

GET YOUR REAR IN GEAR - APPANOOSE
 5K Run & Walk
 April 6, 2013
 Centerville, Iowa

5K RUN RESULTS

FEMALE AGE GROUP RESULTS 1 - 15

Place	No.	Name	City	St	Age	S	Time	Pace
1	81	Emily Moore	Melrose	IA	15	F	45:49.67	14:46
2	79	Jesykah Williams	Moravia	IA	12	F	47:57.43	15:27
3	29	Tya Lassabe	Dexter	IA	12	F	1:10:29.73	22:42
4	12	Jaylee Durst	Dexter	IA	10	F	1:10:40.10	22:45
5	14	Jordon Durst	Dexter	IA	12	F	1:10:46.01	22:47
6	64	Alexis Albright	Centerville	IA	14	F	1:18:51.74	25:23

MALE AGE GROUP RESULTS 1 - 15

Place	No.	Name	City	St	Age	S	Time	Pace
1	76	Cody Zaputil	Centerville	IA	13	M	25:14.98	8:08
2	21	Jacob Johnson	Centerville	IA	14	M	26:59.38	8:42
3	77	Tyson Belloma	Centerville	IA	13	M	27:02.07	8:43
4	94	Mason Bauman	Centerville	IA	10	M	27:58.08	9:01
5	75	Nolan Bogie	Centerville	IA	13	M	28:35.13	9:13
6	93	Myles Clawson	Centerville	IA	10	M	28:36.98	9:13
7	46	Avery Seddon	Mystic	IA	12	M	50:58.68	16:25
8	7	Jordan Clark	Mystic	IA	11	M	51:13.30	16:30
9	85	Bradley Watts	Centerville	IA	9	M	56:42.91	18:16
10	30	Lukas Lassabe	Centerville	IA	6	M	1:10:53.69	22:50
11	13	Ramsey Durst	Dexter	IA	14	M	1:10:54.23	22:50
12	27	Daryn Lassabe	Centerville	IA	10	M	1:10:57.69	22:51

FEMALE AGE GROUP RESULTS 16 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	80	Lena Burgher	Moravia	IA	16	F	45:49.06	14:45
2	97	Sarah Strickler	Centerville	IA	19	F	1:08:40.80	22:07
3	96	Amber Latwell	Centerville	IA	19	F	1:08:42.42	22:07
4	65	Danielle Hicks	Promise City	IA	19	F	1:15:28.81	24:18

MALE AGE GROUP RESULTS 16 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	98	Bryce Steele	Centerville	IA	18	M	57:20.64	18:28
2	4	Brett Benjamin	Centerville	IA	19	M	1:10:54.98	22:50
3	72	Jamison Craig	Unionville	MO	16	M	1:10:55.51	22:50

FEMALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	2	Cheryl Barker	Centerville	IA	26	F	31:32.64	10:10
2	24	Leslie Keilig	Moravia	IA	28	F	34:04.14	10:58
3	89	Melissa Hildenbrand	Corydon	IA	23	F	48:08.29	15:30
4	92	Tara West	Mercer	MO	29	F	48:11.14	15:31
5	9	Becky Clark	Mystic	IA	29	F	51:41.68	16:39
6	99	Samantha Bowman	Centerville	IA	20	F	58:28.44	18:50
7	45	Valerie Printy	Cincinnati	IA	23	F	58:29.45	18:50
8	3	Jalie Belloma	Centerville	IA	22	F	1:19:11.74	25:30

MALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	83	Casey Warren	Seymour	IA	26	M	23:07.18	7:27
2	95	Aaron Collis	Centerville	IA	20	M	1:08:44.22	22:08
3	28	Jessie Lassabe	Centerville	IA	29	M	1:10:56.95	22:51

FEMALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	87	Allison Harlan	Unionville	MO	30	F	42:21.34	13:38
2	15	Kris Eastin	Mercer	MO	39	F	42:24.60	13:40
3	44	Lindsey Pettibone	Centerville	IA	30	F	49:52.19	16:04
4	53	Breanna Vandemark	Centerville	IA	34	F	52:38.92	16:57
5	49	Renee Sheston	Centerville	IA	38	F	52:38.92	16:57
6	84	Amanda Watts	Centerville	IA	33	F	57:23.20	18:29
7	38	Tracy Lowry	Corydon	IA	30	F	58:29.65	18:50
8	37	Kendra Logan	Centerville	IA	30	F	1:10:43.48	22:46
9	11	Thomasena Durst	Dexter	IA	30	F	1:10:52.46	22:49
10	58	Tammy Wisdom	Centerville	IA	32	F	1:10:53.89	22:50
11	52	Lacie Tingley	Centerville	IA	30	F	1:10:54.48	22:50

MALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	41	Pat McClurg	Centerville	IA	36	M	26:33.69	8:33
2	86	Joshua Watts	Centerville	IA	39	M	57:23.10	18:29

FEMALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	91	Karla Lilly	Ottumwa	IA	42	F	27:58.89	9:01
2	23	Chris Kanselaar	Centerville	IA	48	F	35:23.90	11:24
3	48	Lisa Shawler	Creston	IA	46	F	35:27.56	11:25
4	51	Stacy Thomas	Centerville	IA	48	F	42:20.92	13:38
5	6	Becky Burkland	Udell	IA	47	F	47:57.26	15:27
6	71	Lisa Carter	Seymour	IA	49	F	48:08.18	15:30
7	88	Nancy Casey	Corydon	IA	49	F	48:11.14	15:31
8	10	Tammy Deputy	Centerville	IA	43	F	53:36.29	17:16

MALE AGE GROUP RESULTS 40 - 49

Place No.	Name	City	St	Age	S	Time	Pace
1	78 Mark Flammang	Albia	IA	43	M	21:58.77	7:05
2	82 Kevin Smith	Centerville	IA	42	M	24:51.05	8:00
3	47 Joe Sharp	Centerville	IA	49	M	25:15.38	8:08
4	59 Terry Wright Jr	Ottumwa	IA	46	M	25:50.07	8:19
5	90 Raymond Johnson	Centerville	IA	46	M	41:58.65	13:31

FEMALE AGE GROUP RESULTS 50 - 59

Place No.	Name	City	St	Age	S	Time	Pace
1	43 Kim Pasut	Albia	IA	51	F	28:07.62	9:04
2	20 Ann Hegstrom	De Soto	IA	57	F	28:36.39	9:13
3	57 Rhonda Wilson	Centerville	IA	50	F	35:16.61	11:22
4	25 Jackie Kelly	Centerville	IA	50	F	41:50.41	13:29
5	8 Kelli Clark	Mystic	IA	51	F	53:36.09	17:16
6	17 Teresa Eggerman	Centerville	IA	56	F	54:45.87	17:38
7	31 Tressie Lassabe	Worthington	MO	54	F	1:11:01.83	22:52

MALE AGE GROUP RESULTS 50 - 59

Place No.	Name	City	St	Age	S	Time	Pace
1	56 Larry Whitaker	Centerville	IA	59	M	29:11.89	9:24
2	26 Scott Kelly	Centerville	IA	51	M	41:49.92	13:28
3	19 Gary Foster	Centerville	IA	58	M	52:51.87	17:01
4	33 Donny Lassabe	Worthington	MO	53	M	1:11:13.67	22:56

FEMALE AGE GROUP RESULTS 60 - 69

Place No.	Name	City	St	Age	S	Time	Pace
1	60 Helen Hawk	Centerville	IA	69	F	57:05.95	18:23
2	73 Sue Golic	Centerville	IA	67	F	57:06.46	18:23
3	40 Judith Lunkley	Moulton	IA	65	F	58:24.58	18:48
4	1 Lana Albright	Centerville	IA	60	F	1:19:00.49	25:26
5	70 Jan Christopher	Centerville	IA	60	F	1:19:12.49	25:30

MALE AGE GROUP RESULTS 60 - 69

Place No.	Name	City	St	Age	S	Time	Pace
1	16 Ron Eggerman	Centerville	IA	65	M	54:45.87	17:38
2	39 James W. Lunkley	Moulton	IA	65	M	58:24.95	18:49

FEMALE AGE GROUP RESULTS 70 - 99

Place No.	Name	City	St	Age	S	Time	Pace
1	74 Bonnie Kauzlarich	Centerville	IA	71	F	57:06.46	18:23