2922	181/258	5083	Charlotte Kooima	F	48	Sioux Center	IA	00:38:26.87	01:27:25.59	00:40:04.05	12:39	02:45:56.52
3868	1628/1785	239/260	5713	Eric Bertrand	M	25	Lincoln	NE	00:30:28.97	01:21:18.25	00:54:10.29	12:39	02:45:57.52
3869	1629/1785	227/253	3824	Daran Rudnick	M	31	North Platte	NE	00:34:00.91	01:26:04.98	00:45:54.26	12:39	02:46:00.15
3870	2241/2922	352/454	398	Tonia Rudnick	F	31	North Platte	NE	00:34:01.17	01:26:05.18	00:45:54.09	12:39	02:46:00.44
3871	2242/2922	419/531	1439	Elizabeth Weixelman	F	37	Lincoln	NE	00:35:00.99	01:26:13.77	00:44:45.87	12:39	02:46:00.64
3872	2243/2922	86/122	2411	Jan McNally	F	59	Raymond	NE	00:35:45.13	01:26:56.06	00:43:22.79	12:40	02:46:03.98
3873	2244/2922	420/531	2108	Rutheah Rodehorst	F	36	Kearney	NE	00:34:19.29	01:28:38.29	00:43:06.96	12:40	02:46:04.55
3874	2245/2922	279/345	3340	Selena Hemsley	F	20	Omaha	NE	00:35:48.33	01:24:49.37	00:45:28.14	12:40	02:46:05.84
3875	2246/2922	182/258	2525	Tabitha Amiday	F	45	Mount Vernon	SD	00:37:27.63	01:27:08.69	00:41:29.55	12:40	02:46:05.88
3876	2247/2922	410/508	5019	Amy Tubbs	F	27	Columbus	NE	00:38:44.54	01:27:20.26	00:40:17.85	12:41	02:46:22.66
3877	1630/1785	168/181	5097	Quentin Peacock	M	24	Lincoln	NE	00:33:24.85	01:28:03.06	00:44:57.42	12:41	02:46:25.34
3878	1631/1785	228/253	5971	Trevor Patch	M	32	Sioux Falls	SD	00:37:29.69	01:25:38.81	00:43:20.07	12:41	02:46:28.57
3879	2248/2922	421/531	1471	Jessica Perkins	F	38	Cheyenne	WY	00:36:57.64	01:27:12.20	00:42:19.25	12:42	02:46:29.10
3880	2249/2922	411/508	2141	Jisselle Servillon	F	26	Chicago	IL	00:34:32.82	01:26:59.89	00:44:56.90	12:42	02:46:29.61
3881	2250/2922	10/19	2904	Kadence Eklund	F	13	Lincoln	NE	00:36:35.18	01:26:56.21	00:42:58.57	12:42	02:46:29.96
3882	2251/2922	101/148	2553	Patty Sturm-Gonsior	F	53	Bellevue	NE	00:36:44.11	01:25:32.60	00:44:14.95	12:42	02:46:31.68
3883	2252/2922	353/454	991	Melissa Duffy	F	31	Lincoln	NE	00:37:38.83	01:27:44.67	00:41:08.73	12:42	02:46:32.24
3884	2253/2922	422/531	2210	Jessica Jones	F	38	Tecumseh	NE	00:36:02.28	01:27:47.81	00:42:42.41	12:42	02:46:32.50
3885	2254/2922	280/345	5010	Marissa Fuchser	F	22	Malcolm	NE	00:34:39.04	01:27:15.79	00:44:39.70	12:42	02:46:34.54

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3886	2255/2922	281/345	554	Brooke Gettman	F	23	Seward	NE	00:34:39.79	01:27:15.58	00:44:40.11	12:42	02:46:35.48
3887	2256/2922	423/531	3089	Heather Muller	F	36	Milford	NE	00:34:07.93	01:28:40.53	00:43:53.09	12:42	02:46:41.56
3888	2257/2922	11/19	1565	Elyse Vinton	F	14	Lincoln	NE	00:36:34.66	01:26:56.54	00:43:13.74	12:43	02:46:44.95
3889	2258/2922	282/345	6247	Emily Bledsoe	F	23	Blair	NE	00:33:42.96	01:27:52.88	00:45:14.13	12:43	02:46:49.98
3890	2259/2922	283/345	6246	April Burke	F	24	Omaha	NE	00:33:43.81	01:27:53.58	00:45:13.83	12:43	02:46:51.23
3891	2260/2922	412/508	3444	Brittney Fieselman	F	25	Lincoln	NE	00:33:26.28	01:27:23.58	00:46:02.55	12:43	02:46:52.42
3892	2261/2922	102/148	3199	Karen Layton	F	54	Lincoln	NE	00:35:43.40	01:27:44.09	00:43:25.05	12:43	02:46:52.54
3893	2262/2922	424/531	754	Dorinda Brown	F	39	Polk	NE	00:37:40.02	01:27:10.79	00:42:02.24	12:43	02:46:53.06
3894	2263/2922	257/335	1558	Jamie Ritchey	F	42	Lincoln	NE	00:36:52.21	01:25:33.69	00:44:27.73	12:43	02:46:53.63
3895	1632/1785	257/276	3591	Shawn Toovey	M	36	Gretna	NE	00:37:12.75	01:30:41.62	00:39:00.81	12:43	02:46:55.19
3896	2264/2922	12/19	631	Madysen Ayres	F	14	Raymond	NE	00:35:17.99	01:28:10.83	00:43:26.48	12:44	02:46:55.31
3897	2265/2922	425/531	243	Janice Ayres	F	39	Raymond	NE	00:35:18.24	01:28:11.04	00:43:26.10	12:44	02:46:55.40
3898	2266/2922	183/258	2681	Christine Carroll	F	49	Ashland	NE	00:36:50.32	01:25:35.97	00:44:31.93	12:44	02:46:58.23
3899	2267/2922	258/335	2235	Jenny Baxter	F	40	Papillion	NE	00:39:15.58	01:27:58.37	00:39:47.44	12:44	02:47:01.39
3900	2268/2922	184/258	5440	Michelle Brummer	F	48	Omaha	NE	00:36:35.27	01:27:24.95	00:43:02.68	12:44	02:47:02.91
3901	2269/2922	7/23	2961	Kathee Sanchez	F	67	Lincoln	NE	00:37:12.89	01:27:08.03	00:42:43.44	12:44	02:47:04.37
3902	2270/2922	354/454	2786	Brittney Osterbuhr	F	31	Holdrege	NE	00:33:53.31	01:27:57.74	00:45:14.12	12:44	02:47:05.17
3903	2271/2922	185/258	2248	Julia Wessel	F	47	Seward	NE	00:37:45.22	01:28:58.13	00:40:21.89	12:44	02:47:05.25
3904	2272/2922	103/148	2240	Michelle Seifert	F	51	Lincoln	NE	00:37:45.80	01:28:57.81	00:40:22.04	12:44	02:47:05.65
3905	2273/2922	355/454	6152	Julie Markvicka	F	33	Grand Island	NE	00:34:28.04	01:26:06.08	00:46:31.55	12:44	02:47:05.67
3906	2274/2922	284/345	6248	Abigail Munk	F	23	Belleville	KS	00:33:09.51	01:29:50.87	00:44:05.74	12:44	02:47:06.13
3907	2275/2922	426/531	5433	Michelle Miller	F	38	Bennington	NE	00:36:04.79	01:27:59.94	00:43:02.89	12:44	02:47:07.62
3908	2276/2922	427/531	2184	Jamie Logue	F	36	Grand Island	NE	00:31:50.56	01:24:28.20	00:50:55.59	12:45	02:47:14.36
3909	2277/2922	428/531	972	Bobbi Buchholz	F	39	Juniata	NE	00:31:50.90	01:17:31.55	00:57:51.99	12:45	02:47:14.45
3910	1633/1785	229/253	4127	Tyler Fletcher	M	32	Omaha	NE	00:35:03.32	01:27:38.77	00:44:35.28	12:45	02:47:17.38
3911	2278/2922	356/454	1827	Jackie Gates	F	32	Ord	NE	00:35:03.45	01:27:38.86	00:44:35.10	12:45	02:47:17.42
3912	2279/2922	87/122	1390	Kim Bottorff	F	55	Fremont	NE	00:34:57.00	01:27:14.82	00:45:09.02	12:45	02:47:20.85
3913	2280/2922	24/41	6372	Shauna Groenewold	F	60	Lincoln	NE	00:37:42.08	01:27:29.24	00:42:11.29	12:46	02:47:22.61
3914	2281/2922	259/335	4572	Billie Burns	F	44	Omaha	NE	00:38:03.07	01:26:51.16	00:42:28.68	12:46	02:47:22.92
3915	2282/2922	186/258	1174	Kim Brammer	F	49	Omaha	NE	00:38:03.07	01:26:51.41	00:42:28.68	12:46	02:47:23.17
3916	1634/1785	91/96	3721	Gavin Brester	M	17	Lincoln	NE	00:34:20.66	01:24:42.93	00:48:20.05	12:46	02:47:23.65
3917	2283/2922	88/122	2517	Katherine Beifuss	F	59	Bryan	TX	00:37:40.28	01:27:55.27	00:41:48.67	12:46	02:47:24.23
3918	2284/2922	89/122	614	Maribel Inkelaar	F	56	Lincoln	NE	00:33:23.25	01:25:58.88	00:48:03.25	12:46	02:47:25.39
3919	2285/2922	116/128	4681	Ashley Schultz	F	17	Lincoln	NE	00:32:08.68	01:29:01.50	00:46:21.40	12:46	02:47:31.59
3920	2286/2922	8/23	2296	Sue Krogman	F	65	Panama	NE	00:36:44.67	01:29:57.58	00:40:56.27	12:47	02:47:38.53



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3921	2287/2922	429/531	276	Laura Bartlett	F	37	Papillion	NE	00:38:08.61	01:30:12.04	00:39:17.90	12:47	02:47:38.55
3922	2288/2922	187/258	2187	Jen Ray	F	47	Lincoln	NE	00:38:45.18	01:26:37.86	00:42:16.50	12:47	02:47:39.55
3923	2289/2922	430/531	1839	Ashley Sabatka	F	35	Omaha	NE	00:36:47.37	01:27:24.03	00:43:30.29	12:47	02:47:41.71
3924	1635/1785	230/253	6240	Nick Kraft	M	30	Falls City	NE	00:29:58.99	01:23:51.74	00:53:51.62	12:47	02:47:42.36
3925	2290/2922	413/508	1915	Stacy Manson	F	25	Lincoln	NE	00:34:13.51	01:25:13.29	00:48:16.12	12:47	02:47:42.92
3926	1636/1785	240/260	5814	Eliezer Fernandez	M	26	Lincoln	NE	00:34:13.86	01:25:13.49	00:48:15.92	12:47	02:47:43.27
3927	2291/2922	90/122	3105	Tammy Steinwandt	F	56	Waukee	IA	00:37:19.57	01:24:01.96	00:46:27.19	12:48	02:47:48.73
3928	2292/2922	117/128	4009	Amanda Schultz	F	19	Deshler	NE	00:35:41.00	01:29:47.71	00:42:24.33	12:48	02:47:53.06
3929	2293/2922	104/148	2636	Sheila Wehland	F	51	Lincoln	NE	00:33:19.75	01:24:55.37	00:49:39.68	12:48	02:47:54.81
3930	2294/2922	431/531	1204	Sara Parkening	F	36	Lincoln	NE	00:38:01.64	01:24:01.82	00:45:54.07	12:48	02:47:57.53
3931	2295/2922	25/41	3037	Rolayne Wilhelmsen	F	62	Omaha	NE	00:35:19.32	01:28:37.60	00:44:01.54	12:48	02:47:58.47
3932	1637/1785	258/276	6015	Nick Hershberger	M	37	Lincoln	NE	00:35:47.97	01:26:40.05	00:45:31.04	12:48	02:47:59.07
3933	2296/2922	26/41	2363	Karen Knap	F	62	Lincoln	NE	00:35:40.44	01:28:12.97	00:44:08.43	12:49	02:48:01.85
3934	2297/2922	285/345	1928	Josie Nolte	F	20	Falls City	NE	00:31:40.30	01:25:26.77	00:50:56.29	12:49	02:48:03.36
3935	2298/2922	414/508	867	Ann Marie Murray	F	25	Lincoln	NE	00:34:03.55	01:23:49.07	00:50:12.19	12:49	02:48:04.82
3936	2299/2922	357/454	1696	Kim Moore	F	33	Glenwood	IA	00:34:36.67	01:27:28.72	00:46:00.95	12:49	02:48:06.35
3937	2300/2922	358/454	5592	Dani Bauer	F	33	Kearney	NE	00:35:37.65	01:29:18.87	00:43:09.95	12:49	02:48:06.47
3938	2301/2922	286/345	266	Brekkan Martinosky	F	24	Lincoln	NE	00:32:57.04	01:27:57.48	00:47:15.75	12:49	02:48:10.27
3939	2302/2922	105/148	5567	Peggy Truckenbrod	F	54	Omaha	NE	00:35:13.47	01:29:20.66	00:43:36.92	12:49	02:48:11.06
3940	1638/1785	231/253	5146	Ryan Willett	M	31	Lincoln	NE	00:34:04.29	01:27:00.52	00:47:06.98	12:49	02:48:11.80
3941	2303/2922	359/454	3049	Gina Vifquain	F	33	Lincoln	NE	00:39:02.55	01:29:10.31	00:40:04.51	12:50	02:48:17.38
3942	2304/2922	91/122	2429	Rebecka Schafer	F	56	Lincoln	NE	00:37:43.38	01:28:27.99	00:42:07.15	12:50	02:48:18.52
3943	2305/2922	415/508	616	Melisa Inkelaar	F	25	Lincoln	NE	00:35:15.55	01:28:54.15	00:44:09.30	12:50	02:48:19.01
3944	2306/2922	92/122	6484	Gina Justice	F	56	Glenpool	OK	00:37:43.98	01:28:27.79	00:42:07.51	12:50	02:48:19.28
3945	2307/2922	416/508	2850	Jessica Creal	F	28	Prague	NE	00:34:30.17	01:29:54.89	00:43:55.46	12:50	02:48:20.52
3946	1639/1785	72/80	5527	Scot Morrison	M	59	Lincoln	NE	00:31:46.08	01:28:21.17	00:48:14.83	12:50	02:48:22.09
3947	2308/2922	360/454	3753	Jennifer Uphoff	F	32	Glenwood	IA	00:32:57.95	01:27:51.21	00:47:33.61	12:50	02:48:22.77
3948	2309/2922	9/23	2420	Sarah Crose	F	66	Lincoln	NE	00:38:16.82	01:27:26.51	00:42:46.62	12:51	02:48:29.96
3949	2310/2922	432/531	2676	Alexis Kimbrough	F	35	Lincoln	NE	00:38:51.75	01:29:02.86	00:40:35.87	12:51	02:48:30.49
3950	2311/2922	287/345	3336	Mckenzie Jakub	F	24	Oxford	NE	00:33:29.26	01:31:09.91	00:43:55.26	12:51	02:48:34.44
3951	2312/2922	361/454	2933	Stephanie Paulison	F	32	Bennington	NE	00:37:44.62	01:27:36.86	00:43:13.08	12:51	02:48:34.57
3952	2313/2922	288/345	3428	Morgan Myers	F	23	Elkhorn	NE	00:40:15.44	01:29:10.61	00:39:10.02	12:51	02:48:36.08
3953	1640/1785	232/253	4592	Donte Warren	M	31	Lincoln	NE	00:37:25.76	01:27:04.03	00:44:06.78	12:51	02:48:36.58
3954	1641/1785	23/26	4588	Mike Purser	M	68	Lincoln	NE	00:37:26.15	01:27:04.31	00:44:06.53	12:51	02:48:36.99
3955	1642/1785	164/172	5770	Allen Roberts	M	48	Mount Olive	AL	00:37:21.86	01:28:48.22	00:42:28.85	12:51	02:48:38.94

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3956	2314/2922	362/454	1818	Emily Willett	F	31	Lincoln	NE	00:39:26.50	01:29:55.91	00:39:18.79	12:52	02:48:41.20
3957	2315/2922	433/531	2246	Amy Forsythe	F	39	Council Bluffs	IA	00:37:27.21	01:27:37.08	00:43:42.36	12:52	02:48:46.65
3958	1643/1785	241/260	5755	Travis Arnold	M	29	Shelton	NE	00:33:01.82	01:30:49.83	00:44:55.00	12:52	02:48:46.66
3959	1644/1785	134/145	6591	Chuck Taylor	M	50	Concord	NC	00:39:00.61	01:24:20.89	00:45:30.21	12:52	02:48:51.71
3960	1645/1785	194/215	6011	Rob Andrews	M	41	Lincoln	NE	00:35:03.51	01:29:18.11	00:44:36.04	12:53	02:48:57.66
3961	2316/2922	434/531	994	Amanda Conradt	F	35	Lincoln	NE	00:38:14.70	01:28:41.81	00:42:01.91	12:53	02:48:58.43
3962	2317/2922	435/531	2996	Amber Shaw	F	35	Lincoln	NE	00:38:15.38	01:28:41.28	00:42:02.14	12:53	02:48:58.81
3963	2318/2922	260/335	6117	Carolyn Heitman	F	43	Lincoln	NE	00:36:33.93	01:28:28.93	00:43:56.87	12:53	02:48:59.74
3964	2319/2922	363/454	3767	Sarah Davis	F	30	Ralston	NE	00:35:12.53	01:30:06.78	00:43:41.65	12:53	02:49:00.96
3965	2320/2922	417/508	2934	Haley Hiatt	F	27	Wichita	KS	00:35:02.31	01:25:00.98	00:48:57.91	12:53	02:49:01.20
3966	2321/2922	364/454	3794	Cara Pedersen	F	32	Alta	IA	00:38:16.27	01:27:44.56	00:43:02.53	12:53	02:49:03.36
3967	2322/2922	436/531	1253	Kimberly Groeper	F	38	Dayton	OH	00:38:31.64	01:30:46.63	00:39:49.64	12:54	02:49:07.91
3968	2323/2922	188/258	2486	Serena Chester	F	46	Plattsmouth	NE	00:38:31.88	01:30:46.66	00:39:49.52	12:54	02:49:08.06
3969	2324/2922	189/258	2472	Monica Janssen	F	45	Lincoln	NE	00:39:19.19	01:30:35.86	00:39:14.91	12:54	02:49:09.97
3970	2325/2922	365/454	2336	Kristy Larue	F	34	Superior	WI	00:38:16.86	01:27:06.06	00:43:55.77	12:54	02:49:18.70
3971	2326/2922	10/23	6578	Cherrine Wheeler	F	65	Trimble	MO	00:38:16.97	01:27:04.91	00:43:56.95	12:54	02:49:18.84
3972	1646/1785	195/215	4805	Alan Heiser	M	41	Lynch	NE	00:34:12.61	01:30:16.44	00:44:51.11	12:55	02:49:20.17
3973	2327/2922	106/148	2431	Angela Penner	F	54	Lincoln	NE	00:38:04.18	01:28:51.31	00:42:24.71	12:55	02:49:20.21
3974	2328/2922	437/531	989	Melissa Kasselser	F	35	Ewing	NE	00:34:21.07	01:30:54.86	00:44:09.37	12:55	02:49:25.31
3975	2329/2922	27/41	456	Emma Cruthis	F	63	Troy	IL	00:38:07.62	01:29:51.25	00:41:26.67	12:55	02:49:25.54
3976	2330/2922	93/122	1720	Sue Arnold	F	56	Beaver Crossing	NE	00:35:53.00	01:27:57.24	00:45:38.04	12:55	02:49:28.29
3977	2331/2922	438/531	2227	Kristen Ryschon	F	38	Ord	NE	00:34:24.71	01:30:55.33	00:44:09.37	12:55	02:49:29.41
3978	2332/2922	11/23	3275	Pat Golden	F	67	Lincoln	NE	00:37:06.32	01:27:35.06	00:44:51.81	12:56	02:49:33.20
3979	2333/2922	439/531	2531	Rosie Pringle	F	36	Fort Calhoun	NE	00:32:19.35	01:30:28.20	00:46:46.44	12:56	02:49:33.99
3980	2334/2922	190/258	2381	Missy Droge #1311	F	49	Pawnee City	NE	00:36:37.22	01:28:21.69	00:44:35.13	12:56	02:49:34.04
3981	2335/2922	261/335	2037	Marne Pringle	F	41	Portland	OR	00:33:19.21	01:27:21.17	00:48:54.17	12:56	02:49:34.56
3982	2336/2922	262/335	932	Melissa Bowers	F	40	Lincoln	NE	00:35:43.32	01:29:17.22	00:44:34.76	12:56	02:49:35.31
3983	2337/2922	118/128	307	Miranda Branek	F	19	Pawnee City	NE	00:36:37.02	01:28:21.67	00:44:36.65	12:56	02:49:35.35
3984	2338/2922	107/148	3048	Renee Hoffman	F	50	Marysville	KS	00:37:56.98	01:29:26.31	00:42:12.93	12:56	02:49:36.23
3985	2339/2922	440/531	6600	Diana Kinney	F	37	Kansas City	MO	00:31:55.58	01:33:17.78	00:44:23.70	12:56	02:49:37.06
3986	1647/1785	233/253	5008	Kenneth Kinney	M	33	Kansas City	MO	00:31:56.36	01:33:17.30	00:44:24.01	12:56	02:49:37.68
3987	2340/2922	418/508	1209	Shalee Kempf	F	26	Shickley	NE	00:35:25.05	01:28:28.23	00:45:46.45	12:56	02:49:39.73
3988	2341/2922	419/508	275	Caitlin Amen	F	27	St. Louis	MO	00:36:44.41	01:27:45.56	00:45:14.32	12:56	02:49:44.30
3989	2342/2922	289/345	5366	Erin Cuddy	F	24	Lincoln	NE	00:35:33.96	01:27:31.24	00:46:40.21	12:56	02:49:45.42
3990	2343/2922	94/122	3071	Angela Ruppert	F	58	Mccook	NE	00:36:07.26	01:29:38.64	00:44:00.53	12:57	02:49:46.44

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
3991	2344/2922	441/531	4669	Deanna Kelley	F	35	Lincoln	NE	00:36:07.40	01:29:39.08	00:44:00.29	12:57	02:49:46.78
3992	2345/2922	420/508	5428	Amber Stettnichs	F	25	Lincoln	NE	00:38:36.16	01:28:16.80	00:42:54.36	12:57	02:49:47.33
3993	2346/2922	108/148	2551	Jane Schmitt	F	50	Leavenworth	KS	00:35:50.55	01:29:32.74	00:44:37.63	12:58	02:50:00.92
3994	1648/1785	259/276	4816	Justin Bradley	M	38	Lincoln	NE	00:34:08.40	01:28:54.36	00:46:59.03	12:58	02:50:01.80
3995	2347/2922	263/335	2284	Wendy O'dell	F	43	Lincoln	NE	00:38:05.52	01:28:26.79	00:43:33.20	12:58	02:50:05.52
3996	2348/2922	421/508	1302	Morgan Klipp	F	29	Lincoln	NE	00:33:27.53	01:28:07.22	00:48:31.62	12:58	02:50:06.38
3997	1649/1785	242/260	4771	Jonathan Klipp	M	29	Lincoln	NE	00:33:28.48	01:28:06.47	00:48:32.10	12:58	02:50:07.05
3998	2349/2922	442/531	2908	Ashley Garey	F	35	Lincoln	NE	00:35:35.57	01:29:46.07	00:44:45.61	12:58	02:50:07.25
3999	2350/2922	366/454	2181	Cassidy Vineyard	F	34	Lincoln	NE	00:37:56.25	01:27:49.62	00:44:26.26	12:59	02:50:12.13
4000	1650/1785	196/215	4473	Jason Boschan	M	41	Charlotte	NC	00:34:29.74	01:28:16.65	00:47:26.25	12:59	02:50:12.65
4001	1651/1785	38/42	4672	Michael Munson	M	63	Columbus	NE	00:40:20.88	01:29:11.90	00:40:43.13	12:59	02:50:15.91
4002	2351/2922	191/258	3060	Shauna Green	F	45	Lincoln	NE	00:36:58.31	01:28:51.37	00:44:28.31	12:59	02:50:18.00
4003	2352/2922	13/19	814	Kiah Bollinger	F	14	Lincoln	NE	00:36:58.87	01:31:55.90	00:41:29.15	12:59	02:50:23.92
4004	2353/2922	443/531	1376	Becca Schad	F	35	Austin	TX	00:38:03.34	01:28:27.04	00:43:53.66	12:59	02:50:24.05
4005	2354/2922	422/508	920	Theresa White	F	27	Papillion	NE	00:35:34.97	01:30:49.50	00:44:00.09	12:59	02:50:24.56
4006	2355/2922	423/508	1968	Audra Wetrosky	F	25	Auburn	NE	00:33:45.26	01:29:33.36	00:47:06.06	12:59	02:50:24.69
4007	2356/2922	290/345	2009	Kylie Mcgowan	F	23	York	NE	00:33:37.92	01:29:52.07	00:47:03.01	13:00	02:50:33.00
4008	2357/2922	192/258	2137	Shannon Jamerson	F	47	Mayfield	KS	00:35:32.78	01:29:02.48	00:45:57.86	13:00	02:50:33.12
4009	2358/2922	193/258	1739	Karla Carstens	F	48	Beatrice	NE	00:35:38.09	01:29:12.96	00:45:42.92	13:00	02:50:33.98
4010	2359/2922	367/454	3068	Megan Oquist	F	33	Exeter	NE	00:37:29.31	01:30:29.44	00:42:37.57	13:00	02:50:36.33
4011	2360/2922	194/258	7113	Emily Casper	F	46	Lincoln	NE	00:36:28.89	01:30:44.30	00:43:23.20	13:00	02:50:36.40
4012	2361/2922	12/23	2322	Jeanen France	F	68	Lincoln	NE	00:36:20.15	01:29:27.27	00:44:49.71	13:00	02:50:37.14
4013	2362/2922	195/258	1342	Stephanie Bell	F	46	Englewood	CO	00:36:29.46	01:30:44.78	00:43:23.31	13:00	02:50:37.56
4014	1652/1785	169/181	5190	Cole Wohlgemuth	M	23	Columbia	MO	00:35:10.21	01:32:44.92	00:42:44.91	13:01	02:50:40.04
4015	2363/2922	444/531	2923	Chelsea Doggett	F	36	Lincoln	NE	00:38:41.07	01:26:24.18	00:45:36.14	13:01	02:50:41.40
4016	2364/2922	424/508	1856	Alexandrina Gardea	F	27	Omaha	NE	00:34:06.49	01:31:35.98	00:45:01.08	13:01	02:50:43.56
4017	2365/2922	95/122	1245	Carol Deblieck	F	56	Cottage Grove	MN	00:39:26.93	01:30:29.48	00:40:49.72	13:01	02:50:46.13
4018	2366/2922	291/345	1815	Andreana Cuka	F	21	Waynesboro	PA	00:35:47.14	01:29:12.78	00:45:46.28	13:01	02:50:46.21
4019	2367/2922	368/454	4704	Megan Knutson	F	30	Omaha	NE	00:38:02.90	01:28:07.93	00:44:36.56	13:01	02:50:47.40
4020	2368/2922	292/345	509	Abigail Ervin-Penner	F	24	Lincoln	NE	00:36:22.31	01:29:31.58	00:44:53.63	13:01	02:50:47.53
4021	2369/2922	425/508	2696	Meredith Surbrugg	F	25	Lakewood	CO	00:37:29.76	01:27:32.71	00:45:48.69	13:01	02:50:51.16
4022	2370/2922	264/335	563	Brenda Frey	F	40	Albion	NE	00:34:54.02	01:32:33.36	00:43:25.17	13:02	02:50:52.56
4023	2371/2922	265/335	3439	Sarah Schroeder	F	40	Lincoln	NE	00:34:33.31	01:28:14.31	00:48:05.88	13:02	02:50:53.50
4024	1653/1785	197/215	5096	Cory Krause	M	42	West Point	NE	00:36:24.70	01:29:31.56	00:44:57.36	13:02	02:50:53.62
4025	2372/2922	445/531	3694	Carly Salak	F	36	West Point	NE	00:36:24.18	01:29:31.95	00:44:57.61	13:02	02:50:53.75

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4026	2373/2922	426/508	1805	Jessica Willis	F	26	Lincoln	NE	00:32:21.10	01:19:10.53	00:59:24.26	13:02	02:50:55.90
4027	1654/1785	170/181	4799	Jason Lauenroth	M	23	Lincoln	NE	00:35:12.49	01:25:42.63	00:50:04.95	13:02	02:51:00.07
4028	1655/1785	198/215	5439	Tim Menke	M	44	Lincoln	NE	00:37:07.27	01:31:24.24	00:42:28.65	13:02	02:51:00.16
4029	2374/2922	446/531	963	Katie Penas	F	36	Lincoln	NE	00:34:14.35	01:27:29.23	00:49:16.96	13:02	02:51:00.55
4030	2375/2922	447/531	1819	Cynthia Von Seggern	F	38	Lincoln	NE	00:37:09.96	01:33:51.93	00:40:02.15	13:02	02:51:04.05
4031	2376/2922	369/454	2367	Brittany Heybrock	F	34	Omaha	NE	00:32:46.65	01:35:18.55	00:42:59.29	13:03	02:51:04.50
4032	2377/2922	448/531	4295	Jessica Codr	F	36	Lincoln	NE	00:39:19.49	01:30:35.31	00:41:09.83	13:03	02:51:04.63
4033	2378/2922	449/531	1451	Kelsie Banks	F	35	Lincoln	NE	00:33:58.44	01:26:34.68	00:50:32.89	13:03	02:51:06.02
4034	2379/2922	196/258	1637	Mari Beck	F	46	Kearney	NE	00:38:45.26	01:26:10.36	00:46:13.91	13:03	02:51:09.55
4035	2380/2922	427/508	1635	Carley Stalheim	F	25	Omaha	NE	00:30:53.57	01:22:47.46	00:57:31.06	13:03	02:51:12.10
4036	2381/2922	266/335	2638	Danell Nicolarsen	F	40	Lincoln	NE	00:37:25.48	01:29:34.13	00:44:12.70	13:03	02:51:12.31
4037	2382/2922	450/531	2257	Emily Sulzle	F	35	Lincoln	NE	00:39:01.90	01:29:00.66	00:43:11.04	13:03	02:51:13.61
4038	2383/2922	109/148	2905	Stephanie Martin	F	51	Omaha	NE	00:35:50.99	01:27:23.15	00:48:00.74	13:03	02:51:14.88
4039	2384/2922	110/148	1416	Valerie Durrant	F	51	Rockville	MD	00:36:06.58	01:28:15.44	00:46:54.33	13:03	02:51:16.35
4040	2385/2922	197/258	1460	Sheila Harouff	F	45	Orleans	NE	00:36:20.54	01:28:39.56	00:46:16.27	13:03	02:51:16.38
4041	2386/2922	198/258	3025	Jona Van Deun	F	49	Omaha	NE	00:36:06.44	01:28:15.95	00:46:54.12	13:03	02:51:16.51
4042	2387/2922	199/258	3133	Dawn Truka	F	48	Wilber	NE	00:36:59.49	01:27:55.84	00:46:23.53	13:04	02:51:18.87
4043	2388/2922	428/508	1212	Kate Florian	F	29	Lincoln	NE	00:31:17.87	01:38:17.87	00:41:46.68	13:04	02:51:22.43
4044	2389/2922	267/335	2112	Miranda Coleman	F	42	Lincoln	NE	00:36:38.54	01:33:28.48	00:41:18.33	13:04	02:51:25.35
4045	2390/2922	451/531	842	Kristin Morgan	F	38	Firth	NE	00:36:39.44	01:33:28.18	00:41:17.74	13:04	02:51:25.36
4046	2391/2922	452/531	3218	Sara Butler	F	37	Omaha	NE	00:39:07.03	01:30:33.50	00:41:45.80	13:04	02:51:26.34
4047	2392/2922	370/454	3960	Meghan Bernholtz	F	30	Lincoln	NE	00:31:57.50	01:23:43.45	00:55:53.86	13:05	02:51:34.81
4048	2393/2922	200/258	2657	Cathy Loeffelman	F	49	Wentzville	MO	00:37:40.99	01:31:14.67	00:42:57.39	13:06	02:51:53.06
4049	2394/2922	96/122	2980	Kathy Roubidoux	F	58	Festus	MO	00:37:41.80	01:31:14.78	00:42:57.64	13:06	02:51:54.24
4050	1656/1785	234/253	4749	Timothy Waldrop	M	34	Lincoln	NE	00:36:58.16	01:29:57.14	00:45:01.21	13:06	02:51:56.52
4051	2395/2922	268/335	2784	Jennifer Hunt	F	43	Omaha	NE	00:39:38.51	01:29:41.09	00:42:37.97	13:07	02:51:57.57
4052	2396/2922	429/508	2301	Ashley Bovee	F	29	Lincoln	NE	00:37:52.22	01:31:15.36	00:42:50.71	13:07	02:51:58.30
4053	2397/2922	453/531	1690	Tamara Vigil	F	36	Lincoln	NE	00:41:34.27	01:29:43.81	00:40:48.50	13:07	02:52:06.59
4054	2398/2922	371/454	5230	Katelyn Rempe	F	30	Grand Island	NE	00:36:55.80	01:29:59.97	00:45:12.17	13:07	02:52:07.94
4055	1657/1785	199/215	5484	Eddie Brown	M	42	Lincoln	NE	00:33:43.84	01:28:47.64	00:49:41.60	13:08	02:52:13.09
4056	2399/2922	269/335	6116	Jackie Romero	F	42	Grand Island	NE	00:35:43.38	01:31:51.35	00:44:42.28	13:08	02:52:17.01
4057	2400/2922	372/454	3212	Jamie Long Soldier	F	33	Lincoln	NE	00:39:41.22	01:30:36.17	00:41:59.73	13:08	02:52:17.13
4058	2401/2922	111/148	2935	Sunny Hubka	F	50	Omaha	NE	00:37:53.92	01:29:53.76	00:44:31.92	13:08	02:52:19.61
4059	2402/2922	293/345	1235	Taylor Kramer	F	22	Omaha	NE	00:36:22.41	01:30:44.84	00:45:13.89	13:08	02:52:21.14
4060	2403/2922	201/258	1177	Jennifer Kramer	F	47	Gretna	NE	00:36:22.86	01:30:12.82	00:45:45.55	13:08	02:52:21.23

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4061	2404/2922	294/345	2902	Ellie Meier	F	24	Lincoln	NE	00:34:42.71	01:29:49.34	00:47:50.22	13:08	02:52:22.27
4062	1658/1785	92/96	6393	Nick Essink	M	19	Lincoln	NE	00:37:37.77	01:29:21.92	00:45:24.22	13:09	02:52:23.92
4063	2405/2922	119/128	6091	Shelbi Larson	F	19	Malcolm	NE	00:29:04.20	01:24:23.34	00:59:00.45	13:09	02:52:27.99
4064	1659/1785	73/80	5510	Gregg Stubbendieck	M	55	Lincoln	NE	00:35:32.08	01:31:24.46	00:45:32.23	13:09	02:52:28.78
4065	2406/2922	270/335	4884	Kim Kral	F	40	Grand Island	NE	00:37:39.13	01:31:02.06	00:43:48.29	13:09	02:52:29.49
4066	2407/2922	271/335	6394	Rebecca Essink	F	44	Lincoln	NE	00:37:38.16	01:29:21.91	00:45:35.37	13:09	02:52:35.44
4067	1660/1785	243/260	6014	Andrew Matthies	M	28	Lincoln	NE	00:34:59.75	01:30:25.91	00:47:12.12	13:10	02:52:37.79
4068	1661/1785	235/253	5611	Jared Hathaway	M	33	Omaha	NE	00:32:23.79	01:32:18.07	00:48:03.91	13:10	02:52:45.77
4069	2408/2922	430/508	3799	Makenna Coy	F	26	Shickley	NE	00:35:25.19	01:28:30.73	00:48:53.06	13:10	02:52:48.99
4070	2409/2922	454/531	2446	Tanya Kempf	F	37	Shickley	NE	00:35:25.17	01:28:31.14	00:48:53.15	13:11	02:52:49.47
4071	2410/2922	431/508	5175	Sarah Bublitz	F	29	Lincoln	NE	00:39:00.31	01:30:09.80	00:43:40.81	13:11	02:52:50.93
4072	2411/2922	202/258	6502	Marcie Roddy	F	45	Omaha	NE	00:37:10.90	01:31:20.79	00:44:22.70	13:11	02:52:54.40
4073	2412/2922	295/345	1299	Ashley Gaines	F	20	Lincoln	NE	00:36:19.18	01:36:06.28	00:40:30.95	13:11	02:52:56.42
4074	2413/2922	272/335	3156	April Gaines	F	40	Lincoln	NE	00:36:19.60	01:36:06.07	00:40:30.86	13:11	02:52:56.54
4075	2414/2922	432/508	2699	Amanda Fuchser	F	27	Lincoln	NE	00:37:20.81	01:31:33.34	00:44:03.27	13:11	02:52:57.43
4076	2415/2922	273/335	2693	Kimberly Yungdahl	F	41	Osceola	NE	00:37:33.14	01:30:55.04	00:44:30.44	13:11	02:52:58.62
4077	2416/2922	455/531	3171	Nataly Sanley	F	37	Osceola	NE	00:37:33.08	01:30:55.51	00:44:30.17	13:11	02:52:58.76
4078	2417/2922	203/258	3000	Melanie Boudreault	F	45	Omaha	NE	00:37:57.80	01:30:43.16	00:44:19.54	13:11	02:53:00.51
4079	2418/2922	373/454	3286	Meagan Patch	F	31	Sioux Falls	SD	00:37:39.90	01:30:54.31	00:44:26.92	13:11	02:53:01.13
4080	2419/2922	374/454	4085	Heather Lutter	F	30	Ainsworth	NE	00:38:54.08	01:31:26.57	00:42:47.99	13:12	02:53:08.64
4081	2420/2922	375/454	4084	Tammy Hancock	F	30	Ainsworth	NE	00:38:55.06	01:31:26.00	00:42:47.99	13:12	02:53:09.06
4082	2421/2922	456/531	1660	Brandy Higgins	F	38	Lincoln	NE	00:38:10.27	01:30:15.23	00:44:46.17	13:12	02:53:11.68
4083	2422/2922	112/148	2430	Tammy Wiebe	F	51	Lincoln	NE	00:37:06.33	01:31:03.35	00:45:03.80	13:12	02:53:13.49
4084	2423/2922	296/345	547	Mckenna Gibson	F	24	Humphrey	NE	00:38:09.06	01:30:04.53	00:45:05.08	13:13	02:53:18.69
4085	2424/2922	297/345	1595	Amy Eisenmenger	F	24	Humphrey	NE	00:38:08.76	01:30:04.84	00:45:05.20	13:13	02:53:18.81
4086	2425/2922	376/454	6188	Tiffany Carroll	F	34	Thomasville	NC	00:38:08.69	01:29:33.19	00:45:37.53	13:13	02:53:19.42
4087	2426/2922	433/508	2675	Chelsea Smith	F	29	Dorchester	NE	00:37:50.77	01:34:59.30	00:40:29.86	13:13	02:53:19.94
4088	2427/2922	434/508	846	Shelby Rookstool	F	28	Mccook	NE	00:32:36.45	01:28:35.83	00:52:08.75	13:13	02:53:21.04
4089	2428/2922	457/531	935	Amanda Madsen	F	38	Saint Michael	MN	00:34:48.38	01:42:15.77	00:36:17.61	13:13	02:53:21.77
4090	1662/1785	260/276	5981	Nick Hobbs	M	37	Kearney	NE	00:38:52.07	01:30:10.13	00:44:21.68	13:13	02:53:23.89
4091	2429/2922	298/345	1515	Jena Wilson	F	23	Lincoln	NE	00:36:00.77	01:31:12.34	00:46:21.94	13:14	02:53:35.06
4092	2430/2922	377/454	2847	Megan Berks	F	32	Lincoln	NE	00:38:08.09	01:32:57.18	00:42:29.84	13:14	02:53:35.12
4093	2431/2922	378/454	2848	Melissa Hartshorn	F	30	Ceresco	NE	00:38:07.60	01:32:55.35	00:42:32.36	13:14	02:53:35.32
4094	2432/2922	14/19	3437	Skyler Martin	F	14	Lincoln	NE	00:36:58.08	01:31:56.70	00:44:44.70	13:14	02:53:39.48
4095	2433/2922	458/531	561	Elizabeth London	F	35	Lincoln	NE	00:37:01.44	01:31:52.07	00:44:49.35	13:15	02:53:42.86

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4096	1663/1785	244/260	3784	Luke Miller	M	27	Lincoln	NE	00:34:47.33	01:33:01.34	00:45:55.11	13:15	02:53:43.79
4097	2434/2922	435/508	1330	Hayley Miller	F	26	Lincoln	NE	00:34:48.01	01:33:02.13	00:45:54.26	13:15	02:53:44.41
4098	2435/2922	299/345	1564	Sydney Wieseler	F	24	Lincoln	NE	00:34:48.12	01:33:01.34	00:45:55.05	13:15	02:53:44.52
4099	1664/1785	135/145	4245	Mark Riley	M	50	Lincoln	NE	00:38:40.26	01:32:59.44	00:42:12.22	13:15	02:53:51.93
4100	2436/2922	436/508	2377	Grace Ralston	F	26	Lincoln	NE	00:43:19.74	01:29:52.94	00:40:43.99	13:16	02:53:56.68
4101	2437/2922	437/508	3226	Ellen Duke	F	28	Lincoln	NE	00:43:20.61	01:29:52.22	00:40:44.58	13:16	02:53:57.41
4102	2438/2922	459/531	2570	Suzanne Vinograd	F	37	Wentzville	MO	00:39:31.26	01:31:53.95	00:42:43.30	13:17	02:54:08.52
4103	2439/2922	28/41	6577	Jane Jech	F	63	Marshalltown	IA	00:36:30.90	01:29:35.79	00:48:06.22	13:17	02:54:12.92
4104	2440/2922	379/454	5560	Rachael Middleton	F	30	Lincoln	NE	00:37:34.54	01:31:55.66	00:44:43.70	13:17	02:54:13.91
4105	2441/2922	438/508	3058	Katlyn Notter	F	27	Lincoln	NE	00:38:50.15	01:29:57.45	00:45:31.73	13:17	02:54:19.33
4106	2442/2922	274/335	2483	Claire Thies	F	44	Cottleville	MO	00:39:27.83	01:31:54.55	00:43:01.80	13:18	02:54:24.19
4107	1665/1785	165/172	5479	Terry Powers	M	49	Lincoln	NE	00:35:36.48	01:30:49.40	00:47:58.92	13:18	02:54:24.80
4108	2443/2922	113/148	2479	Denise Ibsen Cole	F	50	Omaha	NE	00:37:07.39	01:32:17.57	00:45:00.16	13:18	02:54:25.12
4109	1666/1785	236/253	5163	Daniel Schwager	M	32	Omaha	NE	00:34:31.77	01:28:46.68	00:51:13.07	13:18	02:54:31.53
4110	2444/2922	300/345	1155	Lindsey Mills	F	23	Early	IA	00:35:07.97	01:33:42.40	00:45:42.11	13:18	02:54:32.49
4111	2445/2922	460/531	1871	Stephanie Uehling	F	36	Ralston	NE	00:40:30.83	01:25:37.11	00:48:25.19	13:18	02:54:33.13
4112	2446/2922	439/508	6570	Molly Pracheil	F	28	Seward	NE			00:42:05.55	13:18	02:54:33.38
4113	2447/2922	204/258	3062	Linette Mccune	F	47	Ozawkie	KS	00:37:50.03	01:32:42.56	00:44:02.16	13:19	02:54:34.76
4114	2448/2922	461/531	6051	Stephanie Ziegenfuss	F	38	Omaha	NE	00:36:07.82	01:32:06.45	00:46:22.35	13:19	02:54:36.63
4115	2449/2922	440/508	1909	Hillary Hotz	F	27	Lincoln	NE	00:35:18.34	01:32:54.58	00:46:44.62	13:20	02:54:57.55
4116	1667/1785	245/260	4180	Nathan Greteman	M	26	Omaha	NE	00:35:17.93	01:32:55.21	00:46:44.41	13:20	02:54:57.55
4117	2450/2922	13/23	6500	Deborah Lamml	F	66	Stanton	NE	00:39:12.76	01:31:16.92	00:44:28.99	13:20	02:54:58.67
4118	2451/2922	97/122	1924	Sherry Griffeth	F	56	Lincoln	NE	00:36:59.34	01:34:39.80	00:43:27.31	13:21	02:55:06.45
4119	2452/2922	380/454	1738	Colleen Rotolo	F	32	Omaha	NE	00:33:28.47	01:35:46.87	00:45:52.84	13:21	02:55:08.18
4120	1668/1785	93/96	4631	Zane Carlson	M	17	Kearney	NE	00:38:11.13	01:33:41.53	00:43:16.95	13:21	02:55:09.61
4121	1669/1785	200/215	5779	Chad Wagner	M	41	Lincoln	NE	00:37:53.35	01:35:05.02	00:42:11.42	13:21	02:55:09.80
4122	2453/2922	205/258	1591	Tabitha Parks	F	49	Lincoln	NE	00:37:53.30	01:35:05.49	00:42:11.10	13:21	02:55:09.89
4123	2454/2922	275/335	2034	Bethany Klone	F	44	Papillion	NE	00:38:25.32	01:31:18.03	00:45:32.08	13:22	02:55:15.44
4124	2455/2922	441/508	1104	Rae Thomas	F	25	Lakewood	CO	00:37:21.12	01:35:29.22	00:42:31.19	13:22	02:55:21.54
4125	2456/2922	381/454	2773	Jenna Hendrickson	F	30	Eagle	NE	00:40:57.54	01:30:16.87	00:44:07.24	13:22	02:55:21.65
4126	2457/2922	206/258	2898	Shelly Smith	F	45	Lincoln	NE	00:38:49.37	01:27:25.44	00:49:08.70	13:22	02:55:23.51
4127	1670/1785	166/172	5291	Dick Smith	M	48	Lincoln	NE	00:38:48.62	01:27:26.69	00:49:08.91	13:22	02:55:24.22
4128	1671/1785	201/215	6625	Jayson Hicks	M	40	Lincoln	NE	00:35:05.77	01:34:15.58	00:46:09.89	13:23	02:55:31.24
4129	2458/2922	207/258	3273	Kimberly Carlson	F	49	Kearney	NE	00:38:10.81	01:33:41.66	00:43:42.02	13:23	02:55:34.50
4130	2459/2922	442/508	3295	Heidi Fatemi	F	29	Lincoln	NE	00:40:21.87	01:31:39.06	00:43:33.91	13:23	02:55:34.85

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4131	2460/2922	98/122	2985	Eddra Ritta	F	56	Hickman	NE	00:38:40.27	01:32:57.38	00:43:58.12	13:23	02:55:35.77
4132	2461/2922	462/531	1557	Torri Attebury	F	37	Lincoln	NE	00:38:00.58	01:31:40.56	00:45:54.65	13:23	02:55:35.80
4133	1672/1785	237/253	4450	Nickolas Dieeiker	M	32	Concord	NE	00:41:39.84	01:40:36.32	00:33:24.17	13:24	02:55:40.34
4134	2462/2922	463/531	1960	Brandi Uher	F	38	Omaha	NE	00:34:08.18	01:32:39.43	00:48:53.97	13:24	02:55:41.58
4135	2463/2922	276/335	1268	Deitra Osterfoss	F	42	Gretna	NE	00:36:41.11	01:30:03.32	00:49:16.49	13:25	02:56:00.93
4136	2464/2922	29/41	966	Cheryl Clayton	F	64	Omaha	NE	00:38:18.09	01:31:31.60	00:46:13.03	13:25	02:56:02.72
4137	2465/2922	277/335	3270	Shannon Hoskovec	F	42	Renton	WA	00:36:48.20	01:34:26.50	00:44:52.17	13:26	02:56:06.87
4138	2466/2922	114/148	977	Lisa Rothgeb	F	51	Lincoln	NE	00:34:44.52	01:34:42.27	00:46:40.60	13:26	02:56:07.40
4139	2467/2922	120/128	2932	Lexie Sines	F	17	Cambridge	NE	00:35:30.23	01:34:25.60	00:46:11.96	13:26	02:56:07.81
4140	2468/2922	382/454	1773	Juli Rounsborg	F	33	Lincoln	NE	00:37:46.27	01:31:46.68	00:46:34.92	13:26	02:56:07.88
4141	2469/2922	464/531	2922	Mindy Foulk	F	36	Sioux City	IA	00:39:16.21	01:31:43.24	00:45:19.94	13:27	02:56:19.39
4142	1673/1785	238/253	5376	Nathan Johnson	M	30	Papillion	NE	00:35:42.71	01:32:14.09	00:48:25.08	13:27	02:56:21.89
4143	1674/1785	202/215	4289	Sajeesh Sajeesh	M	41	Lincoln	NE	00:41:46.83	01:32:17.15	00:42:31.19	13:28	02:56:35.17
4144	2470/2922	443/508	823	Sara Vo	F	27	Columbus	NE	00:43:14.12	01:31:16.30	00:42:13.46	13:28	02:56:43.89
4145	2471/2922	278/335	2425	Tisha Gropp	F	42	Lincoln	NE	00:37:33.84	01:34:45.05	00:44:27.08	13:29	02:56:45.97
4146	1675/1785	171/181	4952	Matt Gerber	M	24	Lincoln	NE	00:35:44.62	01:33:41.63	00:47:20.04	13:29	02:56:46.30
4147	2472/2922	301/345	4072	Evann Vrana	F	23	Lincoln	NE	00:35:47.65	01:33:41.01	00:47:20.44	13:29	02:56:49.11
4148	2473/2922	208/258	1509	Cari Campbell	F	47	Lincoln	NE	00:40:20.94	01:30:53.91	00:45:36.46	13:29	02:56:51.32
4149	2474/2922	209/258	2611	Cindy Jakubowski	F	47	Emmet	NE	00:35:41.48	01:34:56.08	00:46:20.25	13:29	02:56:57.82
4150	2475/2922	465/531	2175	Amanda Reimers	F	35	Randolph	NE	00:35:23.42	01:31:52.04	00:49:44.59	13:30	02:57:00.06
4151	2476/2922	466/531	2206	Donniebess Weaver	F	38	Omaha	NE	00:36:09.37	01:32:51.32	00:48:00.12	13:30	02:57:00.81
4152	1676/1785	172/181	5042	Trent Burbage	M	24	Elkhorn	NE	00:40:14.00	01:29:09.93	00:47:39.02	13:30	02:57:02.95
4153	2477/2922	279/335	1885	Heather Peneva	F	41	Lincoln	NE	00:37:38.47	01:33:58.15	00:45:29.41	13:30	02:57:06.04
4154	2478/2922	30/41	3221	Paula Gooder	F	64	Seward	NE	00:39:21.29	01:33:03.70	00:44:42.35	13:30	02:57:07.35
4155	2479/2922	31/41	2627	Marla Nissen	F	63	Lincoln	NE	00:39:22.48	01:33:03.71	00:44:42.25	13:30	02:57:08.44
4156	2480/2922	383/454	3347	Sarah Henry	F	31	Columbus	NE	00:36:11.86	01:37:10.05	00:43:49.76	13:31	02:57:11.68
4157	2481/2922	384/454	1357	Jacqueline Wilkins	F	33	Dwight	NE	00:42:57.95	01:28:24.43	00:45:49.35	13:31	02:57:11.74
4158	2482/2922	467/531	3752	April Van Diest	F	37	Columbus	NE	00:36:11.49	01:37:10.64	00:43:49.66	13:31	02:57:11.79
4159	1677/1785	203/215	5813	Troy Wiederstein	M	40	Lincoln	NE	00:38:05.96	01:31:09.92	00:47:57.41	13:31	02:57:13.29
4160	2483/2922	15/19	1910	Ava Kennedy	F	12	Lincoln	NE	00:38:07.06	01:31:10.99	00:47:56.93	13:31	02:57:14.99
4161	2484/2922	302/345	4006	Lanea Vanek	F	23	Lincoln	NE	00:37:46.07	01:33:48.57	00:45:42.36	13:31	02:57:17.00
4162	2485/2922	303/345	602	Lauren Lesiak	F	21	Lincoln	NE	00:37:41.99	01:31:39.70	00:47:58.72	13:31	02:57:20.42
4163	2486/2922	468/531	3225	Emily Kennedy	F	35	Lincoln	NE	00:38:07.08	01:31:12.89	00:48:04.50	13:31	02:57:24.47
4164	2487/2922	304/345	1272	Ashley Murray	F	23	Lincoln	NE	00:37:20.53	01:29:59.11	00:50:10.92	13:32	02:57:30.57
4165	1678/1785	261/276	5941	James Disney	M	36	Thornton	CO	00:36:05.96	01:33:05.79	00:48:21.16	13:32	02:57:32.92

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4166	2488/2922	305/345	5043	Joslyn Grabill	F	21	Kearney	NE	00:34:36.80	01:36:26.00	00:46:38.09	13:33	02:57:40.90
4167	2489/2922	115/148	3258	Julie Boydston	F	52	Hastings	NE	00:39:32.83	01:34:17.12	00:43:52.85	13:33	02:57:42.80
4168	2490/2922	306/345	645	Shayna Lijewski	F	20	Plymouth	NE	00:34:49.60	01:33:38.04	00:49:17.03	13:33	02:57:44.67
4169	1679/1785	204/215	5889	Scott Murnan	M	44	Gretna	NE	00:36:38.28	01:30:03.58	00:51:06.38	13:33	02:57:48.24
4170	1680/1785	239/253	4386	Herschel Ralston	M	32	Lincoln	NE	00:38:59.51	01:33:29.16	00:45:22.46	13:34	02:57:51.13
4171	2491/2922	385/454	3705	Brittany Johnson	F	30	Lincoln	NE	00:39:03.17	01:31:01.34	00:47:50.24	13:34	02:57:54.76
4172	2492/2922	280/335	3287	Vanji Vosler	F	42	Bertrand	NE	00:37:49.97	01:33:06.53	00:46:58.60	13:34	02:57:55.11
4173	2493/2922	121/128	475	Chloe Wegner	F	19	Hickman	NE	00:39:23.56	01:31:26.42	00:47:07.93	13:34	02:57:57.92
4174	2494/2922	210/258	3642	Lori Rhine	F	49	Belleville	KS	00:36:27.00	01:33:18.49	00:48:12.58	13:34	02:57:58.08
4175	2495/2922	116/148	3257	Lee Heflebower	F	53	Lincoln	NE	00:38:00.63	01:33:23.19	00:46:36.88	13:34	02:58:00.70
4176	2496/2922	14/23	7110	Janice Beethe	F	67	Burr	NE	00:38:06.08	01:32:27.16	00:47:35.23	13:35	02:58:08.48
4177	2497/2922	307/345	3487	Brooke Willett	F	23	Des Moines	IA	00:34:20.89	01:36:23.74	00:47:36.52	13:36	02:58:21.15
4178	2498/2922	444/508	1239	Cassie Reimers	F	28	Denison	IA	00:34:43.41	01:32:13.98	00:51:27.93	13:36	02:58:25.33
4179	2499/2922	445/508	1919	Clarissa Reimers	F	27	Woodbine	IA	00:32:04.91	01:34:52.47	00:51:28.13	13:36	02:58:25.52
4180	2500/2922	117/148	1768	Michelle Edwards	F	53	Lincoln	NE	00:43:01.22	01:31:32.53	00:43:54.93	13:36	02:58:28.68
4181	2501/2922	211/258	2776	Christina Puls	F	48	Lincoln	NE	00:40:14.88	01:31:05.06	00:47:09.78	13:36	02:58:29.72
4182	2502/2922	446/508	394	Courtney Hohlfeld	F	29	Glensvil	NE	00:40:22.63	01:34:30.39	00:43:38.77	13:37	02:58:31.80
4183	2503/2922	212/258	3121	Tanya Holoubeck	F	47	Kearney	NE	00:37:48.02	01:32:30.42	00:48:16.65	13:37	02:58:35.09
4184	2504/2922	469/531	1292	Leah Clark	F	35	Lincoln	NE	00:37:10.94	01:33:24.92	00:48:12.22	13:38	02:58:48.09
4185	2505/2922	281/335	5648	Heather Vanourney	F	43	Omaha	NE	00:39:05.00	01:33:57.86	00:45:49.44	13:38	02:58:52.31
4186	2506/2922	122/128	873	Paige Kirby	F	19	Kearney	NE	00:34:36.67	01:36:25.75	00:47:51.17	13:38	02:58:53.60
4187	2507/2922	15/23	927	Kathleen Hutchinson	F	66	Lincoln	NE	00:39:58.64	01:32:56.71	00:46:04.41	13:39	02:58:59.77
4188	2508/2922	118/148	3687	Jocelyn Mijares	F	51	Boca Raton	FL	00:39:12.93	01:33:42.05	00:46:08.58	13:39	02:59:03.56
4189	2509/2922	447/508	2310	Alexandra Miller	F	27	Lincoln	NE	00:37:55.28	01:34:27.11	00:46:43.66	13:39	02:59:06.06
4190	2510/2922	470/531	6354	Amanda Johnson	F	38	Lincoln	NE	00:38:45.61	01:29:05.57	00:51:18.49	13:40	02:59:09.69
4191	2511/2922	471/531	6355	Jennifer Yllescas	F	39	Lincoln	NE			00:51:19.16	13:40	02:59:11.17
4192	2512/2922	386/454	2467	Kate Gerber	F	32	Omaha	NE	00:37:53.57	01:32:29.83	00:49:04.44	13:41	02:59:27.85
4193	2513/2922	282/335	1950	Katherine Wearne	F	44	Omaha	NE	00:35:54.64	01:32:12.39	00:51:24.62	13:41	02:59:31.66
4194	2514/2922	283/335	2959	Dara Robb	F	40	Overland Park	KS	00:38:57.88	01:31:40.33	00:48:55.42	13:41	02:59:33.64
4195	2515/2922	472/531	4875	Jennifer Miller	F	36	Cheyenne	WY	00:36:58.45	01:36:33.72	00:46:09.90	13:42	02:59:42.08
4196	2516/2922	99/122	2277	Jennifer Diaz	F	59	Lincoln	NE	00:39:55.52	01:32:56.60	00:46:51.45	13:42	02:59:43.58
4197	2517/2922	448/508	4130	Josie Bungert	F	27	Saint Paul	MN	00:36:38.59	01:37:09.93	00:45:56.45	13:42	02:59:44.97
4198	2518/2922	449/508	3500	Celeste Blann	F	27	Omaha	NE	00:36:36.56	01:37:12.08	00:45:56.61	13:42	02:59:45.25
4199	2519/2922	387/454	2271	Angela Ritchey	F	34	Omaha	NE	00:39:31.25	01:33:49.09	00:46:25.09	13:42	02:59:45.44
4200	2520/2922	388/454	1178	Megan Ingram	F	34	Hildreth	NE	00:40:26.54	01:31:18.73	00:48:08.42	13:43	02:59:53.69



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4201	2521/2922	100/122	2752	Lisa Williamson	F	59	Creston	IA	00:36:23.31	01:34:25.88	00:49:04.62	13:43	02:59:53.81
4202	2522/2922	284/335	3069	Laura Pasbrig	F	40	Minden	NE	00:40:26.86	01:31:18.31	00:48:08.73	13:43	02:59:53.90
4203	1681/1785	74/80	6605	Mark Zeller	M	59	Lincoln	NE	00:40:17.03	01:36:23.49	00:43:14.55	13:43	02:59:55.07
4204	1682/1785	205/215	4570	Brian Johnson	M	42	Papillion	NE	00:35:48.47	01:35:17.82	00:48:50.61	13:43	02:59:56.90
4205	2523/2922	32/41	1016	Becky Topil	F	61	Lincoln	NE	00:40:19.27	01:36:23.06	00:43:15.38	13:43	02:59:57.72
4206	2524/2922	213/258	1230	Jude Burton	F	48	Audubon	PA	00:42:11.18	01:34:36.06	00:43:10.67	13:43	02:59:57.92
4207	2525/2922	285/335	3353	Erin Johnson	F	40	Lavista	NE	00:35:49.96	01:35:17.22	00:48:50.80	13:43	02:59:57.99
4208	2526/2922	389/454	3251	Kat Cheek	F	33	Prairie Village	KS	00:38:57.28	01:32:20.39	00:48:40.86	13:43	02:59:58.54
4209	2527/2922	119/148	2231	Doreen Johnston	F	54	Newman Grove	NE	00:36:12.97	01:39:06.68	00:44:42.87	13:44	03:00:02.53
4210	1683/1785	167/172	4573	Ben Pair	M	46	Lincoln	NE	00:34:04.04	01:36:49.95	00:49:12.32	13:44	03:00:06.32
4211	2528/2922	450/508	1430	Erin Greve	F	29	Lincoln	NE	00:39:57.73	01:34:13.66	00:45:55.28	13:44	03:00:06.67
4212	1684/1785	136/145	4516	Tracy Krzycki	M	51	Lincoln	NE	00:39:25.83	01:35:42.75	00:44:58.85	13:44	03:00:07.45
4213	2529/2922	214/258	3266	Trina Krzycki	F	47	Lincoln	NE	00:39:25.93	01:35:42.80	00:44:58.75	13:44	03:00:07.49
4214	2530/2922	451/508	2853	Abigail Smith	F	25	Manley	NE	00:37:03.67	01:35:43.38	00:47:21.89	13:44	03:00:08.95
4215	2531/2922	390/454	521	Ashley Hanson	F	31	Ceresco	NE	00:37:34.84	01:34:05.52	00:48:30.19	13:44	03:00:10.56
4216	2532/2922	391/454	4949	Kylee Dart	F	30	Lincoln	NE	00:37:35.44	01:34:05.73	00:48:30.09	13:44	03:00:11.26
4217	2533/2922	215/258	5172	Amy Prochaska	F	45	Staplehurst	NE	00:41:26.33	01:34:02.91	00:44:44.54	13:44	03:00:13.78
4218	1685/1785	240/253	5421	Kyle Jones	M	33	Lincoln	NE	00:33:21.95	01:33:27.69	00:53:26.22	13:45	03:00:15.87
4219	2534/2922	473/531	911	Marianne Toovey	F	35	Gretna	NE	00:37:12.82	01:30:41.81	00:52:30.43	13:45	03:00:25.06
4220	1686/1785	262/276	5425	Chris Scalzo	M	35	Omaha	NE	00:40:47.93	01:34:12.04	00:45:28.61	13:46	03:00:28.60
4221	2535/2922	216/258	2307	Tamara Davis	F	46	Elkhorn	NE	00:40:29.15	01:35:19.30	00:44:42.35	13:46	03:00:30.81
4222	2536/2922	286/335	2634	Lisa Bohaty	F	40	Wahoo	NE	00:36:32.86	01:38:20.44	00:45:44.91	13:46	03:00:38.22
4223	1687/1785	22/25	3375	Daniel Harris	M	13	Roca	NE	00:40:21.32	01:33:16.14	00:47:00.83	13:46	03:00:38.30
4224	1688/1785	206/215	3830	Seth Harris	M	42	Roca	NE	00:40:20.76	01:33:16.82	00:47:01.91	13:46	03:00:39.50
4225	1689/1785	246/260	4993	Tyler Pooschke	M	27	Lincoln	NE	00:32:54.05	01:32:19.82	00:55:26.55	13:46	03:00:40.43
4226	1690/1785	241/253	3674	John Goza	M	32	Lincoln	NE	00:32:54.70	01:30:51.96	00:56:54.41	13:46	03:00:41.07
4227	2537/2922	308/345	2117	Toni Martinez	F	22	Lincoln	NE	00:38:14.59	01:36:14.17	00:46:14.13	13:47	03:00:42.90
4228	2538/2922	474/531	2803	Brandi Hansen	F	38	Hampton	NE	00:39:52.90	01:36:10.20	00:44:43.53	13:47	03:00:46.64
4229	2539/2922	217/258	2802	Beth Schulze	F	46	Hampton	NE	00:39:52.54	01:36:10.27	00:44:43.94	13:47	03:00:46.77
4230	2540/2922	392/454	3309	Tina Brown	F	30	Lincoln	NE	00:38:43.76	01:35:24.87	00:46:38.48	13:47	03:00:47.12
4231	2541/2922	101/122	2690	Trish Peterson	F	57	Lincoln	NE	00:39:35.64	01:34:10.82	00:47:03.62	13:47	03:00:50.09
4232	2542/2922	120/148	1014	Debra Jones	F	50	Lincoln	NE	00:39:39.06	01:34:09.12	00:47:03.54	13:47	03:00:51.73
4233	1691/1785	207/215	5940	Andrew Duey	M	41	Lincoln	NE	00:39:57.33	01:34:00.15	00:46:58.95	13:48	03:00:56.44
4234	2543/2922	393/454	4304	Laura Kemp	F	31	Ogallala	NE	00:37:27.43	01:36:18.40	00:47:11.65	13:48	03:00:57.48
4235	2544/2922	121/148	2811	Michelle Hardin	F	51	Gordon	NE	00:38:14.29	01:36:51.43	00:45:55.86	13:48	03:01:01.59

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4236	1692/1785	263/276	5668	Michael Cooper	M	37	Lincoln	NE	00:37:53.98	01:34:59.65	00:48:12.17	13:48	03:01:05.80
4237	2545/2922	394/454	3820	Nicole Kuhl	F	34	Lincoln	NE	00:37:44.19	01:36:41.29	00:46:43.53	13:49	03:01:09.02
4238	2546/2922	452/508	1296	Hannah Wilken	F	28	Lincoln	NE	00:35:21.92	01:36:54.91	00:48:58.86	13:49	03:01:15.69
4239	2547/2922	309/345	2136	Mary Stine	F	23	Lincoln	NE	00:38:48.35	01:35:38.60	00:46:59.35	13:50	03:01:26.31
4240	2548/2922	102/122	6335	Margaret Schiefen	F	56	Lincoln	NE	00:38:49.35	01:35:38.55	00:46:58.66	13:50	03:01:26.57
4241	1693/1785	75/80	5932	Michael Bracken	M	56	Lavista	NE	00:39:08.90	01:37:12.06	00:45:11.43	13:50	03:01:32.40
4242	2549/2922	453/508	485	Whitney Petersen	F	29	Bennington	NE	00:40:35.42	01:38:08.83	00:42:50.90	13:51	03:01:35.16
4243	1694/1785	24/26	5279	William Brown	M	68	Cairo	NE	00:36:04.64	01:33:23.52	00:52:07.26	13:51	03:01:35.42
4244	2550/2922	454/508	1228	Audrey Fisher	F	26	Seward	NE	00:39:14.16	01:33:22.86	00:49:00.01	13:51	03:01:37.03
4245	2551/2922	395/454	3853	Lindsey Breece	F	33	Wahoo	NE	00:41:05.14	01:34:06.93	00:46:35.02	13:52	03:01:47.09
4246	1695/1785	247/260	3969	Khoi Tran	M	27	Lincoln	NE	00:30:28.75	01:21:18.36	01:10:00.96	13:52	03:01:48.07
4247	2552/2922	455/508	3033	Sabrina Waltz	F	28	Eagle	NE	00:36:55.86	01:36:50.48	00:48:02.45	13:52	03:01:48.79
4248	2553/2922	475/531	1582	Barb Schiefen	F	35	Valparaiso	NE	00:35:23.04	01:37:57.43	00:48:28.45	13:52	03:01:48.93
4249	1696/1785	76/80	6198	Phillip Lenoble	M	57	Talmage	NE	00:38:22.67	01:33:57.61	00:49:31.11	13:52	03:01:51.39
4250	2554/2922	310/345	3788	Morgan Hampton	F	22	Page	NE	00:39:55.32	01:32:26.54	00:49:30.75	13:52	03:01:52.62
4251	2555/2922	311/345	5233	Megean Bartoü	F	21	Lincoln	NE	00:40:44.59	01:31:28.00	00:49:40.94	13:52	03:01:53.54
4252	2556/2922	312/345	4186	Lindsey Labrie	F	21	Lincoln	NE	00:40:44.68	01:31:27.99	00:49:41.17	13:52	03:01:53.84
4253	2557/2922	476/531	3075	Laura Bates	F	38	Kirksville	MO	00:39:43.83	01:35:09.54	00:47:00.96	13:52	03:01:54.34
4254	1697/1785	77/80	4657	Doug Dexter	M	55	Davey	NE	00:43:34.56	01:38:57.06	00:39:24.18	13:52	03:01:55.80
4255	2558/2922	396/454	2869	Eukeria Okwumuo	F	32	Lincoln	NE	00:39:20.55	01:34:24.82	00:48:18.06	13:53	03:02:03.44
4256	1698/1785	6/9	4491	Dick Hawley	M	71	Lincoln	NE	00:36:11.60	01:38:22.47	00:47:30.38	13:53	03:02:04.46
4257	2559/2922	397/454	2385	Jacki Jacox	F	32	Omaha	NE	00:36:56.67	01:37:06.74	00:48:04.50	13:53	03:02:07.93
4258	2560/2922	477/531	3178	Becky Miratsky	F	39	Lincoln	NE	00:38:10.33	01:35:22.27	00:48:39.20	13:53	03:02:11.81
4259	2561/2922	218/258	2275	Gretchen Ritterling	F	49	Greenwood	NE	00:41:49.03	01:36:29.69	00:44:00.99	13:54	03:02:19.72
4260	2562/2922	398/454	2326	Sarah Hipps	F	32	Firth	NE	00:38:18.78	01:34:17.50	00:49:51.02	13:55	03:02:27.31
4261	2563/2922	478/531	2053	Lacey Wilkie	F	35	Lincoln	NE	00:38:18.59	01:34:18.11	00:49:50.70	13:55	03:02:27.42
4262	2564/2922	479/531	2718	Melinda Lemke	F	36	Lincoln	NE	00:37:24.57	01:35:36.33	00:49:28.15	13:55	03:02:29.05
4263	2565/2922	456/508	2721	Sarah Sutton	F	29	Lincoln	NE	00:39:20.68	01:37:06.99	00:46:04.53	13:55	03:02:32.20
4264	2566/2922	399/454	6320	Anna Weber	F	33	Lincoln	NE	00:35:16.50	01:38:15.20	00:49:02.15	13:55	03:02:33.85
4265	1699/1785	23/25	3346	Ellis Bass	M	11	Lincoln	NE	00:35:20.17	01:38:17.02	00:48:58.70	13:55	03:02:35.89
4266	2567/2922	287/335	300	Emily Degraff	F	40	Lincoln	NE	00:35:19.17	01:38:16.81	00:48:59.92	13:55	03:02:35.91
4267	2568/2922	16/19	2191	Grace Ross	F	11	Lincoln	NE	00:38:47.59	01:35:41.77	00:48:13.82	13:56	03:02:43.19
4268	1700/1785	264/276	5937	Jason Chambers	M	38	Lincoln	NE	00:36:38.54	01:34:55.70	00:51:10.04	13:56	03:02:44.28
4269	2569/2922	480/531	2190	Laura Ross	F	36	Lincoln	NE	00:38:47.58	01:35:41.55	00:48:16.37	13:56	03:02:45.50
4270	2570/2922	481/531	2368	Erin Chambers	F	38	Lincoln	NE	00:36:39.98	01:34:55.90	00:51:10.03	13:56	03:02:45.92

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4271	2571/2922	457/508	1361	Elizabeth Tappana	F	25	Farmington	AR	00:34:43.85	01:34:56.91	00:53:11.72	13:57	03:02:52.49
4272	2572/2922	219/258	2889	Pam Drake	F	49	Omaha	NE	00:35:16.72	01:38:48.67	00:48:47.24	13:57	03:02:52.64
4273	2573/2922	400/454	4648	Becki Kopecky	F	31	Glenwood	IA	00:39:16.62	01:32:38.24	00:50:58.84	13:57	03:02:53.71
4274	2574/2922	123/128	4183	Reagan Dubois	F	19	Omaha	NE	00:37:34.80	01:36:41.28	00:49:12.48	13:59	03:03:28.56
4275	2575/2922	103/122	1273	Brenda Jenny	F	59	Blair	NE	00:38:25.58	01:36:42.75	00:48:21.85	13:59	03:03:30.18
4276	2576/2922	482/531	2863	Heather Hochstetler	F	37	Papillion	NE	00:36:05.22	01:35:07.17	00:52:23.68	14:00	03:03:36.07
4277	2577/2922	401/454	3995	Megan Dufek	F	32	Lincoln	NE	00:40:28.32	01:37:05.62	00:46:09.33	14:00	03:03:43.27
4278	1701/1785	137/145	5731	Don Moody	M	51	Lincoln	NE	00:39:40.19	01:36:44.97	00:47:21.98	14:01	03:03:47.15
4279	2578/2922	458/508	5021	Alex Wegener	F	26	Lindsay	NE	00:39:40.41	01:36:44.95	00:47:21.79	14:01	03:03:47.16
4280	2579/2922	313/345	2965	Beth Reiser	F	24	Spencer	NE	00:37:56.16	01:37:38.30	00:48:16.69	14:01	03:03:51.15
4281	2580/2922	314/345	3981	Renee Layoun	F	23	Omaha	NE	00:38:34.47	01:32:18.92	00:53:00.04	14:01	03:03:53.43
4282	2581/2922	288/335	2712	Jennifer Nickolite	F	44	Lincoln	NE	00:38:11.01	01:36:30.34	00:49:15.42	14:01	03:03:56.77
4283	2582/2922	483/531	2797	Heather Scheffler	F	37	Lincoln	NE	00:37:43.41	01:35:25.87	00:50:57.02	14:02	03:04:06.30
4284	2583/2922	220/258	1524	Becky Buckmaster	F	49	Lincoln	NE	00:38:50.09	01:37:26.65	00:47:49.57	14:02	03:04:06.32
4285	2584/2922	289/335	555	Elayne Jones	F	42	Crete	NE	00:37:43.88	01:35:26.45	00:50:56.62	14:02	03:04:06.95
4286	2585/2922	290/335	3010	Danita Slusarski	F	41	Lincoln	NE	00:41:15.58	01:36:57.00	00:46:11.10	14:03	03:04:23.68
4287	2586/2922	33/41	2406	Sandy Howe	F	61	Lincoln	NE	00:41:16.44	01:36:56.39	00:46:11.07	14:03	03:04:23.91
4288	2587/2922	16/23	4399	Carolyn Volkmer	F	65	Syracuse	NE	00:41:12.38	01:34:51.87	00:48:21.37	14:04	03:04:25.63
4289	1702/1785	265/276	6421	Bruce Ginkel	M	39	La Vista	NE	00:36:26.33	01:37:01.29	00:50:58.44	14:04	03:04:26.07
4290	1703/1785	208/215	6321	Larry Payne	M	40	Papillion	NE	00:36:27.08	01:37:01.74	00:50:57.98	14:04	03:04:26.81
4291	1704/1785	173/181	5422	Trey Frey	M	24	David City	NE	00:37:23.49	01:38:02.80	00:49:03.66	14:04	03:04:29.96
4292	2588/2922	104/122	2711	Sandy Dealey	F	59	Lincoln	NE	00:39:11.13	01:36:39.01	00:48:42.79	14:04	03:04:32.94
4293	2589/2922	221/258	3147	Marina Carter	F	46	Lincoln	NE	00:38:04.26	01:36:43.06	00:49:46.36	14:04	03:04:33.69
4294	1705/1785	168/172	5882	Mitch Swartzendruber	M	45	Bellevue	NE	00:39:53.10	01:34:27.79	00:50:29.19	14:05	03:04:50.08
4295	2590/2922	291/335	4286	Chloe Parks	F	44	Bellevue	NE	00:39:58.48	01:34:28.16	00:50:29.06	14:06	03:04:55.70
4296	2591/2922	484/531	1224	Kacey Nelkin Pedersen	F	39	Lincoln	NE	00:47:34.37			14:06	03:04:57.86
4297	2592/2922	402/454	2456	Jennifer Rutt	F	33	Lincoln	NE	00:47:34.54			14:06	03:04:58.33
4298	2593/2922	403/454	2251	Mandy Troyer	F	32	Milford	NE	00:36:59.38	01:39:46.62	00:48:17.02	14:06	03:05:03.03
4299	2594/2922	292/335	2858	Stacie Jensen	F	43	Crescent	IA	00:39:45.63	01:36:46.24	00:48:31.89	14:07	03:05:03.77
4300	2595/2922	105/122	6589	Mary C Mcglade	F	55	Council Bluffs	IA	00:38:08.27	01:37:22.16	00:49:34.08	14:07	03:05:04.52
4301	2596/2922	404/454	953	Ashley Sum	F	31	Omaha	NE	00:36:59.22	01:39:46.63	00:48:18.68	14:07	03:05:04.54
4302	2597/2922	34/41	1482	Diane Byer	F	64	Florence	SD	00:38:08.77	01:37:18.92	00:49:37.31	14:07	03:05:05.01
4303	2598/2922	293/335	2997	Kayla Thomas-Haire	F	44	Omaha	NE	00:41:06.60	01:39:06.06	00:44:53.67	14:07	03:05:06.35
4304	2599/2922	35/41	1851	Cindy Jorgensen	F	61	Lincoln	NE	00:39:11.58	01:39:13.07	00:46:49.27	14:07	03:05:13.93
4305	2600/2922	17/23	3115	Susan Hertzler	F	65	Lincoln	NE	00:39:12.35	01:39:14.87	00:46:46.90	14:07	03:05:14.12

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4306	2601/2922	315/345	507	Victoria Stengel	F	21	La Vista	NE	00:39:40.57	01:37:23.80	00:48:12.08	14:08	03:05:16.46
4307	2602/2922	122/148	6453	Rebecca Mcleran	F	53	Salt Lake City	UT	00:40:06.71	01:39:07.80	00:46:02.80	14:08	03:05:17.32
4308	1706/1785	25/26	5903	Kent Svoboda	M	65	Papillion	NE	00:40:38.07	01:35:34.05	00:49:07.08	14:08	03:05:19.21
4309	2603/2922	485/531	4515	Melissa Masters	F	35	Lincoln	NE	00:39:04.00	01:37:50.38	00:48:25.52	14:08	03:05:19.91
4310	2604/2922	459/508	577	Daysi Morales	F	25	Schuyler	NE	00:36:31.10	01:39:26.97	00:49:31.29	14:08	03:05:29.36
4311	2605/2922	294/335	2859	Angela Jurgens	F	43	Beatrice	NE	00:40:10.57	01:37:50.72	00:47:29.35	14:09	03:05:30.64
4312	2606/2922	222/258	1765	Traci Ellis	F	49	Gering	NE	00:40:52.02	01:37:26.67	00:47:13.89	14:09	03:05:32.59
4313	2607/2922	486/531	6311	Breane Martinez	F	39	Kingston	WA	00:40:47.49	01:36:12.32	00:48:38.23	14:09	03:05:38.04
4314	2608/2922	487/531	2643	Tabitha Athey	F	39	Lincoln	NE	00:40:47.53	01:36:12.32	00:48:38.39	14:09	03:05:38.24
4315	2609/2922	316/345	781	Alyia Whitehall	F	21	Lincoln	NE	00:38:57.20	01:34:31.99	00:52:12.66	14:09	03:05:41.86
4316	2610/2922	405/454	3663	Meagan Morris	F	33	Bellevue	NE	00:37:59.11	01:36:17.50	00:51:25.42	14:09	03:05:42.04
4317	2611/2922	406/454	5202	Sarah Roth	F	33	Papillion	NE	00:35:17.84	01:35:45.23	00:54:41.74	14:10	03:05:44.81
4318	1707/1785	7/9	4379	Michael Ortiz	M	75	Lincoln	NE	00:40:00.62	01:39:10.86	00:46:35.55	14:10	03:05:47.03
4319	2612/2922	317/345	2824	Carly Spearman	F	23	Johnstown	CO	00:40:01.47	01:36:46.18	00:48:59.44	14:10	03:05:47.09
4320	2613/2922	18/23	5109	Cathy Maddox	F	65	Lincoln	NE	00:41:37.47	01:39:21.46	00:44:50.01	14:10	03:05:48.94
4321	2614/2922	123/148	3185	Michelle Pieper	F	50	Lincoln	NE	00:41:37.66	01:39:21.72	00:44:49.55	14:10	03:05:48.94
4322	2615/2922	106/122	2514	Pamela Rasmussen	F	59	Ceresco	NE	00:40:44.47	01:35:44.04	00:49:21.32	14:10	03:05:49.84
4323	2616/2922	36/41	352	Linda Williams	F	62	Hager City	WI	00:38:28.75	01:40:14.65	00:47:09.01	14:10	03:05:52.42
4324	1708/1785	78/80	4871	Lance Wurdeman	M	55	Saint Edward	NE	00:38:36.98	01:36:07.61	00:51:08.39	14:10	03:05:52.99
4325	2617/2922	295/335	2958	Jennifer Jones	F	42	St Paul	MN	00:38:38.60	01:40:05.20	00:47:09.28	14:10	03:05:53.09
4326	2618/2922	107/122	2457	Aine Bebeau	F	55	Stillwater	MN	00:39:25.17	01:39:19.05	00:47:08.99	14:10	03:05:53.21
4327	2619/2922	124/148	2603	Carol Wurdeman	F	53	Saint Edward	NE	00:40:08.36	01:34:29.86	00:51:15.36	14:10	03:05:53.59
4328	2620/2922	296/335	3227	Alison Leonard	F	43	Beatrice	NE	00:40:10.84	01:37:51.32	00:48:02.70	14:11	03:06:04.86
4329	2621/2922	125/148	3154	Susan Glover	F	54	Dodgeville	WI	00:41:34.92	01:36:55.58	00:47:34.60	14:11	03:06:05.10
4330	2622/2922	488/531	3242	Karie Quintana	F	39	Papillion	NE	00:37:35.81	01:36:39.98	00:51:51.62	14:11	03:06:07.42
4331	2623/2922	460/508	6345	Jane Dealey	F	25	Lincoln	NE	00:37:53.53	01:38:00.12	00:50:15.68	14:12	03:06:09.33
4332	2624/2922	461/508	2823	Katelyn Tschetter	F	29	Lincoln	NE	00:40:08.37	01:37:45.92	00:48:17.41	14:12	03:06:11.71
4333	1709/1785	169/172	6348	Brad Wendel	M	45	Omaha	NE	00:38:00.05	01:35:59.20	00:52:13.61	14:12	03:06:12.87
4334	2625/2922	223/258	4401	Mindi Wendel	F	45	Omaha	NE	00:38:00.09	01:36:01.58	00:52:11.20	14:12	03:06:12.87
4335	2626/2922	318/345	4034	Claire Oduwo	F	24	Omaha	NE	00:36:33.10	01:36:44.08	00:53:01.71	14:12	03:06:18.89
4336	1710/1785	79/80	3657	Dean Davis	M	58	Utica	NE	00:42:48.01	01:38:09.60	00:45:30.80	14:13	03:06:28.42
4337	2627/2922	108/122	2329	Debi Davis	F	57	Utica	NE	00:43:46.42	01:37:08.40	00:45:34.56	14:13	03:06:29.38
4338	2628/2922	407/454	1051	Jorden Tobey	F	32	Kearney	NE	00:42:49.33	01:38:09.12	00:45:31.57	14:13	03:06:30.02
4339	2629/2922	489/531	3032	Courtney Zwink	F	36	Gibbon	NE	00:42:50.69	01:38:09.16	00:45:31.07	14:13	03:06:30.93
4340	2630/2922	462/508	1470	Samantha Holecek	F	29	Creighton	NE	00:36:37.04	01:38:23.35	00:51:40.36	14:14	03:06:40.76

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4341	2631/2922	319/345	2621	Maycey Forker	F	21	Kearney	NE	00:37:12.18	01:37:48.24	00:51:40.40	14:14	03:06:40.84
4342	2632/2922	408/454	2165	Julie Huss	F	32	Omaha	NE	00:36:59.79	01:35:06.54	00:54:47.14	14:15	03:06:53.48
4343	2633/2922	409/454	5268	Allison Drescher	F	30	Omaha	NE	00:37:00.40	01:35:06.34	00:54:47.73	14:15	03:06:54.47
4344	2634/2922	320/345	2950	Jessica Sidwell	F	22	Papillion	NE	00:41:06.68	01:37:56.78	00:47:57.43	14:15	03:07:00.90
4345	2635/2922	321/345	2767	Samantha Aschoff	F	21	Lincoln	NE	00:38:20.52	01:39:28.68	00:49:21.75	14:16	03:07:10.96
4346	2636/2922	322/345	501	Andrea Schmit	F	20	McLean	NE	00:38:22.37	01:39:28.67	00:49:21.76	14:16	03:07:12.81
4347	2637/2922	19/23	1499	Cleo Wooten	F	65	Lincoln	NE	00:41:48.69	01:39:34.36	00:45:54.62	14:17	03:07:17.68
4348	1711/1785	209/215	5420	David Wooten	M	44	Lincoln	NE	00:41:48.85	01:39:34.16	00:45:54.83	14:17	03:07:17.84
4349	2638/2922	490/531	2770	Elizabeth Peterson	F	36	Omaha	NE	00:37:45.68	01:36:46.33	00:52:50.97	14:17	03:07:22.98
4350	1712/1785	94/96	6567	Josh Senstock	M	16	Lincoln	NE	00:40:49.83	01:37:02.87	00:49:39.97	14:18	03:07:32.68
4351	2639/2922	124/128	890	Mackensie Gaver	F	19	Lincoln	NE	00:40:49.65	01:37:03.50	00:49:39.61	14:18	03:07:32.77
4352	1713/1785	24/25	3452	Mason Gaver	M	13	Lincoln	NE	00:40:50.36	01:37:02.67	00:49:40.16	14:18	03:07:33.20
4353	1714/1785	95/96	4025	Esteban Diaz	M	19	Papillion	NE	00:33:37.83	01:36:47.12	00:57:08.65	14:18	03:07:33.61
4354	2640/2922	410/454	4948	Alison Dillon	F	32	Grand Island	NE	00:39:41.12	01:37:44.79	00:50:08.65	14:18	03:07:34.57
4355	2641/2922	37/41	6243	Grace Link	F	61	Alexandria	VA	00:41:24.43	01:38:59.72	00:47:11.61	14:18	03:07:35.76
4356	2642/2922	224/258	5552	Samantha Link	F	46	Lincoln	NE	00:41:24.58	01:39:00.23	00:47:11.10	14:18	03:07:35.92
4357	2643/2922	323/345	519	Jessica Humphrey	F	22	Omaha	NE	00:38:38.06	01:40:02.34	00:49:01.63	14:19	03:07:42.04
4358	2644/2922	225/258	6033	Amber Springer	F	48	Axtell	NE	00:41:20.87	01:37:04.07	00:49:18.23	14:19	03:07:43.18
4359	1715/1785	39/42	4943	John Humphrey	M	61	Omaha	NE	00:38:39.42	01:40:01.70	00:49:02.43	14:19	03:07:43.55
4360	2645/2922	491/531	4454	Kristin Polk	F	37	Lincoln	NE	00:39:51.21	01:38:49.40	00:49:19.13	14:20	03:07:59.74
4361	2646/2922	126/148	3276	Tammy Burroughs	F	53	Bellevue	NE	00:37:47.49	01:35:52.69	00:54:21.61	14:20	03:08:01.80
4362	2647/2922	297/335	2995	Kristin Daubendiek	F	42	Omaha	NE	00:37:47.38	01:35:52.68	00:54:21.83	14:20	03:08:01.90
4363	2648/2922	109/122	2763	Elizabeth Nespor-Hartig	F	56	Firth	NE	00:41:14.38	01:37:13.89	00:49:38.51	14:20	03:08:06.79
4364	2649/2922	110/122	2292	Annie Avalos	F	59	Lincoln	NE	00:41:15.85	01:37:17.69	00:49:34.90	14:21	03:08:08.45
4365	1716/1785	266/276	5751	Dru Childers	M	39	Omaha	NE	00:37:16.21	01:39:30.12	00:51:24.80	14:21	03:08:11.14
4366	2650/2922	324/345	4033	Kristen Setlik	F	20	Grand Island	NE	00:38:29.41	01:37:12.74	00:52:39.57	14:22	03:08:21.73
4367	2651/2922	298/335	6555	Jayne Kinney	F	42	Ainsworth	NE	00:38:25.55	01:39:15.92	00:50:40.90	14:22	03:08:22.38
4368	2652/2922	463/508	2320	Katie Broderick	F	27	Waverly	NE	00:37:04.04	01:42:46.35	00:48:35.75	14:22	03:08:26.15
4369	2653/2922	411/454	3776	Stephanie Keizer	F	32	Brandon	SD	00:41:36.08	01:37:07.91	00:49:43.51	14:22	03:08:27.50
4370	2654/2922	492/531	2435	Nikki Roemen	F	37	Valley Springs	SD	00:41:35.47	01:37:00.20	00:49:52.37	14:22	03:08:28.05
4371	2655/2922	412/454	4185	Kathryn Simmons	F	32	Lincoln	NE	00:37:53.84	01:36:40.28	00:53:54.58	14:22	03:08:28.71
4372	2656/2922	127/148	3868	Katherine Oriz	F	52	Lincoln	NE	00:37:46.88	01:41:25.80	00:49:30.31	14:23	03:08:43.00
4373	2657/2922	125/128	1740	Daphne Masters	F	17	Lincoln	NE	00:34:56.22	01:42:26.68	00:51:28.78	14:24	03:08:51.68
4374	2658/2922	299/335	2765	Andrea Masters	F	41	Lincoln	NE	00:34:55.70	01:42:27.54	00:51:28.75	14:24	03:08:52.00
4375	1717/1785	25/25	3430	Kai Jorgensen	M	11	Waterloo	NE	00:39:15.47	01:42:15.94	00:47:27.12	14:24	03:08:58.54

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4376	2659/2922	493/531	2652	Jamie Jorgensen	F	36	Waterloo	NE	00:39:15.72	01:42:14.83	00:47:29.20	14:25	03:08:59.75
4377	2660/2922	300/335	1646	Kara Lange	F	43	Lincoln	NE	00:38:23.78	01:42:19.13	00:48:25.77	14:25	03:09:08.68
4378	2661/2922	494/531	2783	Lisa Logsdon	F	39	Lincoln	NE	00:38:23.09	01:42:19.98	00:48:25.68	14:25	03:09:08.75
4379	2662/2922	464/508	3426	Katy Vrchota	F	28	Lincoln	NE	00:38:23.11	01:42:20.83	00:48:25.03	14:25	03:09:08.97
4380	2663/2922	226/258	915	Heidi Beynon	F	45	Lincoln	NE	00:39:35.11	01:39:52.33	00:49:41.79	14:25	03:09:09.24
4381	1718/1785	242/253	3758	John Demitroff	M	34	Lincoln	NE	00:39:04.53	01:40:07.85	00:49:57.30	14:25	03:09:09.68
4382	2664/2922	325/345	1649	Aracely Acosta	F	21	Lincoln	NE	00:40:45.29	01:35:12.36	00:53:12.21	14:25	03:09:09.87
4383	1719/1785	248/260	4019	Aaron Mathis	M	27	Shelby	NE	00:40:43.91	01:35:12.60	00:53:13.43	14:25	03:09:09.94
4384	2665/2922	465/508	5141	Alex Madsen	F	29	Omaha	NE	00:41:03.32	01:40:23.24	00:48:03.87	14:27	03:09:30.44
4385	2666/2922	128/148	2720	Lisa Samson	F	51	Mccool Junction	NE	00:40:55.12	01:39:33.00	00:49:05.75	14:27	03:09:33.87
4386	1720/1785	249/260	3645	Beau Groteluschen	M	28	Lincoln	NE	00:37:11.59	01:38:50.72	00:53:32.19	14:27	03:09:34.51
4387	2667/2922	495/531	2601	Katie Harrison	F	38	Seward	NE	00:40:04.06	01:38:24.58	00:51:05.98	14:27	03:09:34.64
4388	2668/2922	227/258	3140	Lesley Leibhart	F	46	Seward	NE	00:40:03.86	01:38:24.78	00:51:06.36	14:27	03:09:35.01
4389	2669/2922	413/454	4112	Cami Ahrenholtz	F	30	Council Bluffs	IA	00:41:05.62	01:40:27.66	00:48:01.86	14:27	03:09:35.14
4390	2670/2922	466/508	4843	Hannah Meyer	F	25	Lincoln	NE	00:41:10.81	01:39:34.62	00:49:17.39	14:29	03:10:02.82
4391	2671/2922	129/148	2466	Jennifer Reiman	F	51	Blue Hill	NE	00:40:19.31	01:39:15.24	00:50:30.18	14:29	03:10:04.74
4392	2672/2922	326/345	1667	Kristen Benes	F	23	Lincoln	NE	00:38:26.18	01:41:48.33	00:50:00.11	14:30	03:10:14.62
4393	2673/2922	496/531	5469	Denise Dangberg	F	37	Carroll	NE	00:41:48.80	01:40:28.84	00:47:58.15	14:30	03:10:15.80
4394	2674/2922	497/531	3007	Kayla Rief	F	35	Lincoln	NE	00:41:41.44	01:40:36.15	00:47:58.76	14:30	03:10:16.35
4395	2675/2922	111/122	4735	Beth Whitaker	F	59	Lincoln	NE	00:40:29.42	01:39:52.09	00:49:59.97	14:31	03:10:21.49
4396	2676/2922	301/335	2882	Amanda Van Duyn	F	40	Brandon	SD	00:40:42.77	01:39:02.12	00:50:44.41	14:31	03:10:29.31
4397	2677/2922	498/531	3716	Mychelle Thompson	F	38	Bennet	NE	00:40:19.59	01:41:43.95	00:48:28.31	14:32	03:10:31.86
4398	2678/2922	499/531	2492	Brooke Vasa	F	35	Bennet	NE	00:40:20.79	01:41:43.64	00:48:28.02	14:32	03:10:32.45
4399	2679/2922	130/148	3246	Shari Naughton	F	50	Des Moines	IA	00:44:10.91	01:40:17.17	00:46:04.71	14:32	03:10:32.80
4400	2680/2922	500/531	2860	Kimberly Guenter	F	38	Lincoln	NE	00:38:39.44	01:40:19.35	00:51:35.80	14:32	03:10:34.59
4401	2681/2922	126/128	4173	Holly Pospichal	F	19	Omaha	NE	00:39:48.99	01:40:45.81	00:50:00.06	14:32	03:10:34.86
4402	2682/2922	131/148	6045	Pamela Nimtz	F	53	Oskaloosa	IA	00:43:34.72	01:40:29.51	00:46:31.13	14:32	03:10:35.37
4403	2683/2922	302/335	834	Lisa Noecker	F	44	Lincoln	NE	00:43:31.90	01:40:06.55	00:47:11.67	14:33	03:10:50.13
4404	2684/2922	501/531	2092	Heather Garrett	F	36	Lincoln	NE	00:43:33.04	01:40:06.68	00:47:11.17	14:33	03:10:50.89
4405	2685/2922	132/148	6062	Kristine Jahnke	F	53	Bancroft	NE	00:43:07.96	01:39:05.95	00:48:37.30	14:33	03:10:51.21
4406	2686/2922	502/531	1313	Mandy Small	F	38	Lincoln	NE	00:38:39.44	01:40:19.34	00:51:54.70	14:33	03:10:53.48
4407	2687/2922	133/148	1784	Lawanda Novotny	F	52	Stanton	NE	00:40:13.40	01:39:09.65	00:51:59.94	14:35	03:11:23.00
4408	2688/2922	503/531	2913	Erin Garrigan	F	37	Omaha	NE	00:41:18.17	01:41:47.97	00:48:20.17	14:36	03:11:26.32
4409	1721/1785	210/215	5990	Jeremy Fisher	M	42	Yutan	NE	00:40:59.26	01:34:25.02	00:56:05.45	14:36	03:11:29.74
4410	2689/2922	327/345	2739	Christa Pelton	F	24	Lincoln	NE	00:40:43.37	01:40:26.80	00:50:19.69	14:36	03:11:29.87

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4411	2690/2922	414/454	541	Andrea Bridgmon	F	32	Pleasant Dale	NE	00:37:50.28	01:42:23.98	00:51:15.88	14:36	03:11:30.15
4412	2691/2922	328/345	1994	Alayna Archer	F	21	Lincoln	NE	00:38:47.91	01:41:13.76	00:51:28.64	14:36	03:11:30.32
4413	1722/1785	211/215	1746	Jody Lieske	M	42	Juniata	NE	00:41:09.03	01:41:17.37	00:49:09.40	14:36	03:11:35.80
4414	2692/2922	17/19	6444	Ella Lieske	F	13	Juniata	NE	00:41:08.83	01:41:16.57	00:49:10.40	14:36	03:11:35.81
4415	1723/1785	212/215	5102	Shon Lieske	M	41	Juniata	NE	00:41:09.83	01:41:16.82	00:49:10.15	14:37	03:11:36.81
4416	2693/2922	329/345	4533	Amy Brandt	F	23	Lincoln	NE	00:38:46.41	01:37:17.82	00:55:37.99	14:37	03:11:42.24
4417	2694/2922	303/335	3123	Jill Smith	F	40	Omaha	NE	00:43:13.19	01:39:32.74	00:49:03.01	14:37	03:11:48.95
4418	2695/2922	304/335	3134	Cathleen Zugmier	F	44	Raymond	NE	00:42:03.42	01:39:34.14	00:50:19.04	14:38	03:11:56.60
4419	2696/2922	504/531	6466	Amber Bargstadt	F	38	Winside	NE	00:42:29.32	01:40:14.13	00:49:15.15	14:38	03:11:58.60
4420	2697/2922	228/258	3165	Deb Walker	F	49	Hastings	NE	00:38:29.05	01:44:41.51	00:48:48.37	14:38	03:11:58.94
4421	2698/2922	134/148	3589	Brook Hutson	F	51	Omaha	NE	00:39:46.26	01:43:45.71	00:48:33.23	14:39	03:12:05.20
4422	1724/1785	80/80	5267	Daniel Ginting	M	55	Lincoln	NE	00:37:29.29	01:44:12.64	00:50:40.44	14:40	03:12:22.38
4423	2699/2922	505/531	4777	Ashley Plack	F	38	Ralston	NE	00:40:27.81	01:40:32.58	00:51:22.58	14:40	03:12:22.97
4424	2700/2922	415/454	3818	Anna Miller	F	34	Wood River	NE	00:44:47.61	01:38:24.85	00:49:13.42	14:40	03:12:25.88
4425	2701/2922	229/258	6209	Diane Mills	F	49	Weeping Water	NE	00:40:23.17	01:42:39.45	00:49:31.58	14:41	03:12:34.20
4426	2702/2922	330/345	3835	Mickey Tran	F	21	Lincoln	NE	00:40:13.08	01:41:08.09	00:51:28.18	14:42	03:12:49.35
4427	2703/2922	506/531	4758	Nicole Finner	F	36	Crete	NE	00:43:56.68	01:40:06.67	00:48:49.07	14:42	03:12:52.42
4428	2704/2922	230/258	2454	Diana Shum	F	47	Lincoln	NE	00:37:15.19	01:42:10.11	00:53:33.38	14:43	03:12:58.69
4429	2705/2922	507/531	7108	Leticia Atkinson	F	35	Lincoln	NE	00:43:01.11	01:39:51.32	00:50:09.08	14:43	03:13:01.52
4430	2706/2922	416/454	3943	Chris Johnston	F	31	Omaha	NE	00:36:37.93	01:35:13.59	01:01:24.19	14:44	03:13:15.71
4431	2707/2922	331/345	2049	Sara Denning	F	20	Neola	IA	00:41:19.80	01:37:21.43	00:54:37.52	14:44	03:13:18.76
4432	2708/2922	135/148	4205	Martha Ginting	F	51	Lincoln	NE	00:37:32.57	01:44:15.11	00:51:44.14	14:45	03:13:31.83
4433	2709/2922	5/5	1024	Jane Connell	F	72	Shenandoah	IA	00:45:25.78	01:42:20.81	00:45:48.69	14:46	03:13:35.29
4434	2710/2922	508/531	3076	Megan Watts	F	36	Prairie Village	KS	00:42:17.33	01:41:35.58	00:49:51.42	14:46	03:13:44.33
4435	2711/2922	231/258	6083	Amy Hunold-Van Gundy	F	48	Carlisle	IA	00:44:29.78	01:42:26.25	00:46:49.04	14:46	03:13:45.08
4436	2712/2922	467/508	1828	Paige Willis	F	29	Omaha	NE	00:40:04.49	01:40:36.49	00:53:07.89	14:47	03:13:48.88
4437	1725/1785	243/253	5557	Justin Calvert	M	31	Hickman	NE	00:41:13.59	01:41:36.59	00:51:01.67	14:47	03:13:51.86
4438	2713/2922	417/454	2698	Victoria Clark	F	31	La Vista	NE	00:41:14.21	01:41:36.97	00:51:01.24	14:47	03:13:52.43
4439	1726/1785	174/181	6169	Mario Arango	M	23	Lincoln	NE	00:40:10.80	01:44:25.62	00:49:30.92	14:48	03:14:07.35
4440	2714/2922	509/531	2785	Leah Shaw	F	38	Lincoln	NE	00:40:05.11	01:41:16.62	00:52:49.38	14:48	03:14:11.12
4441	1727/1785	213/215	5775	Jason Shaw	M	44	Lincoln	NE	00:40:05.92	01:41:16.42	00:52:50.18	14:48	03:14:12.54
4442	2715/2922	232/258	3125	Jennifer Bryant	F	45	Lincoln	NE	00:38:55.80	01:42:07.49	00:53:09.48	14:48	03:14:12.78
4443	2716/2922	418/454	5670	Michelle Moore	F	33	Beatrice	NE	00:40:29.99	01:44:59.01	00:48:46.50	14:49	03:14:15.50
4444	2717/2922	419/454	584	Mary Johnson	F	33	Lincoln	NE			00:44:45.62	14:50	03:14:27.80
4445	2718/2922	468/508	2719	Emily Dohner	F	28	Sandusky	OH	00:43:24.68	01:44:17.16	00:46:48.76	14:50	03:14:30.61

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4446	2719/2922	20/23	2225	Berenice Lubbers	F	67	Omaha	NE	00:43:16.51	01:41:41.64	00:49:36.69	14:50	03:14:34.84
4447	2720/2922	305/335	4410	Jessica Pritchard	F	41	Omaha	NE	00:43:16.78	01:41:42.25	00:49:36.28	14:50	03:14:35.31
4448	2721/2922	469/508	1589	Kaleigh Aden	F	26	Lincoln	NE	00:40:37.83	01:45:57.13	00:48:10.01	14:51	03:14:44.98
4449	2722/2922	420/454	3294	Ashley Eppens	F	30	Lincoln	NE	00:40:38.40	01:45:58.58	00:48:09.65	14:51	03:14:46.64
4450	1728/1785	267/276	5599	Britt Ladenburger	M	37	Lincoln	NE	00:34:46.86	01:40:42.24	00:59:21.21	14:51	03:14:50.31
4451	1729/1785	96/96	5138	Breken Foltz	M	15	Papillion	NE	00:35:06.84	01:40:22.13	00:59:21.91	14:51	03:14:50.89
4452	2723/2922	233/258	2610	Jonene Lee	F	47	Omaha	NE	00:43:03.62	01:42:25.52	00:49:32.47	14:52	03:15:01.62
4453	2724/2922	306/335	175	Leslie Richter	F	44	Omaha	NE	00:43:04.28	01:42:25.58	00:49:32.28	14:52	03:15:02.16
4454	2725/2922	112/122	3189	Michelle Poyer	F	59	Lincoln	NE	00:43:52.43	01:41:48.61	00:49:22.00	14:52	03:15:03.05
4455	2726/2922	470/508	1785	Stephanie Wilson	F	27	Bondurant	IA	00:37:51.25	01:43:58.13	00:53:16.81	14:52	03:15:06.20
4456	1730/1785	244/253	4782	Nicholas Meyer	M	31	Lincoln	NE	00:37:52.39	01:38:28.56	00:58:47.23	14:53	03:15:08.18
4457	2727/2922	307/335	3248	Marilyn Mcdaniel	F	41	Imperial	NE	00:40:37.68	01:37:07.28	00:57:27.89	14:53	03:15:12.85
4458	2728/2922	421/454	1362	Jessica Boesen	F	32	Lebanon	IL	00:38:26.80	01:44:14.38	00:52:32.66	14:53	03:15:13.85
4459	2729/2922	422/454	5015	Brawn Clinkenbeard	F	30	Lincoln	NE	00:41:45.93	01:43:41.47	00:49:49.62	14:53	03:15:17.03
4460	2730/2922	332/345	6539	Asia Cox	F	20	Lincoln	NE	00:42:47.90	01:40:51.82	00:51:42.35	14:54	03:15:22.08
4461	2731/2922	471/508	517	Hawm Lian	F	28	Lincoln	NE	00:41:33.45	01:42:11.96	00:51:43.26	14:54	03:15:28.68
4462	2732/2922	423/454	4775	Karli Suarez	F	30	Lincoln	NE	00:38:43.22	01:43:35.29	00:53:10.56	14:54	03:15:29.08
4463	2733/2922	308/335	3229	Lisandra Richardson	F	44	Hastings	MN	00:40:58.80	01:41:42.21	00:52:50.90	14:54	03:15:31.92
4464	2734/2922	113/122	1788	Annette Baxa	F	55	Fairbury	NE	00:44:06.54	01:45:25.62	00:46:08.65	14:55	03:15:40.82
4465	2735/2922	309/335	2787	Jaci Baxa	F	41	Beatrice	NE	00:45:30.62	01:44:02.17	00:46:08.14	14:55	03:15:40.93
4466	2736/2922	472/508	153	Ashleigh Tiemann	F	27	Omaha	NE	00:39:56.17	01:39:13.87	00:56:32.12	14:55	03:15:42.17
4467	1731/1785	170/172	4686	Michael Griess	M	49	Sutton	NE	00:39:45.25	01:45:03.99	00:50:53.30	14:55	03:15:42.54
4468	2737/2922	333/345	599	Josie Jackson	F	24	Lincoln	NE	00:39:06.54	01:41:38.61	00:54:57.62	14:55	03:15:42.78
4469	2738/2922	334/345	2732	Morgan Nikkila	F	23	Omaha	NE	00:39:06.40	01:41:39.06	00:54:57.38	14:55	03:15:42.85
4470	2739/2922	234/258	5574	Michaela Griess	F	48	Sutton	NE	00:39:45.68	01:45:03.24	00:50:53.97	14:55	03:15:42.89
4471	2740/2922	21/23	2370	Linda Kamble	F	68	Lincoln	NE	00:43:11.35	01:44:51.91	00:47:41.97	14:55	03:15:45.24
4472	2741/2922	335/345	1620	Anna Sedlacek	F	24	Lincoln	NE	00:46:22.65	01:44:20.48	00:45:02.34	14:55	03:15:45.48
4473	2742/2922	424/454	606	Rachel Kluthe	F	30	Lincoln	NE	00:46:23.59	01:44:19.05	00:45:02.97	14:55	03:15:45.62
4474	2743/2922	473/508	5087	Bethany Felker	F	26	Lincoln	NE	00:41:13.94	01:42:27.73	00:52:06.59	14:56	03:15:48.26
4475	2744/2922	510/531	5474	Michelle West	F	38	Lincoln	NE	00:41:40.05	01:41:05.75	00:53:04.18	14:56	03:15:49.99
4476	2745/2922	310/335	3900	Steffanie Kotik	F	43	Lincoln	NE	00:43:03.66	01:39:59.51	00:52:58.64	14:57	03:16:01.82
4477	2746/2922	235/258	3152	Amy Tol	F	46	Fairmont	NE	00:41:25.00	01:41:24.50	00:53:18.26	14:57	03:16:07.77
4478	1732/1785	175/181	5988	George Glover	M	24	Dodgeville	WI	00:40:30.18	01:37:56.03	00:57:48.70	14:58	03:16:14.92
4479	2747/2922	511/531	3240	Anne Eklund	F	38	Lincoln	NE	00:41:28.31	01:44:13.75	00:50:37.03	14:58	03:16:19.10
4480	2748/2922	425/454	3031	Megan Drohman	F	32	Lincoln	NE	00:42:52.50	01:42:21.92	00:51:11.56	14:59	03:16:25.98



# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4481	2749/2922	236/258	3840	Joanna Fastje	F	45	Council Bluffs	IA	00:41:14.73	01:40:39.90	00:54:40.18	14:59	03:16:34.82
4482	1733/1785	26/26	4424	Richard Couch	M	66	Lincoln	NE	00:37:34.28	01:47:42.40	00:51:24.89	15:00	03:16:41.58
4483	2750/2922	474/508	1929	Ashia Aubrey	F	26	Omaha	NE	00:41:02.90	01:40:31.78	00:55:21.33	15:01	03:16:56.02
4484	2751/2922	237/258	3079	Susan Young	F	47	Omaha	NE	00:43:46.60	01:42:52.76	00:50:20.28	15:01	03:16:59.65
4485	2752/2922	336/345	3124	Annastazia Stofer	F	22	Kearney	NE	00:41:17.31	01:44:54.42	00:50:58.26	15:02	03:17:10.00
4486	1734/1785	250/260	4192	Matt Kilbride	M	27	Lincoln	NE	00:42:05.43	01:46:39.09	00:48:38.49	15:03	03:17:23.01
4487	2753/2922	512/531	3986	Jodi Bahr	F	39	Hastings	NE	00:39:34.42	01:44:39.37	00:53:18.41	15:04	03:17:32.20
4488	2754/2922	311/335	3208	Elizabeth Kavan	F	41	Juniata	NE	00:39:34.11	01:44:40.10	00:53:18.11	15:04	03:17:32.33
4489	2755/2922	475/508	3261	Jackie Sutton	F	28	Lincoln	NE	00:42:05.72	01:46:38.03	00:48:50.46	15:04	03:17:34.22
4490	2756/2922	337/345	2780	Mikaela Bushnell	F	21	Harvard	NE	00:41:04.13	01:41:12.38	00:55:21.40	15:04	03:17:37.92
4491	2757/2922	426/454	2792	Daile Coleman	F	31	Bassett	NE	00:41:51.78	01:43:25.00	00:52:22.11	15:04	03:17:38.89
4492	2758/2922	114/122	3557	Ann Stewart	F	58	Lincoln	NE	00:42:28.80	01:44:48.32	00:50:46.86	15:06	03:18:03.99
4493	2759/2922	136/148	2702	Kelly Reisdorff	F	51	Columbus	NE	00:44:16.25	01:44:02.95	00:49:52.40	15:07	03:18:11.61
4494	2760/2922	513/531	2485	Libby Mongue-Wymore	F	39	La Center	WA	00:44:07.90	01:46:51.90	00:47:16.20	15:07	03:18:16.01
4495	2761/2922	427/454	1566	Shannon Steppat	F	33	Lincoln	NE	00:43:36.18	01:43:30.09	00:51:15.91	15:07	03:18:22.18
4496	2762/2922	514/531	2818	Jasmine Beach	F	37	Lincoln	NE	00:43:36.62	01:43:30.08	00:51:15.74	15:07	03:18:22.44
4497	1735/1785	138/145	5563	Mark Hoffman	M	54	Lincoln	NE	00:46:55.84	01:43:10.83	00:48:16.15	15:07	03:18:22.83
4498	2763/2922	312/335	1227	Carole Bates	F	44	Lincoln	NE	00:40:30.53	01:41:41.17	00:56:13.62	15:08	03:18:25.33
4499	2764/2922	313/335	2496	Tami Frank	F	40	Martell	NE	00:40:31.54	01:41:40.96	00:56:13.23	15:08	03:18:25.74
4500	2765/2922	428/454	1283	Cassie Saylor	F	33	Chapman	NE	00:39:16.82	01:45:27.43	00:53:45.40	15:08	03:18:29.66
4501	2766/2922	429/454	1679	Amber Novotny	F	31	Lincoln	NE	00:40:34.83	01:47:26.51	00:50:46.91	15:09	03:18:48.25
4502	2767/2922	476/508	2762	Kayla Lenhoff	F	26	Lincoln	NE	00:40:35.15	01:47:26.09	00:50:47.50	15:09	03:18:48.75
4503	1736/1785	251/260	4941	Corey Thiele	M	26	Omaha	NE	00:40:04.83	01:41:21.08	00:57:34.39	15:10	03:19:00.31
4504	2768/2922	238/258	2982	Crystal Bowman	F	49	Firth	NE	00:41:37.77	01:46:18.75	00:51:05.17	15:10	03:19:01.70
4505	2769/2922	430/454	5085	Amber Aden	F	30	Syracuse	NE	00:41:38.31	01:46:17.33	00:51:06.28	15:10	03:19:01.93
4506	2770/2922	477/508	3196	Hannah West	F	27	Overland Park	KS	00:42:15.81	01:44:13.53	00:52:40.05	15:11	03:19:09.40
4507	2771/2922	478/508	1469	Alexandra Wickenkamp	F	27	Omaha	NE	00:42:27.08	01:43:46.74	00:53:02.42	15:12	03:19:16.25
4508	2772/2922	115/122	5435	Sheryl Block	F	58	Springfield	NE	00:41:58.77	01:44:12.48	00:53:17.31	15:13	03:19:28.56
4509	1737/1785	268/276	3987	Hiep Vu	M	36	Lincoln	NE	00:41:36.30	01:45:35.22	00:52:22.64	15:13	03:19:34.17
4510	2773/2922	239/258	2500	Christy Swords	F	46	Platte City	MO	00:42:55.55	01:43:37.44	00:53:03.83	15:13	03:19:36.83
4511	1738/1785	8/9	5930	Stephen Wilhelmsen	M	70	Omaha	NE	00:45:49.14	01:43:41.58	00:50:09.41	15:13	03:19:40.14
4512	2774/2922	479/508	2484	Emily Hochstetler	F	28	Omaha	NE	00:36:05.80	01:48:59.35	00:54:35.26	15:13	03:19:40.42
4513	1739/1785	245/253	6022	James Mccoy	M	32	Hickman	NE	00:41:16.96	01:43:44.33	00:54:41.24	15:14	03:19:42.54
4514	2775/2922	314/335	3249	Tammy Ott	F	42	Aurora	NE	00:42:20.08	01:45:03.08	00:52:22.31	15:14	03:19:45.48
4515	2776/2922	240/258	4730	Tracy Tibbels	F	49	Lincoln	NE	00:42:57.11	01:43:37.21	00:53:12.78	15:14	03:19:47.10

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4516	2777/2922	515/531	2469	Karrie Simpson	F	39	Lincoln	NE	00:42:57.45	01:43:36.80	00:53:13.14	15:14	03:19:47.40
4517	2778/2922	116/122	2407	Penny Ranallo	F	56	Omaha	NE	00:44:34.62	01:46:07.40	00:49:08.38	15:14	03:19:50.40
4518	2779/2922	18/19	2090	Lily Little	F	14	Lincoln	NE	00:41:59.90	01:44:41.09	00:53:32.43	15:16	03:20:13.44
4519	2780/2922	22/23	1800	Brenda Tubbs	F	68	Columbus	NE	00:44:16.06	01:44:02.64	00:52:22.66	15:18	03:20:41.37
4520	2781/2922	516/531	2919	Mira Lett	F	37	Omaha	NE	00:43:26.06	01:44:32.15	00:53:08.34	15:20	03:21:06.55
4521	2782/2922	431/454	1325	Christina Madrid	F	34	Omaha	NE	00:42:09.86	01:40:59.05	00:57:58.94	15:20	03:21:07.85
4522	2783/2922	432/454	3072	Maria Lapenta	F	34	Bellevue	NE	00:42:46.34	01:46:03.24	00:52:20.74	15:20	03:21:10.33
4523	2784/2922	137/148	4978	Heidi Little	F	50	Lincoln	NE	00:46:08.96	01:45:16.88	00:49:44.96	15:20	03:21:10.80
4524	2785/2922	127/128	2654	Abigail Epp	F	19	Lincoln	NE	00:37:33.77	01:42:38.88	01:01:04.35	15:21	03:21:17.00
4525	2786/2922	433/454	2543	Sarah Geiser	F	31	Hickman	NE	00:41:39.59	01:44:15.41	00:55:30.08	15:21	03:21:25.09
4526	2787/2922	434/454	2700	Erica Digiacomo	F	31	Omaha	NE	00:43:21.58	01:44:05.28	00:54:16.48	15:23	03:21:43.35
4527	2788/2922	480/508	6455	Allyssa Larose	F	26	Omaha	NE	00:41:05.95	01:45:21.06	00:55:22.89	15:23	03:21:49.90
4528	2789/2922	517/531	2582	Stephanie Christianson	F	36	Portland	OR	00:44:08.65	01:47:10.03	00:50:40.69	15:24	03:21:59.37
4529	2790/2922	128/128	2944	Abby Schroeder	F	17	Garretson	SD	00:38:14.51	01:46:15.54	00:57:47.68	15:25	03:22:17.74
4530	2791/2922	315/335	2618	Regina Taylor	F	41	Omaha	NE		01:38:43.69	00:46:38.03	15:26	03:22:26.55
4531	2792/2922	518/531	5826	Beth Seegebarth	F	39	Seward	NE	00:40:49.36	01:45:41.91	00:55:55.84	15:26	03:22:27.11
4532	2793/2922	241/258	449	Cheryl Curry	F	45	Plattsmouth	NE	00:43:20.09	01:48:03.55	00:51:11.69	15:27	03:22:35.34
4533	2794/2922	338/345	1597	Katy Paugh	F	24	Lincoln	NE	00:38:24.78	01:46:14.92	00:57:57.80	15:27	03:22:37.50
4534	1740/1785	246/253	5001	Dustin Andersen	M	30	Lincoln	NE	00:34:44.41	01:49:55.35	00:57:58.92	15:27	03:22:38.70
4535	1741/1785	269/276	5992	Christopher Roth	M	35	Papillion	NE	00:42:54.99	01:45:01.10	00:55:18.12	15:30	03:23:14.21
4536	2795/2922	339/345	5856	Abby Siebert	F	24	Aurora	NE	00:39:58.00	01:51:17.57	00:52:11.21	15:31	03:23:26.79
4537	2796/2922	481/508	1323	Sharon Jeutang	F	27	Lincoln	NE	00:45:24.39	01:47:02.56	00:51:01.19	15:31	03:23:28.15
4538	2797/2922	482/508	2735	Anna Hayden-Roy	F	26	Lincoln	NE	00:40:17.06	01:49:31.89	00:53:56.65	15:32	03:23:45.60
4539	2798/2922	316/335	6313	Kaysie Hass	F	44	Kearney	NE	00:42:38.83	01:50:59.58	00:50:11.17	15:32	03:23:49.59
4540	2799/2922	317/335	3746	Mindi Troester	F	40	Kearney	NE	00:42:39.59	01:50:59.21	00:50:11.84	15:32	03:23:50.65
4541	2800/2922	340/345	3376	Bailey Gardner	F	22	Lincoln	NE	00:42:28.93	01:48:18.83	00:53:12.02	15:33	03:23:59.79
4542	2801/2922	242/258	3135	Tonya Kieckhafer	F	45	Omaha	NE	00:41:54.41	01:47:14.31	00:55:06.37	15:34	03:24:15.09
4543	2802/2922	243/258	5450	Kristine Strand	F	49	Lincoln	NE	00:44:03.93	01:46:59.69	00:53:18.19	15:35	03:24:21.82
4544	2803/2922	519/531	3172	Elizabeth Philson	F	38	Lincoln	NE	00:44:04.44	01:46:59.91	00:53:17.98	15:35	03:24:22.33
4545	2804/2922	138/148	2670	Becky Tideman	F	50	Hastings	NE	00:38:23.16	01:48:55.75	00:57:05.05	15:35	03:24:23.97
4546	2805/2922	139/148	5522	Angelia Onuoha	F	50	Lincoln	NE	00:44:45.62	01:48:36.67	00:51:22.69	15:37	03:24:44.99
4547	1742/1785	139/145	4545	Vino Rodriguez	M	50	Lincoln	NE	00:44:45.58	01:48:36.78	00:51:23.05	15:37	03:24:45.41
4548	2806/2922	341/345	6514	Kaitlyn Evans	F	24	Lincoln	NE	00:45:44.93	01:56:43.78	00:42:20.80	15:37	03:24:49.51
4549	2807/2922	435/454	3233	Meagan Savage	F	30	Lincoln	NE	00:44:49.42	01:48:20.74	00:51:52.14	15:38	03:25:02.31
4550	1743/1785	140/145	6032	Russell Savage	M	53	Parker	CO	00:44:50.16	01:48:18.51	00:51:53.77	15:38	03:25:02.45

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4551	2808/2922	483/508	1798	Amanda Horn	F	28	Spencer	NE	00:37:35.20	01:48:53.40	00:58:33.98	15:38	03:25:02.58
4552	2809/2922	318/335	3277	Tracy Masek	F	44	Eagle	NE	00:43:58.12	01:48:54.59	00:52:19.28	15:39	03:25:12.00
4553	2810/2922	520/531	5559	Amanda Freiberg	F	36	Marshalltown	IA	00:43:53.61	01:48:28.00	00:52:51.17	15:39	03:25:12.78
4554	2811/2922	521/531	4490	Nicole Kennedy	F	36	Omaha	NE	00:46:54.34	01:46:36.50	00:51:42.95	15:39	03:25:13.80
4555	2812/2922	484/508	433	Lauren Ohlin	F	25	Papillion	NE	00:40:06.41	01:48:30.65	00:56:56.15	15:40	03:25:33.21
4556	2813/2922	485/508	1387	Lindsey Egger	F	28	Papillion	NE	00:40:05.66	01:48:30.03	00:56:57.75	15:40	03:25:33.45
4557	2814/2922	486/508	3282	Jessica Beers	F	25	Waynesville	MO	00:46:00.08	01:50:52.30	00:48:54.25	15:41	03:25:46.63
4558	2815/2922	140/148	3167	Dawn Feldman	F	50	Omaha	NE	00:46:40.32	01:48:49.27	00:50:43.50	15:43	03:26:13.09
4559	2816/2922	436/454	2615	Kristi Odvody	F	34	Dwight	NE	00:47:25.84	01:47:11.01	00:51:46.28	15:44	03:26:23.14
4560	2817/2922	437/454	6417	Kelsey Stech	F	31	Papillion	NE	00:43:04.38	01:48:16.38	00:55:09.26	15:45	03:26:30.02
4561	2818/2922	438/454	4535	Caitlin Anderson	F	31	Lincoln	NE	00:44:10.95	01:49:30.91	00:52:49.65	15:45	03:26:31.51
4562	2819/2922	487/508	1264	Bethany Herpel	F	26	Lincoln	NE	00:44:13.08	01:49:31.51	00:52:49.53	15:45	03:26:34.13
4563	2820/2922	488/508	2656	Danielle Killinger	F	29	Wolbach	NE	00:45:41.53	01:49:27.10	00:51:26.48	15:45	03:26:35.11
4564	2821/2922	244/258	3100	Kimberly Bader	F	49	Saint Paul	NE	00:45:41.26	01:49:27.46	00:51:26.81	15:45	03:26:35.54
4565	2822/2922	141/148	4070	Lina Oduwo	F	52	Omaha	NE	00:45:28.55	01:47:11.19	00:54:01.85	15:46	03:26:41.60
4566	2823/2922	522/531	5667	Megan Hawley	F	39	Lincoln	NE	00:45:16.63	01:49:47.84	00:51:38.43	15:46	03:26:42.90
4567	2824/2922	142/148	5961	Jo Farabee	F	51	Hickman	NE	00:46:14.39	01:50:24.22	00:50:24.46	15:47	03:27:03.08
4568	2825/2922	319/335	1488	Annie Wegner	F	40	Hickman	NE	00:46:15.52	01:50:17.01	00:50:32.41	15:47	03:27:04.94
4569	1744/1785	247/253	6024	Eric Crook	M	34	Humboldt	NE	00:39:30.32	01:51:45.57	00:55:49.40	15:47	03:27:05.30
4570	2826/2922	320/335	3112	Rachel Taylor	F	40	Lincoln	NE	00:46:16.50	01:50:24.25	00:50:24.78	15:47	03:27:05.54
4571	2827/2922	489/508	1314	Sam Vanosdall	F	29	Lincoln	NE	00:43:25.60	01:49:50.31	00:54:10.36	15:49	03:27:26.29
4572	2828/2922	490/508	3841	Cari Kubr	F	29	Roca	NE	00:43:25.21	01:49:50.83	00:54:10.38	15:49	03:27:26.42
4573	2829/2922	342/345	4511	Elyse Lyons	F	24	Lincoln	NE	00:44:01.34	01:51:08.71	00:52:24.50	15:50	03:27:34.55
4574	2830/2922	117/122	6217	Jo Witter	F	57	David City	NE	00:40:39.78	01:50:44.79	00:56:10.41	15:50	03:27:34.99
4575	1745/1785	40/42	5880	Ricky Hartwig	M	60	Lincoln	NE	00:46:56.12	01:49:47.89	00:51:01.75	15:50	03:27:45.76
4576	2831/2922	523/531	2401	Whitney Vessar	F	36	Omaha	NE	00:46:42.47	01:49:07.72	00:52:21.93	15:52	03:28:12.12
4577	1746/1785	270/276	5553	Andrew Blaszak	M	35	Logan	IA	00:41:40.72	01:51:05.16	00:55:57.58	15:55	03:28:43.46
4578	2832/2922	439/454	2405	Janna Blaszak	F	30	Logan	IA	00:41:41.05	01:51:05.86	00:55:57.46	15:55	03:28:44.38
4579	2833/2922	491/508	3528	Samantha Zwiebel	F	26	Lincoln	NE	00:44:50.34	01:49:46.27	00:54:13.78	15:55	03:28:50.39
4580	2834/2922	321/335	6303	Angelica Dimock	F	44	Minneapolis	MN	00:48:45.14	01:50:37.48	00:49:50.31	15:57	03:29:12.93
4581	2835/2922	492/508	1961	Natalie Dones	F	28	Lincoln	NE	00:40:16.45	01:47:25.72	01:02:20.00	16:01	03:30:02.18
4582	1747/1785	252/260	5317	Roberto Renteria	M	28	Saint Paul	MN	00:40:16.75	01:47:24.97	01:02:20.75	16:01	03:30:02.48
4583	2836/2922	493/508	2461	Anne Griffith	F	25	Lincoln	NE	00:41:49.42	01:50:50.01	00:57:26.00	16:01	03:30:05.44
4584	2837/2922	494/508	2561	Nisha Patel	F	27	Lincoln	NE	00:44:36.41	01:50:40.91	00:54:50.34	16:01	03:30:07.67
4585	1748/1785	41/42	6044	Ricky Mapes	M	61	Omaha	NE	00:42:28.13	01:50:49.60	00:57:23.16	16:04	03:30:40.90

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4586	2838/2922	440/454	2444	Megan Kahler	F	34	Seward	NE	00:44:14.58	01:52:45.03	00:53:47.94	16:04	03:30:47.56
4587	2839/2922	441/454	2840	Mattie Hans	F	32	Seward	NE	00:44:14.15	01:52:46.18	00:53:47.23	16:04	03:30:47.57
4588	2840/2922	442/454	2512	Laura Albertson	F	34	Lincoln	NE	00:44:14.92	01:52:45.85	00:53:47.15	16:04	03:30:47.92
4589	2841/2922	245/258	4065	Tanya Martin-Dick	F	46	Lincoln	NE	00:46:06.79	01:53:31.39	00:51:26.79	16:06	03:31:04.97
4590	2842/2922	118/122	4031	Joan Brouillette	F	57	Omaha	NE	00:45:13.39	01:50:05.80	00:56:07.80	16:07	03:31:27.00
4591	2843/2922	343/345	4030	Alexa Brouillette	F	24	Omaha	NE	00:45:13.97	01:50:05.87	00:56:07.51	16:07	03:31:27.35
4592	2844/2922	23/23	6242	Karen Schenck	F	65	Ark	VA	00:47:47.41	01:52:31.05	00:51:20.38	16:08	03:31:38.84
4593	2845/2922	322/335	2864	Tammy Adcock	F	43	Lincoln	NE	00:46:06.77	01:53:29.33	00:52:34.19	16:11	03:32:10.29
4594	1749/1785	141/145	3983	Alex Tran	M	52	Lincoln	NE	00:42:04.10	01:57:29.50	00:53:01.18	16:12	03:32:34.79
4595	1750/1785	176/181	5361	Austin Koch	M	22	Palmer	NE	01:03:39.49	01:43:17.09	00:45:46.74	16:13	03:32:43.32
4596	2846/2922	246/258	2916	Adrienne Stansell	F	45	Elmwood	NE	00:46:38.02	01:54:03.52	00:52:03.76	16:13	03:32:45.30
4597	2847/2922	443/454	3080	Kimberly Steward	F	30	Lincoln	NE	00:47:11.77	01:50:23.80	00:55:18.14	16:14	03:32:53.72
4598	2848/2922	247/258	1774	Stephanie Maxfield	F	49	Lincoln	NE	00:42:03.13	01:53:33.62	00:57:33.70	16:15	03:33:10.45
4599	2849/2922	323/335	5234	Kimberlee Ratliff	F	44	Lacey	WA	00:46:14.39	01:52:12.21	00:54:57.84	16:16	03:33:24.44
4600	1751/1785	171/172	5259	Joey Torres	M	49	Papillion	NE	00:47:58.69	01:50:13.87	00:55:17.59	16:17	03:33:30.15
4601	2850/2922	524/531	1064	Kirsten Bjorkman	F	39	Wichita	KS	00:45:10.19	01:52:07.10	00:56:17.67	16:17	03:33:34.96
4602	2851/2922	324/335	2408	Andee Kant	F	41	Augusta	KS	00:46:45.37	01:50:27.75	00:56:24.53	16:17	03:33:37.66
4603	1752/1785	253/260	5708	Rajkumar Singh	M	25	Lincoln	NE	00:45:24.37	01:54:13.35	00:54:05.42	16:18	03:33:43.14
4604	2852/2922	444/454	5948	Ashley Truckenbrod	F	34	Omaha	NE	00:41:25.29	01:51:08.81	01:01:50.30	16:21	03:34:24.41
4605	2853/2922	495/508	2813	Allyson Rickertsen	F	27	Lincoln	NE	00:46:51.77	01:52:22.37	00:55:24.73	16:22	03:34:38.87
4606	1753/1785	142/145	6018	Mark Kraeger	M	52	Avoca	NE	00:48:11.61	01:50:30.07	00:56:04.90	16:23	03:34:46.59
4607	2854/2922	325/335	4904	Molly Moller	F	40	Lincoln	NE	00:49:38.63	01:53:00.32	00:52:39.15	16:25	03:35:18.11
4608	2855/2922	445/454	5616	Christine Smith	F	32	Scribner	NE	00:45:45.47	01:54:40.56	00:54:54.61	16:25	03:35:20.64
4609	1754/1785	214/215	5614	Mitch Smith	M	44	Scribner	NE	00:45:46.50	01:54:39.11	00:54:55.43	16:25	03:35:21.04
4610	1755/1785	254/260	3552	Dillon Petschke	M	27	Malcolm	NE	00:42:35.49	01:53:16.48	00:59:43.46	16:26	03:35:35.44
4611	2856/2922	344/345	181	Emilee Urbanek	F	24	Omaha	NE	00:42:38.14	01:53:17.68	00:59:39.78	16:26	03:35:35.61
4612	2857/2922	496/508	6029	Jennifer Gleisberg	F	28	Seward	NE	00:45:01.43	01:52:03.33	00:58:37.42	16:27	03:35:42.18
4613	2858/2922	525/531	4531	Jodi Kauffman	F	37	Hastings	NE	00:47:13.63	01:53:08.91	00:55:25.65	16:27	03:35:48.20
4614	2859/2922	526/531	2352	Kimberly Semerad	F	36	Howells	NE	00:47:13.62	01:53:08.71	00:55:26.10	16:27	03:35:48.44
4615	2860/2922	19/19	1789	Riley Thompson	F	14	Lincoln	NE	00:50:16.26	01:55:33.97	00:50:06.90	16:28	03:35:57.14
4616	2861/2922	497/508	4018	Brittney Arnold	F	29	Lincoln	NE	00:50:17.06	01:55:33.77	00:50:07.03	16:28	03:35:57.86
4617	2862/2922	527/531	2828	Colleen Gallagher	F	39	Bellevue	NE	00:44:27.49	01:53:54.58	00:57:39.48	16:28	03:36:01.56
4618	2863/2922	498/508	4886	Emily Beck	F	29	Central City	NE	00:47:55.02	01:54:42.67	00:54:07.65	16:32	03:36:45.34
4619	2864/2922	326/335	3299	Mariah Delmont	F	40	Beemer	NE	00:44:31.37	01:52:55.81	00:59:46.59	16:34	03:37:13.78
4620	2865/2922	446/454	3200	Megan Beaver	F	33	Lincoln	NE	00:44:31.24	01:52:55.60	00:59:46.99	16:34	03:37:13.84

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4621	2866/2922	143/148	2465	Angel Robertson	F	50	Lincoln	NE	00:49:18.30	01:53:49.42	00:54:16.21	16:35	03:37:23.94
4622	2867/2922	144/148	2463	Shoshana Frerking	F	50	Eagle	NE	00:49:25.19	01:53:42.51	00:54:17.44	16:35	03:37:25.15
4623	1756/1785	255/260	6218	Thomas Shirey	M	28	Garland	NE	00:47:10.31	01:52:29.67	00:57:49.00	16:35	03:37:28.99
4624	1757/1785	248/253	6370	Matt Burke	M	34	Lincoln	NE	00:46:18.69	01:53:06.26	00:58:18.11	16:36	03:37:43.07
4625	2868/2922	248/258	5580	Kimberly Koch	F	45	Lincoln	NE	00:49:59.69	01:51:51.91	00:55:51.53	16:36	03:37:43.13
4626	1758/1785	215/215	3618	Ben Harper	M	40	Gretna	NE	00:46:21.91	01:53:08.73	00:58:14.58	16:36	03:37:45.24
4627	2869/2922	327/335	6049	Brandy Welch	F	40	Eagle	NE	00:49:56.03	01:51:55.17	00:55:55.38	16:36	03:37:46.59
4628	2870/2922	499/508	5176	Malerie Packett	F	28	Lincoln	NE	00:47:00.92	01:52:28.26	00:58:42.84	16:38	03:38:12.02
4629	2871/2922	119/122	2471	Terri Gardner	F	56	Lincoln	NE	00:48:26.38	01:54:43.06	00:55:06.15	16:38	03:38:15.60
4630	1759/1785	271/276	3621	Zachary Brueningsen	M	36	Trumbull	NE	00:47:08.66	01:52:34.80	00:59:12.59	16:42	03:38:56.06
4631	2872/2922	120/122	3103	Suzanne Dunkleman	F	57	Bellevue	NE	00:50:46.70	01:55:26.07	00:52:47.71	16:42	03:39:00.49
4632	2873/2922	500/508	3265	Kendra Gerdes	F	29	Syracuse	NE	00:50:48.26	01:55:16.54	00:53:00.92	16:42	03:39:05.73
4633	1760/1785	143/145	4496	Thomas Golden	M	54	Lincoln	NE	00:46:48.85	01:53:08.36	00:59:10.71	16:42	03:39:07.93
4634	1761/1785	272/276	6212	Reggie Barent	M	39	Greenwood	NE	00:47:11.51	01:52:50.30	00:59:16.17	16:43	03:39:17.98
4635	1762/1785	273/276	4370	Ryan J Mccoy	M	36	Weeping Water	NE	00:47:10.64	01:52:50.40	00:59:20.09	16:43	03:39:21.13
4636	2874/2922	447/454	170	Anna Stoeger	F	32	Lincoln	NE	00:47:12.40	01:53:01.09	00:59:07.66	16:43	03:39:21.16
4637	1763/1785	256/260	6295	Anthony Smotherman	M	28	Lincoln	NE	00:46:55.17	01:52:45.45	00:59:40.66	16:43	03:39:21.29
4638	1764/1785	177/181	4497	John Worou	M	23	Omaha	NE	00:46:54.88	01:52:52.30	00:59:34.20	16:43	03:39:21.38
4639	1765/1785	257/260	6297	Adam Chevalier	M	29	Omaha	NE	00:47:15.06	01:52:47.34	00:59:19.66	16:44	03:39:22.06
4640	2875/2922	501/508	169	Taylor Pytleski	F	25	Lincoln	NE	00:46:58.87	01:52:49.51	00:59:34.38	16:44	03:39:22.77
4641	1766/1785	178/181	4367	Jameson Hittle	M	22	Lincoln	NE	00:46:55.33	01:52:52.26	00:59:35.19	16:44	03:39:22.79
4642	1767/1785	258/260	4368	Evan Carroll	M	26	Lincoln	NE	00:47:00.39	01:52:41.91	00:59:40.48	16:44	03:39:22.79
4643	1768/1785	274/276	5651	Ty Tucker	M	35	Gretna	NE	00:47:11.22	01:52:47.60	00:59:24.75	16:44	03:39:23.58
4644	1769/1785	179/181	4369	Alex Gould	M	24	Omaha	NE	00:47:05.33	01:52:59.43	00:59:19.85	16:44	03:39:24.61
4645	1770/1785	249/253	125	Michael Schutte	M	34	Omaha	NE	00:47:06.14	01:52:41.49	00:59:37.17	16:44	03:39:24.80
4646	1771/1785	250/253	6478	Joseph Reis	M	31	Bellevue	NE	00:47:07.77	01:52:47.21	00:59:30.43	16:44	03:39:25.41
4647	1772/1785	275/276	6181	Randy Graves	M	35	Lincoln	NE	00:47:06.57	01:52:46.80	00:59:34.78	16:44	03:39:28.16
4648	2876/2922	328/335	3019	Amy Stuefer	F	40	Lincoln	NE	00:48:14.49	01:55:23.71	00:56:14.68	16:46	03:39:52.90
4649	2877/2922	448/454	2462	Allison Stuefer	F	33	Lincoln	NE	00:48:14.87	01:55:22.90	00:56:15.49	16:46	03:39:53.27
4650	2878/2922	449/454	3263	Meghan Trevino	F	32	North Platte	NE	00:46:46.15	01:54:27.37	00:58:42.68	16:46	03:39:56.21
4651	2879/2922	249/258	2302	Macy Cisneros	F	45	Lincoln	NE	00:45:18.28	01:57:56.72	00:56:45.10	16:46	03:40:00.10
4652	2880/2922	121/122	3214	Debra Walkenshaw	F	58	Lincoln	CO	00:49:32.86	01:58:11.28	00:53:03.25	16:50	03:40:47.40
4653	1773/1785	251/253	5496	Samuel Munns	M	34	Lincoln	NE	00:52:59.61	01:54:06.50	00:53:47.49	16:51	03:40:53.61
4654	1774/1785	180/181	5967	David Couch	M	24	Lincoln	NE	00:44:56.51	01:56:12.39	00:59:51.51	16:51	03:41:00.41
4655	1775/1785	144/145	5993	Nate Jurgens	M	54	Hastings	NE	00:49:51.06	01:56:02.41	00:55:17.27	16:52	03:41:10.74

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4656	2881/2922	145/148	3050	Terri Hurd	F	53	Silver Spring	MD	00:46:17.83	01:56:24.92	00:58:45.91	16:53	03:41:28.67
4657	2882/2922	250/258	3298	Tina Hern	F	48	Papillion	NE	00:48:00.93	01:57:39.27	00:56:02.78	16:54	03:41:42.98
4658	2883/2922	146/148	3191	Lisa Summers	F	50	Bellevue	NE	00:48:01.46	01:57:39.37	00:56:02.51	16:54	03:41:43.35
4659	2884/2922	251/258	6289	Cathy Jesus	F	49	Bellevue	NE	00:48:04.15	01:57:39.68	00:56:03.22	16:55	03:41:47.05
4660	2885/2922	147/148	2754	Kellie Stang	F	54	Lincoln	NE	00:48:32.76	01:57:02.56	00:56:20.96	16:55	03:41:56.28
4661	2886/2922	38/41	2768	Sue Vint	F	64	Lincoln	NE	00:48:33.21	01:57:02.50	00:56:20.79	16:55	03:41:56.51
4662	2887/2922	345/345	5786	Lane Richert	F	24	Fremont	NE	00:45:23.92	01:57:53.21	00:59:02.24	16:57	03:42:19.38
4663	2888/2922	148/148	3303	Kimberly Dubois	F	52	Omaha	NE	00:46:11.90	01:57:02.60	00:59:06.91	16:57	03:42:21.43
4664	2889/2922	450/454	2896	Lindsey Herron	F	34	Shenandoah	IA	00:45:25.85	01:58:35.59	00:58:28.80	16:58	03:42:30.25
4665	2890/2922	252/258	3271	Shelli Adams	F	47	Columbia	MO	00:49:21.92	01:56:44.76	00:56:36.99	16:59	03:42:43.68
4666	2891/2922	502/508	5251	Alexis Akers	F	29	Lavista	NE	00:50:35.79	01:54:48.77	00:57:23.99	16:59	03:42:48.56
4667	2892/2922	39/41	3717	Jennifer James	F	62	Verdon	NE	00:49:03.66	01:57:22.12	00:56:36.64	17:00	03:43:02.43
4668	2893/2922	329/335	5582	Julie Sheldon	F	41	Lincoln	NE	00:52:59.03	01:54:07.89	00:55:59.89	17:01	03:43:06.81
4669	2894/2922	503/508	3255	Kayla Romero	F	27	Bellevue	NE	00:49:32.88	01:56:39.63	00:57:24.12	17:03	03:43:36.64
4670	1776/1785	145/145	5986	Joseph Warga	M	54	Plattsmouth	NE	00:43:22.12	01:57:48.00	01:02:36.32	17:04	03:43:46.45
4671	2895/2922	330/335	3097	Tammy Wisecup	F	42	Papillion	NE	00:50:13.50	01:57:34.10	00:58:59.93	17:18	03:46:47.54
4672	1777/1785	172/172	5958	Rick Wisecup	M	45	Papillion	NE	00:50:16.91	01:57:34.79	00:58:59.15	17:18	03:46:50.86
4673	2896/2922	331/335	3027	Sally Tyma	F	42	Crete	NE	00:47:03.60	01:59:52.02	01:00:43.99	17:22	03:47:39.61
4674	2897/2922	528/531	1440	Steffanie Triller Fry	F	38	Chicago	IL	00:50:46.39	01:59:26.73	00:57:34.07	17:22	03:47:47.20
4675	2898/2922	332/335	3129	Tina Kearney	F	41	Lincoln	NE	00:50:48.31	01:59:26.82	00:57:33.66	17:22	03:47:48.80
4676	2899/2922	504/508	2532	Natalie Cech	F	26	Lincoln	NE	00:48:00.80	01:58:35.24	01:01:56.20	17:26	03:48:32.25
4677	2900/2922	333/335	3111	Shannon Steinmetz	F	44	Lincoln	NE	00:48:00.29	01:58:35.55	01:01:56.42	17:26	03:48:32.26
4678	1778/1785	181/181	3813	Aric Burklow	M	23	Springfield	IL	00:51:24.85	02:02:20.65	00:55:05.04	17:27	03:48:50.55
4679	2901/2922	253/258	2578	Shauni Hutchinson	F	49	Lincoln	NE	00:49:28.75	02:00:59.80	00:58:51.60	17:29	03:49:20.15
4680	2902/2922	254/258	2574	Amy Schafer	F	49	Lincoln	NE	00:49:28.55	02:00:59.80	00:58:52.00	17:29	03:49:20.36
4681	1779/1785	9/9	4741	Richard Simmons	M	72	Lincoln	NE	00:50:09.02	02:00:13.15	00:59:36.40	17:32	03:49:58.57
4682	2903/2922	505/508	5539	Sadie Ley	F	26	Lincoln	NE	00:49:27.67	02:01:16.52	00:59:56.82	17:35	03:50:41.02
4683	1780/1785	259/260	4604	Jordan Ley	M	26	Lincoln	NE	00:49:27.50	02:01:16.71	00:59:57.64	17:35	03:50:41.86
4684	1781/1785	260/260	2946	Cody Hartman	M	27	Ogallala	NE	00:46:01.55	02:01:03.40	01:04:07.15	17:38	03:51:12.11
4685	2904/2922	451/454	3145	Keller Niemann	F	30	Lincoln	NE	00:51:41.73	01:59:10.07	01:01:06.93	17:41	03:51:58.74
4686	2905/2922	40/41	2563	Sherry Zwick	F	62	Gibbon	NE	00:51:30.23	01:59:42.40	01:01:08.75	17:43	03:52:21.39
4687	1782/1785	42/42	5996	Kyle Mabie	M	61	Lincoln	NE	00:48:25.12	02:04:01.45	01:00:07.14	17:44	03:52:33.72
4688	2906/2922	452/454	526	Elizabeth Mabie	F	32	Lincoln	NE	00:48:25.59	02:04:01.84	01:00:06.77	17:44	03:52:34.21
4689	2907/2922	255/258	5956	Terri Wallace	F	49	Lincoln	NE	00:54:56.92	02:01:08.30	00:56:47.66	17:45	03:52:52.88
4690	2908/2922	506/508	6513	Jayme Evans	F	25	Palmyra	NE	00:46:27.58	02:05:42.55	01:00:44.76	17:46	03:52:54.90

# The Good Life Halfsy

November 3, 2019

## Overall Results

## Half Marathon

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 3.1 Miles	Middle 6.9 Miles	Last 3.1 Miles	Pace	Net Time
4691	2909/2922	122/122	4750	Nancy Burklow	F	56	Springfield	IL	00:50:36.10	02:03:12.75	00:59:52.57	17:49	03:53:41.42
4692	1783/1785	252/253	4732	Kenneth Steward	M	32	Lincoln	NE	00:47:14.40	02:05:24.32	01:01:07.17	17:49	03:53:45.90
4693	2910/2922	507/508	1645	Nadia Morales	F	27	Schuyler	NE	00:49:41.33	02:01:38.82	01:02:59.10	17:52	03:54:19.25
4694	1784/1785	253/253	5603	Matthew Tichota	M	30	Page	NE	00:46:02.67	01:57:16.00	01:11:19.28	17:53	03:54:37.96
4695	2911/2922	41/41	5972	Renee Tichota	F	60	Lincoln	NE	00:46:03.09	01:57:16.46	01:11:18.53	17:53	03:54:38.09
4696	1785/1785	276/276	5698	Hayden Crockett	M	38	Aurora	NE	00:46:32.25	02:03:42.62	01:05:18.44	17:58	03:55:33.32
4697	2912/2922	256/258	6025	Teresa Moeller	F	46	Omaha	NE	00:48:48.76	01:57:09.98	01:10:39.58	18:03	03:56:38.32
4698	2913/2922	257/258	2607	Melanie Tyree	F	47	Omaha	NE	00:49:38.41	01:57:35.02	01:10:15.01	18:06	03:57:28.44
4699	2914/2922	334/335	3264	Kirsten Graves	F	42	Omaha	NE	00:49:39.08	01:57:35.02	01:10:14.74	18:06	03:57:28.85
4700	2915/2922	529/531	3624	Jennifer Patire	F	35	Waverly	NE	00:49:39.98	01:57:34.45	01:10:15.12	18:07	03:57:29.56
4701	2916/2922	453/454	3096	Jennifer Ellis	F	32	Waynesville	MO		01:51:00.84	00:55:39.90	18:09	03:58:06.36
4702	2917/2922	258/258	5654	Valerie Morris	F	47	Lincoln	NE	00:54:53.39	02:06:44.89	00:59:19.15	18:22	04:00:57.44
4703	2918/2922	335/335	3198	Toni Helzer	F	42	Lincoln	NE	00:54:54.20	02:06:44.29	00:59:19.31	18:22	04:00:57.81
4704	2919/2922	454/454	3223	Elizabeth Kirschner	F	33	Omaha	NE	00:48:43.56	02:06:13.91	01:06:16.30	18:24	04:01:13.77
4705	2920/2922	508/508	2617	Nour Amoun	F	27	Lincoln	NE	00:43:50.17	02:19:34.26	01:11:06.43	19:24	04:14:30.87
4706	2921/2922	530/531	6003	Melissa Schwartz	F	37	Greenfield	IA	00:55:47.68	02:20:19.08	01:08:54.90	20:13	04:25:01.67
4707	2922/2922	531/531	212	Lindsey Palmer	F	36	Lincoln	NE	00:21:54.69	00:49:32.14	03:15:11.62	20:20	04:26:38.47