

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

5K RUN RESULTS

FEMALE AGE GROUP RESULTS 1 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	166	Reagan Gorman	Springville	IA	11	F	21:06.19	6:48
2	179	Kristin Swanke	Cedar Rapids	IA	17	F	24:19.70	7:50
3	56	Elizabeth Schaefer	Waterloo	IA	14	F	24:42.04	7:58
4	216	Paige Holub	Coggon	IA	13	F	25:55.09	8:21
5	274	Maggie Stutzman	Palo	IA	11	F	31:21.96	10:06
6	213	Brooke Holub	Anamosa	IA	18	F	31:24.45	10:07
7	209	Rhianne Lehner	Cedar Rapids	IA	19	F	31:25.46	10:07
8	152	Jaelynn Hauschild	Cedar Rapids	IA	12	F	31:32.95	10:10
9	200	Ella Kane	Cedar Rapids	IA	10	F	31:42.51	10:13
10	243	William Moser	Hiawatha	IA	11	F	33:11.40	10:41
11	244	Evan Moser	Hiawatha	IA	10	F	33:29.64	10:47
12	277	Laura Hauschild	Cedar Rapids	IA	13	F	34:08.41	11:00
13	151	Jenna Hauschild	Cedar Rapids	IA	14	F	34:11.97	11:01
14	273	Brenlyn Statzman	Cedar Rapids	IA	9	F	36:08.67	11:39
15	59	Brie Sperflage	Alburnett	IA	12	F	37:28.67	12:04
16	245	Andrew Moser	Hiawatha	IA	8	F	44:26.23	14:19

MALE AGE GROUP RESULTS 1 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	129	Evan Bednar	Cedar Rapids	IA	16	M	20:20.69	6:33
2	167	Patrick Gorman	Springville	IA	13	M	20:26.61	6:35
3	147	Grant Helle	Cedar Rapids	IA	15	M	21:43.00	7:00
4	246	Cameron Roehlk	Cedar Rapids	IA	15	M	22:20.43	7:12
5	203	Matt Hansen	Cedar Rapids	IA	19	M	23:39.95	7:38
6	104	Cody Oberfoell	Cedar Rapids	IA	19	M	24:15.89	7:49
7	150	Christian Petersen	Cedar Rapids	IA	16	M	24:33.73	7:55
8	196	Braxton Hobbs	Solon	IA	11	M	25:06.58	8:05
9	75	Aj Seely	Cedar Rapids	IA	19	M	26:50.65	8:39
10	259	Austin Nelson	Cedar Rapids	IA	18	M	28:59.32	9:20
11	206	Bailey Graybill	Hiawatha	IA	14	M	33:11.20	10:41
12	214	Ryan Holub	Coggon	IA	15	M	56:11.01	18:06

FEMALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	98	Jessie Clark	Hiawatha	IA	24	F	20:36.94	6:39
2	169	Melissa Gucfa	Swisher	IA	27	F	22:30.69	7:15
3	276	Lucy Libe	Washington	IA	21	F	22:32.83	7:16
4	275	Kellan Petz	Cedar Rapids	IA	22	F	25:03.35	8:04
5	73	Whitney Ruffridge	Cedar Rapids	IA	24	F	25:09.01	8:06
6	144	Alisha Jo Helbing	Mason City	IA	27	F	25:13.69	8:08
7	186	Bri Corkin	North Liberty	IA	28	F	25:57.45	8:22

8	72	Tiffany Weyant	Cedar Rapids	IA	23	F	26:51.20	8:39
9	116	Carolyn Green	Cedar Rapids	IA	24	F	27:28.65	8:51
10	177	Brynn Kolpin	Hiawatha	IA	27	F	27:54.70	9:00
11	92	Megan Webber	Verona	WI	27	F	27:54.70	9:00
12	131	Sarah Contreras	Marion	IA	27	F	28:21.70	9:08
13	111	Meredith Cain	Cedar Rapids	IA	28	F	29:03.36	9:22
14	165	Erin Gilson	Marion	IA	28	F	29:10.66	9:24
15	100	Jill Lockhart	Cedar Rapids	IA	27	F	29:20.63	9:27
16	154	Michelle Bei	Cedar Rapids	IA	27	F	30:27.57	9:49
17	158	Elizabeth Lueth	Cedar Falls	IA	23	F	31:41.91	10:13
18	171	Sanela Cejvanovic	Waterloo	IA	27	F	31:53.70	10:16
19	217	Hannah Peacock	Winthrop	IA	22	F	32:28.37	10:28
20	66	Renee Garbe	Cedar Rapids	IA	27	F	32:42.98	10:32
21	97	Carissa Brehm	Cedar Rapids	IA	26	F	32:51.46	10:35
22	218	Megan Burns	Winthrop	IA	20	F	33:25.19	10:46
23	57	Sarah Schares	Cedar Falls	IA	26	F	34:26.67	11:06
24	258	Amber Grant	Cedar Rapids	IA	25	F	35:37.01	11:28
25	42	Karin Bloomquist	Marion	IA	22	F	35:43.90	11:31
26	43	Emily Petersen	Ames	IA	21	F	35:43.90	11:31
27	185	Ashley Sweeney	Hiawatha	IA	28	F	36:25.47	11:44
28	207	Felicia Rossman	Marion	IA	26	F	36:48.89	11:51
29	190	Kim Vandolah	Toddville	IA	29	F	40:20.38	13:00
30	183	Jenny Snyder	East Peoria	IL	28	F	48:33.47	15:38

MALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	145	Justin Helbing	Mason City	IA	27	M	16:46.53	5:24
2	204	Nick Schultze	Cedar Rapids	IA	26	M	20:13.97	6:31
3	55	Logan Perleth	Dubuque	IA	22	M	20:31.66	6:37
4	61	Kyle Krisher	Waterloo	IA	28	M	20:38.78	6:39
5	102	Luke Bross	Hiawatha	IA	27	M	21:34.58	6:57
6	187	Dan Best	North Liberty	IA	28	M	21:41.07	6:59
7	205	Timothy Hau	Iowa City	IA	27	M	21:45.44	7:01
8	78	John Armstrong	Cedar Rapids	IA	22	M	23:24.12	7:32
9	170	Adis Cejvanovic	Waterloo	IA	29	M	25:32.45	8:14
10	110	Brian Cain	Cedar Rapids	IA	28	M	26:36.04	8:34
11	134	Steve Maxfield	Cedar Rapids	IA	24	M	26:37.45	8:35
12	91	Kyle Webber	Verona	WI	27	M	27:50.52	8:58
13	176	Kye Kolpin	Hiawatha	IA	26	M	27:52.95	8:59
14	157	Michael Lueth	Cedar Falls	IA	25	M	30:31.62	9:50
15	108	Joseph Miller	Cedar Falls	IA	29	M	30:39.71	9:53
16	74	Michael Maas	Cedar Falls	IA	23	M	30:44.01	9:54
17	63	Jason Eastvold	Marion	IA	26	M	34:41.70	11:11
18	83	Justin Jones	Lisbon	IA	29	M	35:35.97	11:28

FEMALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	173	Gretchen Lawyer	Marion	IA	39	F	23:05.06	7:26
2	233	Lindsey Trimble	Cedar Rapids	IA	31	F	24:10.41	7:47
3	81	Vivian Denge	Cedar Rapids	IA	32	F	24:23.58	7:52
4	210	Ruth Hospodarsky	Hiawatha	IA	32	F	25:41.69	8:17
5	133	Michelle Ohaver	Solon	IA	35	F	25:54.69	8:21
6	70	Emily Logan	Cedar Rapids	IA	37	F	26:51.88	8:39
7	268	Dulcie Harrold	Cedar Rapids	IA	33	F	26:55.87	8:41

8	192	Markell Kuper	Cedar Rapids	IA	31	F	27:03.42	8:43
9	191	Lindsay Koenig	Hiawatha	IA	32	F	27:03.42	8:43
10	280	Mandi Robertson	Marion	IA	38	F	27:08.49	8:45
11	248	Amber McMullin	Cedar Rapids	IA	30	F	27:14.39	8:47
12	82	Andrea McCurdy-Savago	Manchester	IA	34	F	27:52.35	8:59
13	195	Rachael Beck	Solon	IA	32	F	28:01.46	9:02
14	257	Mindy Jenkins	Jesup	IA	30	F	28:09.00	9:04
15	261	Carrie Heims	Marion	IA	30	F	28:36.59	9:13
16	153	Stephanie Edmonds	Manchester	IA	37	F	29:16.35	9:26
17	172	Sherri Bartels	Cedar Rapids	IA	31	F	30:25.34	9:48
18	180	Erica Pasterski	Cedar Rapids	IA	32	F	30:51.96	9:57
19	125	Dana Main	Waterloo	IA	30	F	30:53.21	9:57
20	47	Kelli Swehla	Cedar Rapids	IA	30	F	31:30.92	10:09
21	79	Vicki Daugherty	Atkins	IA	36	F	31:57.71	10:18
22	80	Ellen Tominsky	Cedar Rapids	IA	38	F	32:05.97	10:20
23	225	Sarah Walton	Cedar Rapids	IA	39	F	32:06.21	10:20
24	223	Candice Dietz	Cedar Rapids	IA	30	F	32:16.84	10:24
25	95	Jennifer Schulte	Cedar Rapids	IA	33	F	32:20.46	10:25
26	201	Amy Kane	Cedar Rapids	IA	37	F	33:05.10	10:39
27	67	Jackie Wagner	Cedar Rapids	IA	38	F	33:43.87	10:52
28	117	Victoria Wieben	Marion	IA	30	F	33:58.47	10:57
29	146	Maren Sullivan	Cedar Rapids	IA	36	F	34:47.60	11:12
30	41	Kimberly Bennett	Cedar Rapids	IA	39	F	35:03.45	11:18
31	272	Renee Stutzman	Palo	IA	37	F	36:08.47	11:38
32	234	Molly Baynes	Cedar Rapids	IA	34	F	36:21.71	11:43
33	90	Marcey Liebe	Center Point	IA	39	F	37:06.13	11:57
34	58	Dana Sperflage	Alburnett	IA	37	F	37:28.25	12:04
35	127	Jessica Snyder	Riverside	IA	30	F	48:33.25	15:38
36	224	Lynn Shannon	Cedar Rapids	IA	35	F	49:53.41	16:04
37	253	Joanna Nohr	Marion	IA	35	F	51:14.37	16:30

MALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	===	=	=====	=====
1	114	Mike Newman	Cedar Rapids	IA	34	M	20:00.02	6:27
2	122	Wade Ashlock	Cedar Rapids	IA	35	M	20:02.87	6:28
3	103	Kevin Beckner	Marion	IA	36	M	20:08.14	6:29
4	247	Wes Hilleshiem	Marion	IA	35	M	20:20.12	6:33
5	255	Jason Roke	Fairfax	IA	32	M	21:00.30	6:46
6	107	Rob Opfer	Central City	IA	36	M	21:04.69	6:48
7	161	Jason Fisher	Hiawatha	IA	32	M	21:22.19	6:53
8	168	Ethan Guca	Swisher	IA	37	M	22:17.17	7:11
9	159	Thomas O'Shea	Marion	IA	37	M	22:59.19	7:24
10	128	Michael Lown	North Liberty	IA	37	M	23:46.94	7:40
11	99	Ryan Young	Marion	IA	37	M	24:07.95	7:47
12	164	Joshua Pedelty	Cedar Rapids	IA	38	M	24:08.36	7:47
13	132	Shawn Johnson	Cedar Rapids	IA	30	M	24:17.91	7:50
14	271	Tom Viner	Cedar Rapids	IA	33	M	24:20.56	7:51
15	264	Seth Scott	Marion	IA	32	M	24:43.25	7:58
16	68	Chris Hubbs	Hiawatha	IA	36	M	24:49.95	8:00
17	138	Joel Rochleau	Cedar Rapids	IA	39	M	24:54.63	8:02
18	194	Ken Beck	Solon	IA	36	M	24:56.25	8:02
19	148	Derek Nohr	Marion	IA	35	M	25:48.58	8:19
20	101	Josh Lockhart	Cedar Rapids	IA	33	M	27:03.62	8:43
21	230	Tyler Harrison	Marion	IA	30	M	27:28.65	8:51
22	130	Brandon Spicer	Marion	IA	31	M	28:21.77	9:08
23	96	James Remington	Cedar Rapids	IA	33	M	28:24.20	9:09
24	237	Josh Baynes	Cedar Rapids	IA	34	M	28:53.96	9:19

25	88	Ryan Stancel	Marion	IA	33	M	30:23.92	9:48
26	124	Francis Ginther	Marion	IA	36	M	33:24.78	10:46
27	126	Ben Neuman	Waterloo	IA	32	M	38:41.35	12:28
28	270	Nathan Etten	Central City	IA	30	M	45:03.58	14:31
29	44	Matthew Shepherd	Hiawatha	IA	33	M	47:23.65	15:16

FEMALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	178	Gretchen Swanke	Cedar Rapids	IA	48	F	25:39.45	8:16
2	215	Renee Holub	Coggon	IA	41	F	26:24.28	8:30
3	163	Deb White	Cedar Rapids	IA	44	F	27:13.37	8:46
4	109	Jennifer Duerksen	Cedar Rapids	IA	42	F	27:24.93	8:50
5	46	Angelique Hummel	Cedar Rapids	IA	42	F	28:29.06	9:11
6	199	Lori Long	Cedar Rapids	IA	41	F	28:55.21	9:19
7	141	Deena Furry	Cedar Rapids	IA	48	F	29:07.96	9:23
8	236	Amy McGrane	Cedar Rapids	IA	44	F	29:13.70	9:25
9	123	Malisa McQuown	Marion	IA	40	F	30:10.52	9:43
10	189	Jacqueline Kullander	Cedar Rapids	IA	46	F	30:24.12	9:48
11	160	Jennifer Hansen	Cedar Rapids	IA	40	F	31:35.96	10:11
12	143	Vicki Wheeler	Cedar Rapids	IA	43	F	33:23.77	10:45
13	242	Shawn Moser	Hiawatha	IA	41	F	33:33.47	10:49
14	212	Dawn Hansen	Robins	IA	44	F	35:50.19	11:33
15	208	Shauna Graybill	Hiawatha	IA	41	F	36:49.22	11:52
16	64	Robin Witham	Hiawatha	IA	47	F	38:02.48	12:15
17	85	Sandi Daubs	Marion	IA	44	F	38:11.09	12:18
18	62	Lisa Wagner	Waterloo	IA	45	F	39:43.64	12:48
19	241	Kathy Moser	Hiawatha	IA	41	F	44:44.90	14:25
20	250	Catharine Cashner	Cedar Rapids	IA	42	F	46:57.46	15:07

MALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	265	Robert Murphy	Mount Vernon	IA	45	M	19:08.44	6:10
2	260	John Armon	Cedar Rapids	IA	46	M	19:28.96	6:17
3	240	Brian Middendorf	Cedar Rapids	IA	43	M	19:39.93	6:20
4	239	Tim Vipoud	Cedar Rapids	IA	47	M	20:24.00	6:34
5	139	Eric Gift	Cedar Rapids	IA	40	M	21:28.70	6:55
6	162	Scott Hollingsworth	Cedar Rapids	IA	48	M	22:07.83	7:08
7	222	Daniel Petersen	Toddville	IA	41	M	22:16.15	7:11
8	112	Chris Roling	Marion	IA	41	M	23:08.69	7:27
9	269	Tom Storey	North Liberty	IA	45	M	24:28.45	7:53
10	198	Brian Long	Cedar Rapids	IA	44	M	25:30.14	8:13
11	202	David Richardson	North Liberty	IA	40	M	27:04.84	8:43
12	235	Stevie McGrane	Cedar Rapids	IA	44	M	27:20.70	8:49
13	87	Sean Meloy	Cedar Rapids	IA	40	M	29:25.67	9:29
14	51	David Drury	Cedar Rapids	IA	44	M	30:30.00	9:50
15	182	Yon Abel	Toddville	IA	40	M	31:17.34	10:05

FEMALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	118	Jane McGee	Hiawatha	IA	50	F	21:55.67	7:04
2	53	Julie Rosenberg	Cedar Rapids	IA	55	F	28:29.06	9:11

3	113	Lori Manternach	Cascade	IA	50	F	31:00.96	9:59
4	106	Shelly Hamlin-Rodrick	Sycamore	IL	53	F	31:28.89	10:08
5	69	Kim Lehrman	Cedar Rapids	IA	52	F	32:39.94	10:31
6	278	Barb Lindstrom	Cedar Rapids	IA	57	F	33:25.80	10:46
7	115	Sally Treiber	Marion	IA	51	F	33:47.93	10:53
8	93	Donna Sanders	Cedar Rapids	IA	51	F	33:47.93	10:53
9	60	Abby Lasecki	Cedar Rapids	IA	53	F	38:34.23	12:25
10	48	Brenda Steinke	Marion	IA	52	F	46:56.43	15:07

MALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	193	James Shell	Cedar Rapids	IA	53	M	20:24.39	6:35
2	252	Rick Colton	Marion	IA	52	M	21:10.64	6:49
3	184	Tom Loch	Cedar Rapids	IA	55	M	21:36.00	6:58
4	266	Kim Wander	Eldorado	IA	51	M	23:03.44	7:26
5	142	Alex Stratton	Cedar Rapids	IA	50	M	23:53.14	7:42
6	211	Doug Lorel	Lisbon	IA	58	M	25:03.54	8:04
7	256	Kevin Lamparek	Swisher	IA	52	M	25:13.20	8:08
8	156	Ken Collier	Cedar Rapids	IA	59	M	26:42.20	8:36
9	149	Tom Petersen	Cedar Rapids	IA	50	M	26:59.70	8:42
10	232	Amy Keating	Marion	IA	53	M	27:27.95	8:51
11	105	Steven Rodrick	Sycamore	IL	51	M	27:31.67	8:52
12	188	Rick Kullander	Cedar Rapids	IA	51	M	29:51.43	9:37
13	279	Mark Meyer	Marion	IA	55	M	30:14.96	9:45
14	65	Mark Witham	Hiawatha	IA	52	M	32:56.17	10:37
15	121	Kevin Mohler	Marion	IA	52	M	33:51.97	10:55
16	136	Michael Webber	Cedar Rapids	IA	58	M	40:03.92	12:54

FEMALE AGE GROUP RESULTS 60 - 69

Place	No.	Name	City	St	Age	S	Time	Pace
1	263	Claudia Scott	Marion	IA	62	F	25:09.95	8:06

MALE AGE GROUP RESULTS 60 - 69

Place	No.	Name	City	St	Age	S	Time	Pace
1	54	Tom Wolfe	Cedar Rapids	IA	64	M	21:15.44	6:51
2	262	Brad Scott	Marion	IA	60	M	23:59.86	7:44
3	267	Dennis Hrnccirik	Hiawatha	IA	60	M	26:00.75	8:23

MALE AGE GROUP RESULTS 70 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	140	John Leland	Marion	IA	77	M	25:58.45	8:22