

MOUNT VERNON HERITAGE DAYS
 5K Run & Walk
 July 13, 2013
 Mount Vernon, Iowa

5K RUN RESULTS

Place	Div/Tot	Name	City	St Div	Time	Pace
1	1/8	Thomas Bernard	Mount Vernon	IA 5_M1620	18:10	5:51
2	1/15	Derek Oakley	Fort Leavenworth	KS 5_M3039	18:25	5:56
3	1/11	Tesfay Russell	Mt Vernon	IA 5_M2129	18:36	5:59
4	2/8	Garrett Ruth	Mt Vernon	IA 5_M1620	18:39	6:00
5	2/15	Kory Swart	Mt Vernon	IA 5_M3039	18:42	6:01
6	1/28	Steven Culpepper	Hiawatha	IA 5_M0115	18:55	6:06
7	2/11	Leif Jeppson	Mount Vernon	IA 5_M2129	19:06	6:09
8	3/15	Wes Hilleshiem	Mount Vernon	IA 5_M3039	19:48	6:23
9	2/28	Jack Young	Mt Vernon	IA 5_M0115	19:57	6:26
10	1/17	Jeff Walberg	Lisbon	IA 5_M4049	20:12	6:30
11	3/11	Ben Legore	Mt Vernon	IA 5_M2129	20:13	6:31
12	3/8	Ethan Brand-Labarge	Mt Vernon	IA 5_M1620	20:18	6:32
13	4/15	Mike Newman	Cedar Rapids	IA 5_M3039	20:30	6:36
14	2/17	Monte Marti	Mount Vernon	IA 5_M4049	20:50	6:43
15	3/17	Kirk Wischmeyer	Mt Vernon	IA 5_M4049	20:59	6:45
16	4/17	Jonathan Brand	Mt Vernon	IA 5_M4049	20:59	6:46
17	5/15	Curt Richey	Mount Vernon	IA 5_M3039	21:08	6:49
18	4/8	Ben Wheeler	Mount Vernon	IA 5_M1620	21:12	6:50
19	5/8	Mitchell Kragenbrink	Mount Vernon	IA 5_M1620	21:25	6:54
20	1/14	Lyle Lichty	Mt Vernon	IA 5_M5059	21:47	7:01
21	6/15	Paul Waelchli	Marion	IA 5_M3039	21:52	7:02
22	4/11	Kyle Williams	Mount Vernon	IA 5_M2129	21:55	7:04
23	1/26	Katelyn Gloeckner	Springville	IA 5_F0115	22:02	7:06
24	2/14	Tom Redmond	Mt Vernon	IA 5_M5059	22:15	7:10
25	5/11	Kellyn Nagle	Mt Vernon	IA 5_M2129	22:23	7:13
26	2/26	Faith Anton	Mt Vernon	IA 5_F0115	22:45	7:20
27	6/11	Thomas McCulloh	North Liberty	IA 5_M2129	22:56	7:23
28	5/17	Paul Reimann	Mt Vernon	IA 5_M4049	22:56	7:23
29	3/28	Garrett Herring	Lisbon	IA 5_M0115	23:17	7:30
30	1/14	Rebecca Young	Mt Vernon	IA 5_F1620	23:35	7:36
31	1/8	Donna Johnson Herring	Lisbon	IA 5_F5059	23:41	7:38
32	1/16	Sonja Krob	Mount Vernon	IA 5_F4049	23:42	7:38
33	3/26	Clare Lester	Kansas City	MO 5_F0115	23:49	7:40
34	4/28	Joe Corcoran	Mt Vernon	IA 5_M0115	23:49	7:40
35	2/14	Beatrix Thorton	Mount Vernon	IA 5_F1620	23:49	7:40
36	3/14	Kendra Schmidt	Lisbon	IA 5_F1620	23:49	7:40
37	5/28	Caiden Hauser	Mount Vernon	IA 5_M0115	23:53	7:42
38	4/26	Maren Jeppson	Mount Vernon	IA 5_F0115	23:56	7:43
39	6/8	Levi Wade	Mount Vernon	IA 5_M1620	23:57	7:43
40	4/14	Erin Zinkula	Mount Vernon	IA 5_F1620	23:57	7:43
41	6/28	Tyler Zinkula	Mount Vernon	IA 5_M0115	23:58	7:43
42	7/28	Carter Rodman	Mount Vernon	IA 5_M0115	24:01	7:44
43	2/16	Cindy McCarthy	Cedar Rapids	IA 5_F4049	24:01	7:44
44	5/14	Kristin Peters	Mount Vernon	IA 5_F1620	24:15	7:49
45	6/14	Anna Peters	Mount Vernon	IA 5_F1620	24:15	7:49
46	3/14	Jim Dwyer	Marion	IA 5_M5059	24:19	7:50
47	3/16	Monica Frey	Mount Vernon	IA 5_F4049	24:22	7:51
48	5/26	Alaina Marti	Mount Vernon	IA 5_F0115	24:32	7:54
49	7/15	Jon Paulus	Cedar Rapids	IA 5_M3039	24:42	7:57
50	4/16	Pam Hunter	Mt Vernon	IA 5_F4049	24:44	7:58
51	8/15	Shawn Johnson	Cedar Rapids	IA 5_M3039	24:46	7:59

52	4/14	Doug Lord	Lisbon	IA 5_M5059	24:49	7:59
53	1/20	Kristi Bahl	Mount Vernon	IA 5_F3039	24:57	8:02
54	6/17	Renee Nydeggar	Mount Vernon	IA 5_M4049	25:07	8:06
55	7/11	Lee Dwyer	Marion	IA 5_M2129	25:18	8:09
56	6/26	Aubrey Frey	Cedar Rapids	IA 5_F0115	25:27	8:12
57	2/8	Sue Bennett	Cedar Rapids	IA 5_F5059	25:31	8:13
58	8/28	Jack Conley	Mount Vernon	IA 5_M0115	25:42	8:17
59	7/17	Dana Vier	Mount Vernon	IA 5_M4049	25:45	8:18
60	1/8	Megan Schettler	Sioux City	IA 5_F2129	25:46	8:18
61	2/20	Alisha Yi	Marion	IA 5_F3039	25:51	8:20
62	5/14	Scott Swantz	Mount Vernon	IA 5_M5059	25:54	8:20
63	8/11	Jason Hayes	Mount Vernon	IA 5_M2129	26:05	8:24
64	5/16	Kristin Butterbaugh	Mount Vernon	IA 5_F4049	26:10	8:26
65	8/17	Dave Klostermann	Lisbon	IA 5_M4049	26:19	8:29
66	1/7	Bob Meeker	Mount Vernon	IA 5_M6099	26:21	8:29
67	7/14	Gabby Kolker	Mount Vernon	IA 5_F1620	26:28	8:31
68	9/17	Jody Kolker	Mount Vernon	IA 5_M4049	26:33	8:33
69	10/17	Dave Beck	Mt Vernon	IA 5_M4049	26:43	8:36
70	9/11	Jake Luplow	Mt Vernon	IA 5_M2129	26:45	8:37
71	8/14	Kasey Long	Aubrey	TX 5_F1620	26:45	8:37
72	9/14	Alex Abodely	Lisbon	IA 5_F1620	26:49	8:38
73	9/15	Lew Paine	Mount Vernon	IA 5_M3039	26:55	8:40
74	7/8	Kyle Long	Aubrey	TX 5_M1620	26:56	8:41
75	9/28	Collin Hallier	Mount Vernon	IA 5_M0115	27:01	8:42
76	3/20	Jen Richey	Mount Vernon	IA 5_F3039	27:03	8:43
77	6/14	Leon Tabak	Mt Vernon	IA 5_M5059	27:07	8:44
78	2/8	Kelsey Steines	Mount Vernon	IA 5_F2129	27:09	8:45
79	4/20	Chrissy Stumpf	Dubuque	IA 5_F3039	27:13	8:46
80	6/16	Lori Gage	Fairbank	IA 5_F4049	27:16	8:47
81	7/14	Matt Nagle	Mt Vernon	IA 5_M5059	27:16	8:47
82	10/28	Jake Hunter	Mt Vernon	IA 5_M0115	27:28	8:51
83	10/15	Sean McNulty	Mt Vernon	IA 5_M3039	27:38	8:54
84	5/20	Kara Krapfl	Mt Vernon	IA 5_F3039	27:40	8:55
85	11/28	David Wolfe	Mount Vernon	IA 5_M0115	27:44	8:56
86	3/8	Debbie Carrico	Mount Vernon	IA 5_F5059	27:46	8:57
87	12/28	Noah Erickson	Lisbon	IA 5_M0115	27:46	8:57
88	13/28	Jake Kamerling	Lisbon	IA 5_M0115	27:46	8:57
89	8/14	Matthew Carrico	Mount Vernon	IA 5_M5059	27:48	8:57
90	7/26	Lauren Hauser	Mt Vernon	IA 5_F0115	27:49	8:58
91	11/15	David Harrington	Omaha	NE 5_M3039	27:59	9:01
92	14/28	Adam Nosek	Mt Vernon	IA 5_M0115	27:59	9:01
93	11/17	Mitch Corcoran	Mt Vernon	IA 5_M4049	28:07	9:03
94	8/26	Ella Wischmeyer	Mt Vernon	IA 5_F0115	28:11	9:05
95	9/26	Sydney Hauser	Mt Vernon	IA 5_F0115	28:11	9:05
96	10/14	Taylor Hauser	Mt Vernon	IA 5_F1620	28:15	9:06
97	11/14	Rachel Gloeckner	Springville	IA 5_F1620	28:19	9:07
98	6/20	Sarah Covington	Mt Vernon	IA 5_F3039	28:23	9:08
99	2/7	Dave Hartl	Iowa Falls	IA 5_M6099	28:25	9:09
100	9/14	Brad Russell	Mt Vernon	IA 5_M5059	28:27	9:10
101	10/26	Anne Rhomberg	Mount Vernon	IA 5_F0115	28:39	9:14
102	11/26	Paige Zaruba	Mt Vernon	IA 5_F0115	28:40	9:14
103	7/20	Molly Fairchild	Lisbon	IA 5_F3039	28:43	9:15
104	12/14	Mackenna Scofield	Lisbon	IA 5_F1620	28:43	9:15
105	13/14	Hannah Wieditz	Lisbon	IA 5_F1620	28:43	9:15
106	12/15	Zeb Zaruba	Mt Vernon	IA 5_M3039	28:43	9:15
107	15/28	Luke Wade	Mount Vernon	IA 5_M0115	29:20	9:27
108	10/11	Eric Schettler	Sioux City	IA 5_M2129	29:30	9:30
109	8/20	Jennifer Warner	Cedar Rapids	IA 5_F3039	29:32	9:31
110	13/15	Luke Ferden	New Brighton	MN 5_M3039	29:32	9:31
111	12/17	Mark Benesh	Mount Vernon	IA 5_M4049	29:33	9:31

112	9/20	Crystal Eskelsen	Lisbon	IA 5_F3039	29:40	9:33
113	14/15	Vince Ellison	North Liberty	IA 5_M3039	29:49	9:36
114	12/26	Bailey Rud	Mt Vernon	IA 5_F0115	29:52	9:37
115	13/26	Bailey Hauser	Mt Vernon	IA 5_F0115	29:52	9:37
116	14/26	Kennedy Amos	Lisbon	IA 5_F0115	30:01	9:40
117	10/20	Kelly French	Mount Vernon	IA 5_F3039	30:01	9:40
118	4/8	Nancy Geiger	Cedar Rapids	IA 5_F5059	30:17	9:45
119	11/20	Julia West	Mt Vernon	IA 5_F3039	30:28	9:49
120	12/20	Sue Schoff	Mt Vernon	IA 5_F3039	30:58	9:58
121	3/7	William Bails	Stanwood	IA 5_M6099	31:00	9:59
122	16/28	Nolan Hinrichs	Mount Vernon	IA 5_M0115	31:02	10:00
123	17/28	Caden Eskelsen	Lisbon	IA 5_M0115	31:03	10:00
124	3/8	Mary Beth Hanna	Mt Vernon	IA 5_F2129	31:13	10:03
125	7/16	Diana Corcoran	Mt Vernon	IA 5_F4049	31:20	10:05
126	15/26	Avery Plathe	Mount Vernon	IA 5_F0115	31:25	10:07
127	18/28	Cooper Schoff	Mt Vernon	IA 5_M0115	31:25	10:07
128	10/14	Thomas Rodke	Cedar Rapids	IA 5_M5059	31:28	10:08
129	11/14	George Suematsu	Cedar Rapids	IA 5_M5059	31:28	10:08
130	13/20	Andrea Spencer	Mount Vernon	IA 5_F3039	31:34	10:10
131	8/16	Leslie Petrie	Cedar Rapids	IA 5_F4049	31:42	10:12
132	13/17	Barry Osborn	Mount Vernon	IA 5_M4049	31:45	10:13
133	14/17	Kraig Hunter	Mt Vernon	IA 5_M4049	31:47	10:14
134	19/28	Brady Erickson	Lisbon	IA 5_M0115	31:50	10:15
135	9/16	Kris Bjork	Mount Vernon	IA 5_F4049	31:51	10:15
136	14/20	Jackie Lester	Kansas City	MO 5_F3039	31:53	10:16
137	20/28	Zach Fall	Lisbon	IA 5_M0115	31:57	10:17
138	15/17	Tim Fall	Lisbon	IA 5_M4049	32:11	10:22
139	16/26	Taylor Nadeau	Lisbon	IA 5_F0115	32:24	10:26
140	5/8	Julie Carl-Vacek	Monticello	IA 5_F5059	32:30	10:28
141	17/26	Ashley Nadeau	Lisbon	IA 5_F0115	32:36	10:30
142	12/14	Vernon Vacek	Monticello	IA 5_M5059	32:36	10:30
143	4/7	Dennis Allard	Mt Vernon	IA 5_M6099	32:37	10:30
144	18/26	Hannah Gooding	Mt Vernon	IA 5_F0115	32:40	10:31
145	10/16	Polly Blythe	Mount Vernon	IA 5_F4049	32:54	10:36
146	4/8	Aarika Koppenhaver	Cedar Rapids	IA 5_F2129	33:02	10:38
147	5/8	Cigi Ross	Lisbon	IA 5_F2129	33:21	10:44
148	15/20	Marieda Freese	Marion	IA 5_F3039	33:21	10:45
149	19/26	Marissa Cranston	Mount Vernon	IA 5_F0115	33:32	10:48
150	21/28	Aden Grudzinski	Anamosa	IA 5_M0115	33:43	10:51
151	16/20	Michele Grudinski	Anamosa	IA 5_F3039	33:43	10:52
152	5/7	Mick Snodgress	Mount Vernon	IA 5_M6099	33:50	10:54
153	20/26	Kelbie Eskelsen	Lisbon	IA 5_F0115	33:51	10:54
154	22/28	Joey Rhomberg	Mt Vernon	IA 5_M0115	34:00	10:57
155	11/16	Monica Keleher	Mt Vernon	IA 5_F4049	34:01	10:57
156	6/7	Rich Aalbers	Chester	IA 5_M6099	34:07	10:59
157	21/26	Lauren Paine	Mount Vernon	IA 5_F0115	34:13	11:01
158	8/8	Micah Wieditz	Lisbon	IA 5_M1620	34:19	11:03
159	7/7	Dean Wieditz	Vinton	IA 5_M6099	34:19	11:03
160	23/28	Dallas Oldberg	Mount Vernon	IA 5_M0115	34:24	11:05
161	24/28	Grady Oldberg	Mount Vernon	IA 5_M0115	34:25	11:05
162	17/20	Nic Oldberg	Mount Vernon	IA 5_F3039	34:28	11:06
163	11/11	Will Ketchen	Mount Vernon	IA 5_M2129	34:32	11:07
164	6/8	Kelsey Strope	Mt Vernon	IA 5_F2129	34:44	11:11
165	18/20	Sara Kinney	Mt Vernon	IA 5_F3039	34:45	11:11
166	6/8	Peg Kerr	Mt Vernon	IA 5_F5059	35:08	11:19
167	13/14	Mark Anton	Mt Vernon	IA 5_M5059	35:19	11:22
168	22/26	Kiki Blythe	Mount Vernon	IA 5_F0115	35:35	11:28
169	7/8	Nicole Culpepper	Hiawatha	IA 5_F2129	35:53	11:33
170	14/14	Eddy Culpepper	Hiawatha	IA 5_M5059	35:55	11:34
171	25/28	Rylan Butterbaugh	Mount Vernon	IA 5_M0115	36:34	11:46

172	12/16	Lisa Janssens-Rud	Mt Vernon	IA 5_F4049	36:59	11:55
173	13/16	Bridget O'Conner	Mt Vernon	IA 5_F4049	37:35	12:06
174	23/26	Piper Price	Mt Vernon	IA 5_F0115	37:42	12:08
175	19/20	Tami Price	Mt Vernon	IA 5_F3039	37:42	12:09
176	24/26	Kennedy Hunter	Mt Vernon	IA 5_F0115	38:03	12:15
177	26/28	Connor Spencer	Mount Vernon	IA 5_M0115	38:22	12:21
178	14/16	Sarah Beneah	Mount Vernon	IA 5_F4049	38:30	12:24
179	14/14	McKenna Weldon	Cedar Rapids	IA 5_F1620	38:54	12:32
180	15/16	Vicky Hess	Cedar Rapids	IA 5_F4049	39:00	12:33
181	16/17	Steve Kimbro	Cedar Rapids	IA 5_M4049	39:02	12:34
182	25/26	Macy Eskelsen	Lisbon	IA 5_F0115	39:04	12:35
183	17/17	Richard Eskelsen	Lisbon	IA 5_M4049	39:04	12:35
184	26/26	Fiona Spencer	Mount Vernon	IA 5_F0115	39:34	12:44
185	15/15	Jaime Spencer	Mount Vernon	IA 5_M3039	39:41	12:47
186	8/8	Molli Hopfensperger	Anamosa	IA 5_F2129	39:45	12:48
187	7/8	Marty Fahls	Anamosa	IA 5_F5059	40:37	13:05
188	8/8	Ann Koppenhaver	Mt Vernon	IA 5_F5059	41:06	13:14
189	27/28	Camden Butterbaugh	Mount Vernon	IA 5_M0115	44:14	14:15
190	28/28	Joe Hunter	Mt Vernon	IA 5_M0115	44:14	14:15
191	20/20	Anne Hall	Omaha	NE 5_F3039	46:34	15:00
192	16/16	Christine Kott	Crystal Lake	IL 5_F4049	51:45	16:40

MALE RESULTS

Place	No.	Name	City	St	Div	Time	Pace
=====	=====	=====	=====	==	=====	=====	=====
1	162	Thomas Bernard	Mount Vernon	IA	5_M1620	18:10	5:51
2	146	Derek Oakley	Fort Leavenworth	KS	5_M3039	18:25	5:56
3	100	Tesfay Russell	Mt Vernon	IA	5_M2129	18:36	5:59
4	102	Garrett Ruth	Mt Vernon	IA	5_M1620	18:39	6:00
5	116	Kory Swart	Mt Vernon	IA	5_M3039	18:42	6:01
6	135	Steven Culpepper	Hiawatha	IA	5_M0115	18:55	6:06
7	223	Leif Jeppson	Mount Vernon	IA	5_M2129	19:06	6:09
8	207	Wes Hilleshiem	Mount Vernon	IA	5_M3039	19:48	6:23
9	129	Jack Young	Mt Vernon	IA	5_M0115	19:57	6:26
10	206	Jeff Walberg	Lisbon	IA	5_M4049	20:12	6:30
11	69	Ben Legore	Mt Vernon	IA	5_M2129	20:13	6:31
12	11	Ethan Brand-Labarge	Mt Vernon	IA	5_M1620	20:18	6:32
13	181	Mike Newman	Cedar Rapids	IA	5_M3039	20:30	6:36
14	190	Monte Marti	Mount Vernon	IA	5_M4049	20:50	6:43
15	127	Kirk Wischmeyer	Mt Vernon	IA	5_M4049	20:59	6:45
16	10	Jonathan Brand	Mt Vernon	IA	5_M4049	20:59	6:46
17	150	Curt Richey	Mount Vernon	IA	5_M3039	21:08	6:49
18	208	Ben Wheeler	Mount Vernon	IA	5_M1620	21:12	6:50
19	168	Mitchell Kragenbrink	Mount Vernon	IA	5_M1620	21:25	6:54
20	72	Lyle Lichty	Mt Vernon	IA	5_M5059	21:47	7:01
21	121	Paul Waelchli	Marion	IA	5_M3039	21:52	7:02
22	188	Kyle Williams	Mount Vernon	IA	5_M2129	21:55	7:04
23	92	Tom Redmond	Mt Vernon	IA	5_M5059	22:15	7:10
24	82	Kellyn Nagle	Mt Vernon	IA	5_M2129	22:23	7:13
25	77	Thomas McCulloh	North Liberty	IA	5_M2129	22:56	7:23
26	93	Paul Reimann	Mt Vernon	IA	5_M4049	22:56	7:23
27	45	Garrett Herring	Lisbon	IA	5_M0115	23:17	7:30
28	14	Joe Corcoran	Mt Vernon	IA	5_M0115	23:49	7:40
29	178	Caiden Hauser	Mount Vernon	IA	5_M0115	23:53	7:42
30	152	Levi Wade	Mount Vernon	IA	5_M1620	23:57	7:43
31	144	Tyler Zinkula	Mount Vernon	IA	5_M0115	23:58	7:43
32	179	Carter Rodman	Mount Vernon	IA	5_M0115	24:01	7:44
33	174	Jim Dwyer	Marion	IA	5_M5059	24:19	7:50

34	88	Jon Paulus	Cedar Rapids	IA 5_M3039	24:42	7:57
35	59	Shawn Johnson	Cedar Rapids	IA 5_M3039	24:46	7:59
36	73	Doug Lord	Lisbon	IA 5_M5059	24:49	7:59
37	173	Renee Nydeggar	Mount Vernon	IA 5_M4049	25:07	8:06
38	175	Lee Dwyer	Marion	IA 5_M2129	25:18	8:09
39	156	Jack Conley	Mount Vernon	IA 5_M0115	25:42	8:17
40	198	Dana Vier	Mount Vernon	IA 5_M4049	25:45	8:18
41	139	Scott Swantz	Mount Vernon	IA 5_M5059	25:54	8:20
42	140	Jason Hayes	Mount Vernon	IA 5_M2129	26:05	8:24
43	205	Dave Klostermann	Lisbon	IA 5_M4049	26:19	8:29
44	138	Bob Meeker	Mount Vernon	IA 5_M6099	26:21	8:29
45	147	Jody Kolker	Mount Vernon	IA 5_M4049	26:33	8:33
46	7	Dave Beck	Mt Vernon	IA 5_M4049	26:43	8:36
47	74	Jake Luplow	Mt Vernon	IA 5_M2129	26:45	8:37
48	166	Lew Paine	Mount Vernon	IA 5_M3039	26:55	8:40
49	219	Kyle Long	Aubrey	TX 5_M1620	26:56	8:41
50	153	Collin Hallier	Mount Vernon	IA 5_M0115	27:01	8:42
51	117	Leon Tabak	Mt Vernon	IA 5_M5059	27:07	8:44
52	83	Matt Nagle	Mt Vernon	IA 5_M5059	27:16	8:47
53	49	Jake Hunter	Mt Vernon	IA 5_M0115	27:28	8:51
54	78	Sean McNulty	Mt Vernon	IA 5_M3039	27:38	8:54
55	200	David Wolfe	Mount Vernon	IA 5_M0115	27:44	8:56
56	20	Noah Erickson	Lisbon	IA 5_M0115	27:46	8:57
57	204	Jake Kamerling	Lisbon	IA 5_M0115	27:46	8:57
58	194	Matthew Carrico	Mount Vernon	IA 5_M5059	27:48	8:57
59	38	David Harrington	Omaha	NE 5_M3039	27:59	9:01
60	84	Adam Nosek	Mt Vernon	IA 5_M0115	27:59	9:01
61	15	Mitch Corcoran	Mt Vernon	IA 5_M4049	28:07	9:03
62	159	Dave Hartl	Iowa Falls	IA 5_M6099	28:25	9:09
63	99	Brad Russell	Mt Vernon	IA 5_M5059	28:27	9:10
64	132	Zeb Zaruba	Mt Vernon	IA 5_M3039	28:43	9:15
65	151	Luke Wade	Mount Vernon	IA 5_M0115	29:20	9:27
66	104	Eric Schettler	Sioux City	IA 5_M2129	29:30	9:30
67	163	Luke Ferden	New Brighton	MN 5_M3039	29:32	9:31
68	169	Mark Benesh	Mount Vernon	IA 5_M4049	29:33	9:31
69	161	Vince Ellison	North Liberty	IA 5_M3039	29:49	9:36
70	177	William Bails	Stanwood	IA 5_M6099	31:00	9:59
71	201	Nolan Hinrichs	Mount Vernon	IA 5_M0115	31:02	10:00
72	21	Caden Eskelsen	Lisbon	IA 5_M0115	31:03	10:00
73	107	Cooper Schoff	Mt Vernon	IA 5_M0115	31:25	10:07
74	95	Thomas Rodke	Cedar Rapids	IA 5_M5059	31:28	10:08
75	115	George Suematsu	Cedar Rapids	IA 5_M5059	31:28	10:08
76	170	Barry Osborn	Mount Vernon	IA 5_M4049	31:45	10:13
77	52	Kraig Hunter	Mt Vernon	IA 5_M4049	31:47	10:14
78	19	Brady Erickson	Lisbon	IA 5_M0115	31:50	10:15
79	28	Zach Fall	Lisbon	IA 5_M0115	31:57	10:17
80	27	Tim Fall	Lisbon	IA 5_M4049	32:11	10:22
81	120	Vernon Vacek	Monticello	IA 5_M5059	32:36	10:30
82	1	Dennis Allard	Mt Vernon	IA 5_M6099	32:37	10:30
83	203	Aden Grudzinski	Anamosa	IA 5_M0115	33:43	10:51
84	221	Mick Snodgress	Mount Vernon	IA 5_M6099	33:50	10:54
85	94	Joey Rhomberg	Mt Vernon	IA 5_M0115	34:00	10:57
86	137	Rich Aalbers	Chester	IA 5_M6099	34:07	10:59
87	211	Micah Wieditz	Lisbon	IA 5_M1620	34:19	11:03
88	125	Dean Wieditz	Vinton	IA 5_M6099	34:19	11:03
89	142	Dallas Oldberg	Mount Vernon	IA 5_M0115	34:24	11:05
90	141	Grady Oldberg	Mount Vernon	IA 5_M0115	34:25	11:05
91	160	Will Ketchen	Mount Vernon	IA 5_M2129	34:32	11:07
92	3	Mark Anton	Mt Vernon	IA 5_M5059	35:19	11:22
93	134	Eddy Culpepper	Hiawatha	IA 5_M5059	35:55	11:34

94	195	Rylan Butterbaugh	Mount Vernon	IA 5_M0115	36:34	11:46
95	215	Connor Spencer	Mount Vernon	IA 5_M0115	38:22	12:21
96	63	Steve Kimbro	Cedar Rapids	IA 5_M4049	39:02	12:34
97	25	Richard Eskelsen	Lisbon	IA 5_M4049	39:04	12:35
98	218	Jaime Spencer	Mount Vernon	IA 5_M3039	39:41	12:47
99	197	Camden Butterbaugh	Mount Vernon	IA 5_M0115	44:14	14:15
100	50	Joe Hunter	Mt Vernon	IA 5_M0115	44:14	14:15

FEMALE RESULTS

Place	No.	Name	City	St Div	Time	Pace
=====	=====	=====	=====	=====	=====	=====
1	31	Katelyn Gloeckner	Springville	IA 5_F0115	22:02	7:06
2	2	Faith Anton	Mt Vernon	IA 5_F0115	22:45	7:20
3	130	Rebecca Young	Mt Vernon	IA 5_F1620	23:35	7:36
4	60	Donna Johnson Herring	Lisbon	IA 5_F5059	23:41	7:38
5	155	Sonja Krob	Mount Vernon	IA 5_F4049	23:42	7:38
6	70	Clare Lester	Kansas City	MO 5_F0115	23:49	7:40
7	199	Beatrice Thorton	Mount Vernon	IA 5_F1620	23:49	7:40
8	106	Kendra Schmidt	Lisbon	IA 5_F1620	23:49	7:40
9	222	Maren Jeppson	Mount Vernon	IA 5_F0115	23:56	7:43
10	145	Erin Zinkula	Mount Vernon	IA 5_F1620	23:57	7:43
11	76	Cindy McCarthy	Cedar Rapids	IA 5_F4049	24:01	7:44
12	191	Kristin Peters	Mount Vernon	IA 5_F1620	24:15	7:49
13	192	Anna Peters	Mount Vernon	IA 5_F1620	24:15	7:49
14	184	Monica Frey	Mount Vernon	IA 5_F4049	24:22	7:51
15	189	Alaina Marti	Mount Vernon	IA 5_F0115	24:32	7:54
16	53	Pam Hunter	Mt Vernon	IA 5_F4049	24:44	7:58
17	164	Kristi Bahl	Mount Vernon	IA 5_F3039	24:57	8:02
18	185	Aubrey Frey	Cedar Rapids	IA 5_F0115	25:27	8:12
19	182	Sue Bennett	Cedar Rapids	IA 5_F5059	25:31	8:13
20	105	Megan Schettler	Sioux City	IA 5_F2129	25:46	8:18
21	128	Alisha Yi	Marion	IA 5_F3039	25:51	8:20
22	196	Kristin Butterbaugh	Mount Vernon	IA 5_F4049	26:10	8:26
23	148	Gabby Kolker	Mount Vernon	IA 5_F1620	26:28	8:31
24	220	Kasey Long	Aubrey	TX 5_F1620	26:45	8:37
25	187	Alex Abodely	Lisbon	IA 5_F1620	26:49	8:38
26	149	Jen Richey	Mount Vernon	IA 5_F3039	27:03	8:43
27	180	Kelsey Steines	Mount Vernon	IA 5_F2129	27:09	8:45
28	114	Chrissy Stumpf	Dubuque	IA 5_F3039	27:13	8:46
29	29	Lori Gage	Fairbank	IA 5_F4049	27:16	8:47
30	68	Kara Krapfl	Mt Vernon	IA 5_F3039	27:40	8:55
31	193	Debbie Carrico	Mount Vernon	IA 5_F5059	27:46	8:57
32	40	Lauren Hauser	Mt Vernon	IA 5_F0115	27:49	8:58
33	126	Ella Wischmeyer	Mt Vernon	IA 5_F0115	28:11	9:05
34	42	Sydney Hauser	Mt Vernon	IA 5_F0115	28:11	9:05
35	43	Taylor Hauser	Mt Vernon	IA 5_F1620	28:15	9:06
36	32	Rachel Gloeckner	Springville	IA 5_F1620	28:19	9:07
37	16	Sarah Covington	Mt Vernon	IA 5_F3039	28:23	9:08
38	186	Anne Rhomberg	Mount Vernon	IA 5_F0115	28:39	9:14
39	131	Paige Zaruba	Mt Vernon	IA 5_F0115	28:40	9:14
40	26	Molly Fairchild	Lisbon	IA 5_F3039	28:43	9:15
41	109	Mackenna Scofield	Lisbon	IA 5_F1620	28:43	9:15
42	210	Hannah Wieditz	Lisbon	IA 5_F1620	28:43	9:15
43	122	Jennifer Warner	Cedar Rapids	IA 5_F3039	29:32	9:31
44	22	Crystal Eskelsen	Lisbon	IA 5_F3039	29:40	9:33
45	97	Bailey Rud	Mt Vernon	IA 5_F0115	29:52	9:37
46	39	Bailey Hauser	Mt Vernon	IA 5_F0115	29:52	9:37
47	172	Kennedy Amos	Lisbon	IA 5_F0115	30:01	9:40

48	171	Kelly French	Mount Vernon	IA 5_F3039	30:01	9:40
49	30	Nancy Geiger	Cedar Rapids	IA 5_F5059	30:17	9:45
50	124	Julia West	Mt Vernon	IA 5_F3039	30:28	9:49
51	108	Sue Schoff	Mt Vernon	IA 5_F3039	30:58	9:58
52	37	Mary Beth Hanna	Mt Vernon	IA 5_F2129	31:13	10:03
53	13	Diana Corcoran	Mt Vernon	IA 5_F4049	31:20	10:05
54	176	Avery Plathe	Mount Vernon	IA 5_F0115	31:25	10:07
55	217	Andrea Spencer	Mount Vernon	IA 5_F3039	31:34	10:10
56	89	Leslie Petrie	Cedar Rapids	IA 5_F4049	31:42	10:12
57	183	Kris Bjork	Mount Vernon	IA 5_F4049	31:51	10:15
58	71	Jackie Lester	Kansas City	MO 5_F3039	31:53	10:16
59	81	Taylor Nadeau	Lisbon	IA 5_F0115	32:24	10:26
60	12	Julie Carl-Vacek	Monticello	IA 5_F5059	32:30	10:28
61	80	Ashley Nadeau	Lisbon	IA 5_F0115	32:36	10:30
62	33	Hannah Gooding	Mt Vernon	IA 5_F0115	32:40	10:31
63	213	Polly Blythe	Mount Vernon	IA 5_F4049	32:54	10:36
64	65	Aarika Koppenhaver	Cedar Rapids	IA 5_F2129	33:02	10:38
65	96	Cigi Ross	Lisbon	IA 5_F2129	33:21	10:44
66	209	Marieda Freese	Marion	IA 5_F3039	33:21	10:45
67	214	Marissa Cranston	Mount Vernon	IA 5_F0115	33:32	10:48
68	202	Michele Grudinski	Anamosa	IA 5_F3039	33:43	10:52
69	23	Kelbie Eskelsen	Lisbon	IA 5_F0115	33:51	10:54
70	61	Monica Keleher	Mt Vernon	IA 5_F4049	34:01	10:57
71	165	Lauren Paine	Mount Vernon	IA 5_F0115	34:13	11:01
72	143	Nic Oldberg	Mount Vernon	IA 5_F3039	34:28	11:06
73	113	Kelsey Strobe	Mt Vernon	IA 5_F2129	34:44	11:11
74	64	Sara Kinney	Mt Vernon	IA 5_F3039	34:45	11:11
75	62	Peg Kerr	Mt Vernon	IA 5_F5059	35:08	11:19
76	212	Kiki Blythe	Mount Vernon	IA 5_F0115	35:35	11:28
77	133	Nicole Culpepper	Hiawatha	IA 5_F2129	35:53	11:33
78	54	Lisa Janssens-Rud	Mt Vernon	IA 5_F4049	36:59	11:55
79	86	Bridget O'Conner	Mt Vernon	IA 5_F4049	37:35	12:06
80	90	Piper Price	Mt Vernon	IA 5_F0115	37:42	12:08
81	91	Tami Price	Mt Vernon	IA 5_F3039	37:42	12:09
82	51	Kennedy Hunter	Mt Vernon	IA 5_F0115	38:03	12:15
83	167	Sarah Beneah	Mount Vernon	IA 5_F4049	38:30	12:24
84	123	McKenna Weldon	Cedar Rapids	IA 5_F1620	38:54	12:32
85	46	Vicky Hess	Cedar Rapids	IA 5_F4049	39:00	12:33
86	24	Macy Eskelsen	Lisbon	IA 5_F0115	39:04	12:35
87	216	Fiona Spencer	Mount Vernon	IA 5_F0115	39:34	12:44
88	47	Molli Hopfensperger	Anamosa	IA 5_F2129	39:45	12:48
89	154	Marty Fahls	Anamosa	IA 5_F5059	40:37	13:05
90	66	Ann Koppenhaver	Mt Vernon	IA 5_F5059	41:06	13:14
91	36	Anne Hall	Omaha	NE 5_F3039	46:34	15:00
92	67	Christine Kott	Crystal Lake	IL 5_F4049	51:45	16:40

FEMALE AGE GROUP RESULTS 1 - 15

Place	No.	Name	City	St	Time	Pace
1	31	Katelyn Gloeckner	Springville	IA	22:02	7:06
2	2	Faith Anton	Mt Vernon	IA	22:45	7:20
3	70	Clare Lester	Kansas City	MO	23:49	7:40
4	222	Maren Jeppson	Mount Vernon	IA	23:56	7:43
5	189	Alaina Marti	Mount Vernon	IA	24:32	7:54
6	185	Aubrey Frey	Cedar Rapids	IA	25:27	8:12
7	40	Lauren Hauser	Mt Vernon	IA	27:49	8:58
8	126	Ella Wischmeyer	Mt Vernon	IA	28:11	9:05
9	42	Sydney Hauser	Mt Vernon	IA	28:11	9:05

10	186	Anne Rhomberg	Mount Vernon	IA	28:39	9:14
11	131	Paige Zaruba	Mt Vernon	IA	28:40	9:14
12	97	Bailey Rud	Mt Vernon	IA	29:52	9:37
13	39	Bailey Hauser	Mt Vernon	IA	29:52	9:37
14	172	Kennedy Amos	Lisbon	IA	30:01	9:40
15	176	Avery Plathe	Mount Vernon	IA	31:25	10:07
16	81	Taylor Nadeau	Lisbon	IA	32:24	10:26
17	80	Ashley Nadeau	Lisbon	IA	32:36	10:30
18	33	Hannah Gooding	Mt Vernon	IA	32:40	10:31
19	214	Marissa Cranston	Mount Vernon	IA	33:32	10:48
20	23	Kelbie Eskelsen	Lisbon	IA	33:51	10:54
21	165	Lauren Paine	Mount Vernon	IA	34:13	11:01
22	212	Kiki Blythe	Mount Vernon	IA	35:35	11:28
23	90	Piper Price	Mt Vernon	IA	37:42	12:08
24	51	Kennedy Hunter	Mt Vernon	IA	38:03	12:15
25	24	Macy Eskelsen	Lisbon	IA	39:04	12:35
26	216	Fiona Spencer	Mount Vernon	IA	39:34	12:44

MALE AGE GROUP RESULTS 1 - 15

Place	No.	Name	City	St	Time	Pace
1	135	Steven Culpepper	Hiawatha	IA	18:55	6:06
2	129	Jack Young	Mt Vernon	IA	19:57	6:26
3	45	Garrett Herring	Lisbon	IA	23:17	7:30
4	14	Joe Corcoran	Mt Vernon	IA	23:49	7:40
5	178	Caiden Hauser	Mount Vernon	IA	23:53	7:42
6	144	Tyler Zinkula	Mount Vernon	IA	23:58	7:43
7	179	Carter Rodman	Mount Vernon	IA	24:01	7:44
8	156	Jack Conley	Mount Vernon	IA	25:42	8:17
9	153	Collin Hallier	Mount Vernon	IA	27:01	8:42
10	49	Jake Hunter	Mt Vernon	IA	27:28	8:51
11	200	David Wolfe	Mount Vernon	IA	27:44	8:56
12	20	Noah Erickson	Lisbon	IA	27:46	8:57
13	204	Jake Kamerling	Lisbon	IA	27:46	8:57
14	84	Adam Nosek	Mt Vernon	IA	27:59	9:01
15	151	Luke Wade	Mount Vernon	IA	29:20	9:27
16	201	Nolan Hinrichs	Mount Vernon	IA	31:02	10:00
17	21	Caden Eskelsen	Lisbon	IA	31:03	10:00
18	107	Cooper Schoff	Mt Vernon	IA	31:25	10:07
19	19	Brady Erickson	Lisbon	IA	31:50	10:15
20	28	Zach Fall	Lisbon	IA	31:57	10:17
21	203	Aden Grudzinski	Anamosa	IA	33:43	10:51
22	94	Joey Rhomberg	Mt Vernon	IA	34:00	10:57
23	142	Dallas Oldberg	Mount Vernon	IA	34:24	11:05
24	141	Grady Oldberg	Mount Vernon	IA	34:25	11:05
25	195	Rylan Butterbaugh	Mount Vernon	IA	36:34	11:46
26	215	Connor Spencer	Mount Vernon	IA	38:22	12:21
27	197	Camden Butterbaugh	Mount Vernon	IA	44:14	14:15
28	50	Joe Hunter	Mt Vernon	IA	44:14	14:15

FEMALE AGE GROUP RESULTS 16 - 20

Place	No.	Name	City	St	Time	Pace
1	130	Rebecca Young	Mt Vernon	IA	23:35	7:36
2	199	Beatrice Thorton	Mount Vernon	IA	23:49	7:40
3	106	Kendra Schmidt	Lisbon	IA	23:49	7:40

4	145	Erin Zinkula	Mount Vernon	IA	23:57	7:43
5	191	Kristin Peters	Mount Vernon	IA	24:15	7:49
6	192	Anna Peters	Mount Vernon	IA	24:15	7:49
7	148	Gabby Kolker	Mount Vernon	IA	26:28	8:31
8	220	Kasey Long	Aubrey	TX	26:45	8:37
9	187	Alex Abodely	Lisbon	IA	26:49	8:38
10	43	Taylor Hauser	Mt Vernon	IA	28:15	9:06
11	32	Rachel Gloeckner	Springville	IA	28:19	9:07
12	109	Mackenna Scofield	Lisbon	IA	28:43	9:15
13	210	Hannah Wieditz	Lisbon	IA	28:43	9:15
14	123	McKenna Weldon	Cedar Rapids	IA	38:54	12:32

MALE AGE GROUP RESULTS 16 - 20

Place	No.	Name	City	St	Time	Pace
1	162	Thomas Bernard	Mount Vernon	IA	18:10	5:51
2	102	Garrett Ruth	Mt Vernon	IA	18:39	6:00
3	11	Ethan Brand-Labarge	Mt Vernon	IA	20:18	6:32
4	208	Ben Wheeler	Mount Vernon	IA	21:12	6:50
5	168	Mitchell Kragenbrink	Mount Vernon	IA	21:25	6:54
6	152	Levi Wade	Mount Vernon	IA	23:57	7:43
7	219	Kyle Long	Aubrey	TX	26:56	8:41
8	211	Micah Wieditz	Lisbon	IA	34:19	11:03

FEMALE AGE GROUP RESULTS 21 - 29

Place	No.	Name	City	St	Time	Pace
1	105	Megan Schettler	Sioux City	IA	25:46	8:18
2	180	Kelsey Steines	Mount Vernon	IA	27:09	8:45
3	37	Mary Beth Hanna	Mt Vernon	IA	31:13	10:03
4	65	Aarika Koppenhaver	Cedar Rapids	IA	33:02	10:38
5	96	Cigi Ross	Lisbon	IA	33:21	10:44
6	113	Kelsey Strobe	Mt Vernon	IA	34:44	11:11
7	133	Nicole Culpepper	Hiawatha	IA	35:53	11:33
8	47	Molli Hopfensperger	Anamosa	IA	39:45	12:48

MALE AGE GROUP RESULTS 21 - 29

Place	No.	Name	City	St	Time	Pace
1	100	Tesfay Russell	Mt Vernon	IA	18:36	5:59
2	223	Leif Jeppson	Mount Vernon	IA	19:06	6:09
3	69	Ben Legore	Mt Vernon	IA	20:13	6:31
4	188	Kyle Williams	Mount Vernon	IA	21:55	7:04
5	82	Kellyn Nagle	Mt Vernon	IA	22:23	7:13
6	77	Thomas McCulloh	North Liberty	IA	22:56	7:23
7	175	Lee Dwyer	Marion	IA	25:18	8:09
8	140	Jason Hayes	Mount Vernon	IA	26:05	8:24
9	74	Jake Luplow	Mt Vernon	IA	26:45	8:37
10	104	Eric Schettler	Sioux City	IA	29:30	9:30
11	160	Will Ketchen	Mount Vernon	IA	34:32	11:07

FEMALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Time	Pace
1	164	Kristi Bahl	Mount Vernon	IA	24:57	8:02
2	128	Alisha Yi	Marion	IA	25:51	8:20
3	149	Jen Richey	Mount Vernon	IA	27:03	8:43
4	114	Chrissy Stumpf	Dubuque	IA	27:13	8:46
5	68	Kara Krapfl	Mt Vernon	IA	27:40	8:55
6	16	Sarah Covington	Mt Vernon	IA	28:23	9:08
7	26	Molly Fairchild	Lisbon	IA	28:43	9:15
8	122	Jennifer Warner	Cedar Rapids	IA	29:32	9:31
9	22	Crystal Eskelsen	Lisbon	IA	29:40	9:33
10	171	Kelly French	Mount Vernon	IA	30:01	9:40
11	124	Julia West	Mt Vernon	IA	30:28	9:49
12	108	Sue Schoff	Mt Vernon	IA	30:58	9:58
13	217	Andrea Spencer	Mount Vernon	IA	31:34	10:10
14	71	Jackie Lester	Kansas City	MO	31:53	10:16
15	209	Marieda Freese	Marion	IA	33:21	10:45
16	202	Michele Grudinski	Anamosa	IA	33:43	10:52
17	143	Nic Oldberg	Mount Vernon	IA	34:28	11:06
18	64	Sara Kinney	Mt Vernon	IA	34:45	11:11
19	91	Tami Price	Mt Vernon	IA	37:42	12:09
20	36	Anne Hall	Omaha	NE	46:34	15:00

MALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Time	Pace
1	146	Derek Oakley	Fort Leavenworth	KS	18:25	5:56
2	116	Kory Swart	Mt Vernon	IA	18:42	6:01
3	207	Wes Hilleshiem	Mount Vernon	IA	19:48	6:23
4	181	Mike Newman	Cedar Rapids	IA	20:30	6:36
5	150	Curt Richey	Mount Vernon	IA	21:08	6:49
6	121	Paul Waelchli	Marion	IA	21:52	7:02
7	88	Jon Paulus	Cedar Rapids	IA	24:42	7:57
8	59	Shawn Johnson	Cedar Rapids	IA	24:46	7:59
9	166	Lew Paine	Mount Vernon	IA	26:55	8:40
10	78	Sean McNulty	Mt Vernon	IA	27:38	8:54
11	38	David Harrington	Omaha	NE	27:59	9:01
12	132	Zeb Zaruba	Mt Vernon	IA	28:43	9:15
13	163	Luke Ferden	New Brighton	MN	29:32	9:31
14	161	Vince Ellison	North Liberty	IA	29:49	9:36
15	218	Jaime Spencer	Mount Vernon	IA	39:41	12:47

FEMALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Time	Pace
1	155	Sonja Krob	Mount Vernon	IA	23:42	7:38
2	76	Cindy McCarthy	Cedar Rapids	IA	24:01	7:44
3	184	Monica Frey	Mount Vernon	IA	24:22	7:51
4	53	Pam Hunter	Mt Vernon	IA	24:44	7:58
5	196	Kristin Butterbaugh	Mount Vernon	IA	26:10	8:26
6	29	Lori Gage	Fairbank	IA	27:16	8:47
7	13	Diana Corcoran	Mt Vernon	IA	31:20	10:05
8	89	Leslie Petrie	Cedar Rapids	IA	31:42	10:12
9	183	Kris Bjork	Mount Vernon	IA	31:51	10:15
10	213	Polly Blythe	Mount Vernon	IA	32:54	10:36
11	61	Monica Keleher	Mt Vernon	IA	34:01	10:57

12	54	Lisa Janssens-Rud	Mt Vernon	IA	36:59	11:55
13	86	Bridget O'Conner	Mt Vernon	IA	37:35	12:06
14	167	Sarah Beneah	Mount Vernon	IA	38:30	12:24
15	46	Vicky Hess	Cedar Rapids	IA	39:00	12:33
16	67	Christine Kott	Crystal Lake	IL	51:45	16:40

MALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Time	Pace
1	206	Jeff Walberg	Lisbon	IA	20:12	6:30
2	190	Monte Marti	Mount Vernon	IA	20:50	6:43
3	127	Kirk Wischmeyer	Mt Vernon	IA	20:59	6:45
4	10	Jonathan Brand	Mt Vernon	IA	20:59	6:46
5	93	Paul Reimann	Mt Vernon	IA	22:56	7:23
6	173	Renee Nydeggar	Mount Vernon	IA	25:07	8:06
7	198	Dana Vier	Mount Vernon	IA	25:45	8:18
8	205	Dave Klostermann	Lisbon	IA	26:19	8:29
9	147	Jody Kolker	Mount Vernon	IA	26:33	8:33
10	7	Dave Beck	Mt Vernon	IA	26:43	8:36
11	15	Mitch Corcoran	Mt Vernon	IA	28:07	9:03
12	169	Mark Benesh	Mount Vernon	IA	29:33	9:31
13	170	Barry Osborn	Mount Vernon	IA	31:45	10:13
14	52	Kraig Hunter	Mt Vernon	IA	31:47	10:14
15	27	Tim Fall	Lisbon	IA	32:11	10:22
16	63	Steve Kimbro	Cedar Rapids	IA	39:02	12:34
17	25	Richard Eskelsen	Lisbon	IA	39:04	12:35

FEMALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Time	Pace
1	60	Donna Johnson Herring	Lisbon	IA	23:41	7:38
2	182	Sue Bennett	Cedar Rapids	IA	25:31	8:13
3	193	Debbie Carrico	Mount Vernon	IA	27:46	8:57
4	30	Nancy Geiger	Cedar Rapids	IA	30:17	9:45
5	12	Julie Carl-Vacek	Monticello	IA	32:30	10:28
6	62	Peg Kerr	Mt Vernon	IA	35:08	11:19
7	154	Marty Fahls	Anamosa	IA	40:37	13:05
8	66	Ann Koppenhaver	Mt Vernon	IA	41:06	13:14

MALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Time	Pace
1	72	Lyle Lichty	Mt Vernon	IA	21:47	7:01
2	92	Tom Redmond	Mt Vernon	IA	22:15	7:10
3	174	Jim Dwyer	Marion	IA	24:19	7:50
4	73	Doug Lord	Lisbon	IA	24:49	7:59
5	139	Scott Swantz	Mount Vernon	IA	25:54	8:20
6	117	Leon Tabak	Mt Vernon	IA	27:07	8:44
7	83	Matt Nagle	Mt Vernon	IA	27:16	8:47
8	194	Matthew Carrico	Mount Vernon	IA	27:48	8:57
9	99	Brad Russell	Mt Vernon	IA	28:27	9:10
10	95	Thomas Rodke	Cedar Rapids	IA	31:28	10:08
11	115	George Suematsu	Cedar Rapids	IA	31:28	10:08
12	120	Vernon Vacek	Monticello	IA	32:36	10:30

13	3	Mark Anton	Mt Vernon	IA	35:19	11:22
14	134	Eddy Culpepper	Hiawatha	IA	35:55	11:34

MALE AGE GROUP RESULTS 60 - 99

Place	No.	Name	City	St	Time	Pace
=====	=====	=====	=====	==	=====	=====
1	138	Bob Meeker	Mount Vernon	IA	26:21	8:29
2	159	Dave Hartl	Iowa Falls	IA	28:25	9:09
3	177	William Bails	Stanwood	IA	31:00	9:59
4	1	Dennis Allard	Mt Vernon	IA	32:37	10:30
5	221	Mick Snodgress	Mount Vernon	IA	33:50	10:54
6	137	Rich Aalbers	Chester	IA	34:07	10:59
7	125	Dean Wieditz	Vinton	IA	34:19	11:03