

LIVE HEALTHY LINN
 5K Fun Run & Walk
 April 6, 2013
 Hiawatha, Iowa

5K RUN RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/18	Justin Helbing	Mason City	IA	27	M	16:46.53	5:24
2	1/15	Robert Murphy	Mount Vernon	IA	45	M	19:08.44	6:10
3	2/15	John Armon	Cedar Rapids	IA	46	M	19:28.96	6:17
4	3/15	Brian Middendorf	Cedar Rapids	IA	43	M	19:39.93	6:20
5	1/29	Mike Newman	Cedar Rapids	IA	34	M	20:00.02	6:27
6	2/29	Wade Ashlock	Cedar Rapids	IA	35	M	20:02.87	6:28
7	3/29	Kevin Beckner	Marion	IA	36	M	20:08.14	6:29
8	2/18	Nick Schultze	Cedar Rapids	IA	26	M	20:13.97	6:31
9	4/29	Wes Hilleshiem	Marion	IA	35	M	20:20.12	6:33
10	1/12	Evan Bednar	Cedar Rapids	IA	16	M	20:20.69	6:33
11	4/15	Tim Vipoud	Cedar Rapids	IA	47	M	20:24.00	6:34
12	1/16	James Shell	Cedar Rapids	IA	53	M	20:24.39	6:35
13	2/12	Patrick Gorman	Springville	IA	13	M	20:26.61	6:35
14	3/18	Logan Perleth	Dubuque	IA	22	M	20:31.66	6:37
15	1/30	Jessie Clark	Hiawatha	IA	24	F	20:36.94	6:39
16	4/18	Kyle Krisher	Waterloo	IA	28	M	20:38.78	6:39
17	5/29	Jason Roke	Fairfax	IA	32	M	21:00.30	6:46
18	6/29	Rob Opfer	Central City	IA	36	M	21:04.69	6:48
19	1/16	Reagan Gorman	Springville	IA	11	F	21:06.19	6:48
20	2/16	Rick Colton	Marion	IA	52	M	21:10.64	6:49
21	1/3	Tom Wolfe	Cedar Rapids	IA	64	M	21:15.44	6:51
22	7/29	Jason Fisher	Hiawatha	IA	32	M	21:22.19	6:53
23	5/15	Eric Gift	Cedar Rapids	IA	40	M	21:28.70	6:55
24	5/18	Luke Bross	Hiawatha	IA	27	M	21:34.58	6:57
25	3/16	Tom Loch	Cedar Rapids	IA	55	M	21:36.00	6:58
26	6/18	Dan Best	North Liberty	IA	28	M	21:41.07	6:59
27	3/12	Grant Helle	Cedar Rapids	IA	15	M	21:43.00	7:00
28	7/18	Timothy Hau	Iowa City	IA	27	M	21:45.44	7:01
29	1/10	Jane McGee	Hiawatha	IA	50	F	21:55.67	7:04
30	6/15	Scott Hollingsworth	Cedar Rapids	IA	48	M	22:07.83	7:08
31	7/15	Daniel Petersen	Toddville	IA	41	M	22:16.15	7:11
32	8/29	Ethan Gucfa	Swisher	IA	37	M	22:17.17	7:11
33	4/12	Cameron Roehlk	Cedar Rapids	IA	15	M	22:20.43	7:12
34	2/30	Melissa Gucfa	Swisher	IA	27	F	22:30.69	7:15
35	3/30	Lucy Libe	Washington	IA	21	F	22:32.83	7:16
36	9/29	Thomas O'Shea	Marion	IA	37	M	22:59.19	7:24
37	4/16	Kim Wander	Eldorado	IA	51	M	23:03.44	7:26
38	1/37	Gretchen Lawyer	Marion	IA	39	F	23:05.06	7:26
39	8/15	Chris Roling	Marion	IA	41	M	23:08.69	7:27
40	8/18	John Armstrong	Cedar Rapids	IA	22	M	23:24.12	7:32
41	5/12	Matt Hansen	Cedar Rapids	IA	19	M	23:39.95	7:38
42	10/29	Michael Lown	North Liberty	IA	37	M	23:46.94	7:40
43	5/16	Alex Stratton	Cedar Rapids	IA	50	M	23:53.14	7:42
44	2/3	Brad Scott	Marion	IA	60	M	23:59.86	7:44
45	11/29	Ryan Young	Marion	IA	37	M	24:07.95	7:47
46	12/29	Joshua Pedelty	Cedar Rapids	IA	38	M	24:08.36	7:47
47	2/37	Lindsey Trimble	Cedar Rapids	IA	31	F	24:10.41	7:47
48	6/12	Cody Oberfoell	Cedar Rapids	IA	19	M	24:15.89	7:49
49	13/29	Shawn Johnson	Cedar Rapids	IA	30	M	24:17.91	7:50
50	2/16	Kristin Swanke	Cedar Rapids	IA	17	F	24:19.70	7:50
51	14/29	Tom Viner	Cedar Rapids	IA	33	M	24:20.56	7:51

52	3/37	Vivian Denge	Cedar Rapids	IA	32	F	24:23.58	7:52
53	9/15	Tom Storey	North Liberty	IA	45	M	24:28.45	7:53
54	7/12	Christian Petersen	Cedar Rapids	IA	16	M	24:33.73	7:55
55	3/16	Elizabeth Schaefer	Waterloo	IA	14	F	24:42.04	7:58
56	15/29	Seth Scott	Marion	IA	32	M	24:43.25	7:58
57	16/29	Chris Hubbs	Hiawatha	IA	36	M	24:49.95	8:00
58	17/29	Joel Rochleau	Cedar Rapids	IA	39	M	24:54.63	8:02
59	18/29	Ken Beck	Solon	IA	36	M	24:56.25	8:02
60	4/30	Kellan Petz	Cedar Rapids	IA	22	F	25:03.35	8:04
61	6/16	Doug Lorel	Lisbon	IA	58	M	25:03.54	8:04
62	8/12	Braxton Hobbs	Solon	IA	11	M	25:06.58	8:05
63	5/30	Whitney Ruffridge	Cedar Rapids	IA	24	F	25:09.01	8:06
64	1/1	Claudia Scott	Marion	IA	62	F	25:09.95	8:06
65	7/16	Kevin Lamparek	Swisher	IA	52	M	25:13.20	8:08
66	6/30	Alisha Jo Helbing	Mason City	IA	27	F	25:13.69	8:08
67	10/15	Brian Long	Cedar Rapids	IA	44	M	25:30.14	8:13
68	9/18	Adis Cejvanovic	Waterloo	IA	29	M	25:32.45	8:14
69	1/20	Gretchen Swanke	Cedar Rapids	IA	48	F	25:39.45	8:16
70	4/37	Ruth Hospodarsky	Hiawatha	IA	32	F	25:41.69	8:17
71	19/29	Derek Nohr	Marion	IA	35	M	25:48.58	8:19
72	5/37	Michelle Ohaver	Solon	IA	35	F	25:54.69	8:21
73	4/16	Paige Holub	Coggon	IA	13	F	25:55.09	8:21
74	7/30	Bri Corkin	North Liberty	IA	28	F	25:57.45	8:22
75	1/1	John Leland	Marion	IA	77	M	25:58.45	8:22
76	3/3	Dennis Hrnccirik	Hiawatha	IA	60	M	26:00.75	8:23
77	2/20	Renee Holub	Coggon	IA	41	F	26:24.28	8:30
78	10/18	Brian Cain	Cedar Rapids	IA	28	M	26:36.04	8:34
79	11/18	Steve Maxfield	Cedar Rapids	IA	24	M	26:37.45	8:35
80	8/16	Ken Collier	Cedar Rapids	IA	59	M	26:42.20	8:36
81	9/12	Aj Seely	Cedar Rapids	IA	19	M	26:50.65	8:39
82	8/30	Tiffany Weyant	Cedar Rapids	IA	23	F	26:51.20	8:39
83	6/37	Emily Logan	Cedar Rapids	IA	37	F	26:51.88	8:39
84	7/37	Dulcie Harrold	Cedar Rapids	IA	33	F	26:55.87	8:41
85	9/16	Tom Petersen	Cedar Rapids	IA	50	M	26:59.70	8:42
86	8/37	Markell Kuper	Cedar Rapids	IA	31	F	27:03.42	8:43
87	9/37	Lindsay Koenig	Hiawatha	IA	32	F	27:03.42	8:43
88	20/29	Josh Lockhart	Cedar Rapids	IA	33	M	27:03.62	8:43
89	11/15	David Richardson	North Liberty	IA	40	M	27:04.84	8:43
90	10/37	Mandi Robertson	Marion	IA	38	F	27:08.49	8:45
91	3/20	Deb White	Cedar Rapids	IA	44	F	27:13.37	8:46
92	11/37	Amber McMullin	Cedar Rapids	IA	30	F	27:14.39	8:47
93	12/15	Stevie McGrane	Cedar Rapids	IA	44	M	27:20.70	8:49
94	4/20	Jennifer Duerksen	Cedar Rapids	IA	42	F	27:24.93	8:50
95	10/16	Amy Keating	Marion	IA	53	M	27:27.95	8:51
96	9/30	Carolyn Green	Cedar Rapids	IA	24	F	27:28.65	8:51
97	21/29	Tyler Harrison	Marion	IA	30	M	27:28.65	8:51
98	11/16	Steven Rodrick	Sycamore	IL	51	M	27:31.67	8:52
99	12/18	Kyle Webber	Verona	WI	27	M	27:50.52	8:58
100	12/37	Andrea McCurdy-Savago	Manchester	IA	34	F	27:52.35	8:59
101	13/18	Kye Kolpin	Hiawatha	IA	26	M	27:52.95	8:59
102	10/30	Brynn Kolpin	Hiawatha	IA	27	F	27:54.70	9:00
103	11/30	Megan Webber	Verona	WI	27	F	27:54.70	9:00
104	13/37	Rachael Beck	Solon	IA	32	F	28:01.46	9:02
105	14/37	Mindy Jenkins	Jesup	IA	30	F	28:09.00	9:04
106	12/30	Sarah Contreras	Marion	IA	27	F	28:21.70	9:08
107	22/29	Brandon Spicer	Marion	IA	31	M	28:21.77	9:08
108	23/29	James Remington	Cedar Rapids	IA	33	M	28:24.20	9:09
109	2/10	Julie Rosenberg	Cedar Rapids	IA	55	F	28:29.06	9:11
110	5/20	Angelique Hummel	Cedar Rapids	IA	42	F	28:29.06	9:11
111	15/37	Carrie Heims	Marion	IA	30	F	28:36.59	9:13

112	24/29	Josh Baynes	Cedar Rapids	IA	34	M	28:53.96	9:19
113	6/20	Lori Long	Cedar Rapids	IA	41	F	28:55.21	9:19
114	10/12	Austin Nelson	Cedar Rapids	IA	18	M	28:59.32	9:20
115	13/30	Meredith Cain	Cedar Rapids	IA	28	F	29:03.36	9:22
116	7/20	Deena Furry	Cedar Rapids	IA	48	F	29:07.96	9:23
117	14/30	Erin Gilson	Marion	IA	28	F	29:10.66	9:24
118	8/20	Amy McGrane	Cedar Rapids	IA	44	F	29:13.70	9:25
119	16/37	Stephanie Edmonds	Manchester	IA	37	F	29:16.35	9:26
120	15/30	Jill Lockhart	Cedar Rapids	IA	27	F	29:20.63	9:27
121	13/15	Sean Meloy	Cedar Rapids	IA	40	M	29:25.67	9:29
122	12/16	Rick Kullander	Cedar Rapids	IA	51	M	29:51.43	9:37
123	9/20	Malisa McQuown	Marion	IA	40	F	30:10.52	9:43
124	13/16	Mark Meyer	Marion	IA	55	M	30:14.96	9:45
125	25/29	Ryan Stancel	Marion	IA	33	M	30:23.92	9:48
126	10/20	Jacqueline Kullander	Cedar Rapids	IA	46	F	30:24.12	9:48
127	17/37	Sherri Bartels	Cedar Rapids	IA	31	F	30:25.34	9:48
128	16/30	Michelle Bei	Cedar Rapids	IA	27	F	30:27.57	9:49
129	14/15	David Drury	Cedar Rapids	IA	44	M	30:30.00	9:50
130	14/18	Michael Lueth	Cedar Falls	IA	25	M	30:31.62	9:50
131	15/18	Joseph Miller	Cedar Falls	IA	29	M	30:39.71	9:53
132	16/18	Michael Maas	Cedar Falls	IA	23	M	30:44.01	9:54
133	18/37	Erica Pasterski	Cedar Rapids	IA	32	F	30:51.96	9:57
134	19/37	Dana Main	Waterloo	IA	30	F	30:53.21	9:57
135	3/10	Lori Manternach	Cascade	IA	50	F	31:00.96	9:59
136	15/15	Yon Abel	Toddville	IA	40	M	31:17.34	10:05
137	5/16	Maggie Stutzman	Palo	IA	11	F	31:21.96	10:06
138	6/16	Brooke Holub	Anamosa	IA	18	F	31:24.45	10:07
139	7/16	Rhianne Lehner	Cedar Rapids	IA	19	F	31:25.46	10:07
140	4/10	Shelly Hamlin-Rodrick	Sycamore	IL	53	F	31:28.89	10:08
141	20/37	Kelli Swehla	Cedar Rapids	IA	30	F	31:30.92	10:09
142	8/16	Jaelynn Hauschild	Cedar Rapids	IA	12	F	31:32.95	10:10
143	11/20	Jennifer Hansen	Cedar Rapids	IA	40	F	31:35.96	10:11
144	17/30	Elizabeth Lueth	Cedar Falls	IA	23	F	31:41.91	10:13
145	9/16	Ella Kane	Cedar Rapids	IA	10	F	31:42.51	10:13
146	18/30	Sanela Cejvanovic	Waterloo	IA	27	F	31:53.70	10:16
147	21/37	Vicki Daugherty	Atkins	IA	36	F	31:57.71	10:18
148	22/37	Ellen Tominsky	Cedar Rapids	IA	38	F	32:05.97	10:20
149	23/37	Sarah Walton	Cedar Rapids	IA	39	F	32:06.21	10:20
150	24/37	Candice Dietz	Cedar Rapids	IA	30	F	32:16.84	10:24
151	25/37	Jennifer Schulte	Cedar Rapids	IA	33	F	32:20.46	10:25
152	19/30	Hannah Peacock	Winthrop	IA	22	F	32:28.37	10:28
153	5/10	Kim Lehrman	Cedar Rapids	IA	52	F	32:39.94	10:31
154	20/30	Renee Garbe	Cedar Rapids	IA	27	F	32:42.98	10:32
155	21/30	Carissa Brehm	Cedar Rapids	IA	26	F	32:51.46	10:35
156	14/16	Mark Witham	Hiawatha	IA	52	M	32:56.17	10:37
157	26/37	Amy Kane	Cedar Rapids	IA	37	F	33:05.10	10:39
158	11/12	Bailey Graybill	Hiawatha	IA	14	M	33:11.20	10:41
159	10/16	William Moser	Hiawatha	IA	11	F	33:11.40	10:41
160	12/20	Vicki Wheeler	Cedar Rapids	IA	43	F	33:23.77	10:45
161	26/29	Francis Ginther	Marion	IA	36	M	33:24.78	10:46
162	22/30	Megan Burns	Winthrop	IA	20	F	33:25.19	10:46
163	6/10	Barb Lindstrom	Cedar Rapids	IA	57	F	33:25.80	10:46
164	11/16	Evan Moser	Hiawatha	IA	10	F	33:29.64	10:47
165	13/20	Shawn Moser	Hiawatha	IA	41	F	33:33.47	10:49
166	27/37	Jackie Wagner	Cedar Rapids	IA	38	F	33:43.87	10:52
167	7/10	Sally Treiber	Marion	IA	51	F	33:47.93	10:53
168	8/10	Donna Sanders	Cedar Rapids	IA	51	F	33:47.93	10:53
169	15/16	Kevin Mohler	Marion	IA	52	M	33:51.97	10:55
170	28/37	Victoria Wieben	Marion	IA	30	F	33:58.47	10:57
171	12/16	Laura Hauschild	Cedar Rapids	IA	13	F	34:08.41	11:00

172	13/16	Jenna Hauschild	Cedar Rapids	IA	14	F	34:11.97	11:01
173	23/30	Sarah Schares	Cedar Falls	IA	26	F	34:26.67	11:06
174	17/18	Jason Eastvold	Marion	IA	26	M	34:41.70	11:11
175	29/37	Maren Sullivan	Cedar Rapids	IA	36	F	34:47.60	11:12
176	30/37	Kimberly Bennett	Cedar Rapids	IA	39	F	35:03.45	11:18
177	18/18	Justin Jones	Lisbon	IA	29	M	35:35.97	11:28
178	24/30	Amber Grant	Cedar Rapids	IA	25	F	35:37.01	11:28
179	25/30	Karin Bloomquist	Marion	IA	22	F	35:43.90	11:31
180	26/30	Emily Petersen	Ames	IA	21	F	35:43.90	11:31
181	14/20	Dawn Hansen	Robins	IA	44	F	35:50.19	11:33
182	31/37	Renee Stutzman	Palo	IA	37	F	36:08.47	11:38
183	14/16	Brenlyn Statzman	Cedar Rapids	IA	9	F	36:08.67	11:39
184	32/37	Molly Baynes	Cedar Rapids	IA	34	F	36:21.71	11:43
185	27/30	Ashley Sweeney	Hiawatha	IA	28	F	36:25.47	11:44
186	28/30	Felicia Rossman	Marion	IA	26	F	36:48.89	11:51
187	15/20	Shauna Graybill	Hiawatha	IA	41	F	36:49.22	11:52
188	33/37	Marcey Liebe	Center Point	IA	39	F	37:06.13	11:57
189	34/37	Dana Sperfslage	Alburnett	IA	37	F	37:28.25	12:04
190	15/16	Brie Sperfslage	Alburnett	IA	12	F	37:28.67	12:04
191	16/20	Robin Witham	Hiawatha	IA	47	F	38:02.48	12:15
192	17/20	Sandi Daubs	Marion	IA	44	F	38:11.09	12:18
193	9/10	Abby Lasecki	Cedar Rapids	IA	53	F	38:34.23	12:25
194	27/29	Ben Neuman	Waterloo	IA	32	M	38:41.35	12:28
195	18/20	Lisa Wagner	Waterloo	IA	45	F	39:43.64	12:48
196	16/16	Michael Webber	Cedar Rapids	IA	58	M	40:03.92	12:54
197	29/30	Kim Vandolah	Toddville	IA	29	F	40:20.38	13:00
198	16/16	Andrew Moser	Hiawatha	IA	8	F	44:26.23	14:19
199	19/20	Kathy Moser	Hiawatha	IA	41	F	44:44.90	14:25
200	28/29	Nathan Etten	Central City	IA	30	M	45:03.58	14:31
201	10/10	Brenda Steinke	Marion	IA	52	F	46:56.43	15:07
202	20/20	Catharine Cashner	Cedar Rapids	IA	42	F	46:57.46	15:07
203	29/29	Matthew Shepherd	Hiawatha	IA	33	M	47:23.65	15:16
204	35/37	Jessica Snyder	Riverside	IA	30	F	48:33.25	15:38
205	30/30	Jenny Snyder	East Peoria	IL	28	F	48:33.47	15:38
206	36/37	Lynn Shannon	Cedar Rapids	IA	35	F	49:53.41	16:04
207	37/37	Joanna Nohr	Marion	IA	35	F	51:14.37	16:30
208	12/12	Ryan Holub	Coggon	IA	15	M	56:11.01	18:06