

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	26/3991	1/3	44	Lauren Fog	F	26	Boulder	CO	2	5:55	00:38:51.7	1	6:12	00:40:40.9	6:03	01:19:28.4
2	29/3991	2/3	55	Obsie Birru	F	27	Des Moines	IA	1	5:55	00:38:51.5	2	6:19	00:41:27.8	6:07	01:20:17.7
3	30/3991	3/3	45	Emma Kenyon	F	27	Westminster	CO	3	5:56	00:38:57.4	3	6:21	00:41:35.8	6:08	01:20:29.6
4	38/3991	1/486	30	Shannon Suing	F	37	Gretna	NE	5	6:10	00:40:29.3	4	6:26	00:42:13.8	6:18	01:22:39.5
5	39/3991	1/460	47	Kelly Brinkman	F	34	Eagan	MN	4	6:05	00:39:58.4	8	6:32	00:42:51.7	6:18	01:22:46.4
6	40/3991	2/486	56	Michelle Paxton	F	38	Lincoln	NE	7	6:13	00:40:52.7	5	6:27	00:42:20.7	6:20	01:23:09.4
7	42/3991	1/2	34	Jenny Schulze	F	43	Clive	IA	6	6:11	00:40:37.9	7	6:30	00:42:40.4	6:20	01:23:13.9
8	48/3991	2/460	48	Kelsey Martin	F	34	Aurora	CO	10	6:24	00:42:08.2	6	6:29	00:42:32.2	6:26	01:24:32.9
9	50/3991	3/486	38	Jennifer Vande Vegte	F	38	Sioux Center	IA	9	6:25	00:42:07.1	10	6:38	00:43:27.2	6:31	01:25:29.8
10	56/3991	2/2	19	Maureen Larsen	F	43	Gretna	NE	12	6:34	00:43:14.2	9	6:34	00:43:04.5	6:34	01:26:09.5
11	60/3991	4/486	669	Amy Barry	F	36	Gretna	NE	11	6:29	00:42:41.1	12	6:44	00:44:07.5	6:36	01:26:38.5
12	64/3991	5/486	52	Michelle Schmidt	F	39	Lincoln	NE	14	6:35	00:43:20.7	11	6:42	00:43:56.1	6:38	01:27:08.1
13	65/3991	3/460	5854	Ashley Larson	F	30	Lincoln	NE	8	6:19	00:41:28.8	21	7:03	00:46:12.2	6:40	01:27:35.7
14	69/3991	4/460	1	Lindsey Brezenski	F	33	Omaha	NE	17	6:44	00:44:15.2	13	6:44	00:44:10.5	6:44	01:28:21.4
15	71/3991	6/486	6286	Sarah Madsen	F	37	Omaha	NE	16	6:44	00:44:15.2	14	6:47	00:44:27.8	6:45	01:28:38.2
16	72/3991	5/460	24	Andrea Lee	F	34	Omaha	NE	13	6:35	00:43:19.5	18	6:58	00:45:38.6	6:46	01:28:47.2
17	76/3991	1/308	23	Jordan Bloesser	F	23	Kearney	NE	18	6:43	00:44:15.4	17	6:52	00:45:04.0	6:47	01:29:05.8
18	77/3991	6/460	3391	Karissa Slack	F	30	Lincoln	NE	15	6:36	00:43:27.2	19	6:59	00:45:46.2	6:47	01:29:06.3
19	80/3991	7/486	12	Joni Williamson	F	39	Lincoln	NE	20	6:45	00:44:30.7	16	6:51	00:44:53.0	6:48	01:29:09.4
20	92/3991	7/460	1791	Nicole Mcintire	F	31	Waverly	NE	25	6:53	00:45:33.3	15	6:50	00:44:49.0	6:51	01:29:55.6
21	95/3991	1/435	9	Haleigh Riggle	F	25	Lincoln	NE	19	6:45	00:44:24.2	20	6:59	00:45:49.9	6:52	01:30:04.2
22	112/3991	8/486	5843	Alissa Krebs	F	39	Neligh	NE	24	6:54	00:45:25.1	22	7:03	00:46:15.8	6:58	01:31:29.7
23	117/3991	1/342	14	Theresa Gosnell	F	43	Omaha	NE	23	6:52	00:45:13.4	25	7:11	00:47:03.6	7:01	01:32:04.4
24	121/3991	9/486	1338	Ann Hubl	F	36	Hebron	NE	21	6:49	00:44:52.4	28	7:17	00:47:46.3	7:03	01:32:27.3
25	126/3991	8/460	3030	Amber Brandenburger	F	30	Lincoln	NE	28	7:02	00:46:54.6	23	7:10	00:46:57.1	7:06	01:33:05.6
26	129/3991	2/308	300	Megan Niesen	F	23	Lincoln	NE	29	7:07	00:46:59.7	24	7:10	00:46:59.1	7:08	01:33:40.0
27	132/3991	9/460	4722	Emily Kreikemeier	F	32	Omaha	NE	22	6:48	00:44:53.5	39	7:29	00:49:06.2	7:08	01:33:43.2
28	135/3991	10/486	1650	Karey Roberts	F	38	Beatrice	NE	30	7:07	00:47:00.7	26	7:11	00:47:06.0	7:09	01:33:47.0
29	144/3991	2/342	3108	Kami Alessandro	F	43	Omaha	NE	35	7:09	00:47:33.7	27	7:16	00:47:41.5	7:13	01:34:37.2
30	148/3991	11/486	866	Carrie Grant	F	37	Lincoln	NE	27	7:06	00:46:54.2	32	7:21	00:48:10.9	7:13	01:34:46.6
31	163/3991	1/227	1326	Marcia Esola	F	48	Omaha	NE	40	7:18	00:48:32.5	30	7:19	00:48:00.7	7:18	01:35:53.3
32	167/3991	12/486	1211	Stacy Fey	F	35	Woodstock	MN	48	7:20	00:48:49.8	34	7:22	00:48:15.7	7:20	01:36:19.8
33	168/3991	10/460	4276	Gail Hochstein	F	31	Crete	NE	42	7:18	00:48:33.1	36	7:25	00:48:36.9	7:21	01:36:26.9
34	169/3991	11/460	205	Nicole Norris	F	34	Lincoln	NE	46	7:22	00:48:42.6	31	7:20	00:48:06.7	7:21	01:36:27.6
35	175/3991	13/486	678	Kristen Ramm	F	36	Gretna	NE	32	7:09	00:47:09.9	45	7:38	00:50:04.7	7:23	01:36:58.6
36	183/3991	14/486	1275	Caitlyn Ramey	F	36	Omaha	NE	63	7:27	00:49:51.5	35	7:24	00:48:29.9	7:25	01:37:23.8

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	192/3991	12/460	303	Jessica Stanley	F	31	Omaha	NE	37	7:14	00:47:48.4	49	7:43	00:50:34.8	7:28	01:37:58.9
38	200/3991	13/460	592	Jill Tillinghast	F	34	Lincoln	NE	36	7:14	00:47:40.5	53	7:45	00:50:49.9	7:29	01:38:13.1
39	201/3991	2/435	4210	Adrienne Held	F	25	Valley	NE	66	7:33	00:50:06.6	37	7:27	00:48:48.6	7:30	01:38:20.3
40	203/3991	14/460	3166	Amber Oligmueller	F	34	Lincoln	NE	87	7:42	00:51:51.8	29	7:18	00:47:55.1	7:30	01:38:24.0
41	205/3991	3/308	285	Grace Krause	F	23	Denver	CO	47	7:23	00:48:43.9	46	7:39	00:50:08.7	7:31	01:38:33.0
42	206/3991	1/79	2169	Natalie Stanley	F	19	Lincolnm	NE	59	7:28	00:49:29.5	42	7:34	00:49:39.1	7:31	01:38:37.0
43	214/3991	3/435	1684	Kristen Humphrey	F	26	Omaha	NE	64	7:30	00:49:53.9	43	7:35	00:49:40.5	7:32	01:38:53.5
44	216/3991	4/435	6250	Josselyn Webster	F	27	Lincoln	NE	68	7:34	00:50:37.8	40	7:31	00:49:19.6	7:32	01:38:54.9
45	217/3991	1/154	4185	Shelly Trvdy	F	50	Seward	NE	77	7:44	00:51:17.5	33	7:21	00:48:14.8	7:33	01:38:59.2
46	220/3991	2/227	3846	Shawna Young	F	45	Omaha	NE	52	7:26	00:49:02.9	50	7:43	00:50:35.8	7:34	01:39:18.5
47	225/3991	15/486	2945	Amy Miller	F	37	Omaha	NE	60	7:26	00:49:32.5	51	7:44	00:50:43.9	7:35	01:39:25.9
48	226/3991	5/435	2080	Elizabeth Earhart	F	25	St Louis	MO	61	7:29	00:49:33.4	47	7:41	00:50:25.3	7:35	01:39:26.3
49	231/3991	15/460	563	Mary Timmerman	F	32	Omaha	NE	31	7:03	00:47:07.4	103	8:08	00:53:21.4	7:35	01:39:35.4
50	232/3991	6/435	4103	Crystal Foust	F	25	Fremont	NE	51	7:24	00:48:53.4	54	7:47	00:51:01.4	7:35	01:39:35.5
51	233/3991	4/308	4525	Devin Schultze	F	24	Kansas City	MO	73	7:42	00:51:11.4	38	7:29	00:49:05.9	7:36	01:39:37.7
52	236/3991	3/342	638	Kimberly Nitchals	F	42	Omaha	NE	65	7:30	00:50:05.5	48	7:42	00:50:30.7	7:36	01:39:43.6
53	241/3991	5/308	43	Taylor Johnson	F	22	Lincoln	NE	26	7:03	00:46:26.1	107	8:12	00:53:43.6	7:37	01:39:57.6
54	243/3991	6/308	32	Kira Vincent	F	24	Omaha	NE	34	7:12	00:47:25.6	89	8:03	00:52:46.6	7:37	01:40:02.4
55	245/3991	16/486	421	Michelle Bivens	F	36	Lincoln	NE	74	7:43	00:51:14.3	41	7:34	00:49:36.0	7:38	01:40:14.4
56	247/3991	7/435	5819	Lauren Hopkins	F	28	Omaha	NE	54	7:27	00:49:14.6	63	7:52	00:51:37.7	7:39	01:40:25.8
57	249/3991	8/435	2824	Bethany Fulmer	F	28	Colorado Springs	CO	49	7:23	00:48:50.3	70	7:56	00:52:03.3	7:40	01:40:31.3
58	251/3991	16/460	2441	Piper Larson	F	34	Omaha	NE	44	7:23	00:48:40.7	74	7:58	00:52:14.7	7:40	01:40:39.1
59	252/3991	17/486	5047	Allison Nielsen	F	36	Elmwood	NE	43	7:22	00:48:40.4	77	7:59	00:52:22.6	7:40	01:40:42.9
60	253/3991	18/486	1299	Lora Ullerich	F	38	Omaha	NE	78	7:44	00:51:17.5	44	7:37	00:49:58.9	7:41	01:40:43.9
61	256/3991	4/342	5180	Gail Illich	F	44	Lincoln	NE	45	7:22	00:48:41.6	81	8:00	00:52:30.1	7:41	01:40:51.6
62	267/3991	3/227	706	Kjersten Welch	F	45	Sioux City	IA	53	7:26	00:49:12.4	85	8:02	00:52:41.4	7:44	01:41:23.5
63	268/3991	9/435	4341	Quinn Schulte	F	28	Omaha	NE	58	7:25	00:49:17.9	90	8:03	00:52:48.2	7:44	01:41:23.9
64	271/3991	5/342	3497	Sherri Macfee	F	40	Lincoln	NE	39	7:17	00:48:20.5	108	8:12	00:53:47.2	7:45	01:41:35.9
65	276/3991	10/435	1053	Shawntae Razo	F	29	Lincoln	NE	76	7:41	00:51:16.3	60	7:51	00:51:30.3	7:46	01:41:50.7
66	278/3991	19/486	986	Kristie Brezenski	F	35	Columbus	NE	83	7:35	00:51:32.8	73	7:57	00:52:10.4	7:46	01:41:54.3
67	279/3991	7/308	5046	Bridgette Schneekloth	F	23	Lincoln	NE	33	7:11	00:47:24.6	138	8:21	00:54:45.6	7:46	01:41:54.7
68	280/3991	20/486	1637	Cori Mooberry	F	35	Lincoln	NE	57	7:27	00:49:16.7	97	8:06	00:53:03.7	7:46	01:41:55.8
69	281/3991	6/342	1991	Myshell Straight	F	44	Red Oak	IA	75	7:43	00:51:14.7	57	7:50	00:51:19.2	7:46	01:41:58.2
70	288/3991	17/460	3989	Shelley Tiff-Lippold	F	32	Omaha	NE	71	7:35	00:50:49.5	80	8:00	00:52:29.0	7:47	01:42:12.9
71	290/3991	21/486	1200	Christina Bentley	F	35	Lincoln	NE	82	7:45	00:51:30.3	65	7:53	00:51:40.5	7:48	01:42:26.7
72	293/3991	7/342	2069	Nicole Sleddens	F	44	Lincoln	NE	92	7:48	00:52:06.2	55	7:49	00:51:16.3	7:48	01:42:27.6

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	295/3991	8/342	3003	Kaycee Neil	F	40	Lincoln	NE	41	7:18	00:48:32.7	136	8:20	00:54:39.3	7:49	01:42:34.1
74	302/3991	22/486	2375	Angie Hodge	F	35	Elkhorn	NE	90	7:51	00:51:55.1	56	7:49	00:51:16.5	7:50	01:42:48.0
75	307/3991	23/486	2481	Carmen Llana	F	39	Saint Joseph	MO	89	7:46	00:51:54.1	72	7:56	00:52:03.6	7:51	01:42:59.2
76	308/3991	9/342	3320	Kerri Meyer	F	41	Syracuse	NE	95	7:44	00:52:39.7	76	7:59	00:52:21.7	7:51	01:43:03.3
77	311/3991	18/460	2734	Becky Boellstorff	F	32	Lincoln	NE	55	7:28	00:49:16.5	128	8:16	00:54:14.0	7:52	01:43:10.7
78	313/3991	2/79	1812	Paige Maass	F	19	Omaha	NE	130	8:00	00:54:11.9	52	7:44	00:50:44.3	7:52	01:43:13.5
79	315/3991	19/460	3148	Christy Prang	F	32	Lincoln	NE	100	7:32	00:53:06.7	113	8:14	00:53:57.0	7:53	01:43:20.9
80	320/3991	2/154	1258	Mary Amen	F	51	Lincoln	NE	98	7:56	00:52:57.8	61	7:51	00:51:31.0	7:53	01:43:33.1
81	321/3991	20/460	6294	Mendy Houghton	F	34	Nebraska City	NE	128	7:56	00:54:01.5	62	7:52	00:51:33.8	7:54	01:43:35.0
82	324/3991	21/460	3855	Gina Schmidt	F	31	Chicago	IL	50	7:24	00:48:53.2	147	8:25	00:55:11.9	7:54	01:43:45.2
83	326/3991	10/342	5133	Angie Frederick	F	40	Omaha	NE	136	7:57	00:54:23.8	64	7:53	00:51:38.3	7:54	01:43:45.7
84	327/3991	3/154	2381	Karen Derr	F	51	Lincoln	NE	86	7:49	00:51:45.3	83	8:01	00:52:31.4	7:54	01:43:46.3
85	329/3991	24/486	3318	Andrea Bowen	F	35	Onsha	NE	109	8:00	00:53:36.5	58	7:50	00:51:19.6	7:55	01:43:47.2
86	331/3991	22/460	4610	Sarah Toline	F	32	Wahoo	NE	56	7:27	00:49:16.5	142	8:23	00:55:00.0	7:55	01:43:52.1
87	334/3991	25/486	3292	Lori Morin	F	38	Lincoln	NE	106	7:49	00:53:26.7	87	8:03	00:52:44.0	7:56	01:44:00.6
88	336/3991	23/460	5691	Liz Woodruff	F	30	Papillion	NE	102	7:52	00:53:16.5	78	8:00	00:52:26.0	7:56	01:44:02.5
89	339/3991	1/49	3035	Diane Sims	F	60	Omaha	NE	129	7:58	00:54:07.8	66	7:54	00:51:50.4	7:56	01:44:04.1
90	341/3991	8/308	1971	Sarah Wheeldon	F	24	Omaha	NE	80	7:43	00:51:19.3	104	8:11	00:53:38.1	7:56	01:44:10.7
91	343/3991	4/227	998	Stacey Eddie	F	45	Storm Lake	IA	174	8:03	00:55:25.2	59	7:50	00:51:22.9	7:56	01:44:10.8
92	347/3991	24/460	2132	Jennifer Feldt	F	34	Lincoln	NE	168	7:59	00:55:18.6	67	7:55	00:51:52.2	7:57	01:44:15.0
93	350/3991	4/154	5845	Dawn Claus	F	50	Sutton	NE	117	7:53	00:53:42.8	84	8:02	00:52:38.0	7:57	01:44:19.6
94	358/3991	26/486	5518	Angela Boule	F	36	Lincoln	NE	145	8:03	00:54:31.2	71	7:56	00:52:03.5	8:00	01:44:53.6
95	359/3991	27/486	1363	Ann Lesch	F	35	De Smet	SD	193	7:47	00:56:05.5	110	8:13	00:53:51.2	8:00	01:44:55.8
96	360/3991	11/435	757	Kirsten Kreutz	F	28	Inland	NE	133	8:04	00:54:21.5	69	7:56	00:52:02.2	8:00	01:44:56.2
97	363/3991	28/486	1778	Melissa Bell	F	36	Gothenburg	NE	120	8:00	00:53:47.6	82	8:01	00:52:30.9	8:00	01:44:59.9
98	365/3991	29/486	5194	Tiffany Engleman	F	35	Omaha	NE	114	7:54	00:53:40.9	101	8:08	00:53:17.2	8:00	01:45:02.5
99	370/3991	11/342	3902	Michelle Reitz	F	42	Omaha	NE	101	8:00	00:53:16.3	88	8:03	00:52:45.6	8:01	01:45:11.3
100	371/3991	5/154	2241	Wanda Essink	F	54	Lincoln	NE	62	7:25	00:49:49.1	191	8:39	00:56:42.3	8:01	01:45:18.0
101	372/3991	12/435	3349	Nicole Kostelnick	F	26	Lincoln	NE	186	8:05	00:55:51.6	75	7:58	00:52:16.3	8:02	01:45:19.5
102	374/3991	9/308	5695	Lauren Bejot	F	23	Lincoln	NE	140	7:51	00:54:27.1	111	8:14	00:53:55.7	8:02	01:45:21.5
103	375/3991	12/342	611	April Binder	F	42	Table Rock	NE	148	8:00	00:54:43.8	94	8:05	00:52:57.3	8:02	01:45:27.9
104	379/3991	13/435	2350	Shay Mander	F	25	Lincoln	NE	69	7:34	00:50:38.3	173	8:33	00:56:00.1	8:03	01:45:37.7
105	380/3991	14/435	4874	Bridget Larkin	F	29	Manhattan	KS	171	8:11	00:55:22.8	68	7:56	00:51:58.1	8:03	01:45:39.2
106	382/3991	30/486	1760	Jenny Pinkall	F	35	Seward	NE	79	7:44	00:51:18.1	140	8:23	00:54:55.9	8:03	01:45:40.9
107	383/3991	3/79	4138	Laura Packwood	F	18	Omaha	NE	67	7:36	00:50:22.2	168	8:31	00:55:50.2	8:03	01:45:41.6
108	384/3991	15/435	6048	Trista Hetland	F	27	Denver	CO	94	7:52	00:52:38.7	122	8:16	00:54:09.0	8:03	01:45:42.1

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
109	385/3991	16/435	2106	Stephanie Warnke	F	25	Vermillion	SD	110	8:04	00:53:37.3	91	8:03	00:52:49.8	8:03	01:45:42.4
110	387/3991	5/227	5749	Margaret Tharp	F	49	Bellevue	NE	213	7:55	00:56:37.4	114	8:14	00:53:57.4	8:04	01:45:49.7
111	389/3991	31/486	898	Tracy Garcia	F	35	Lincoln	NE	72	7:42	00:50:54.2	153	8:27	00:55:22.9	8:04	01:45:52.2
112	399/3991	6/154	1126	Kristi Newcomb	F	52	Lincoln	NE	84	7:44	00:51:36.3	156	8:28	00:55:31.8	8:06	01:46:13.2
113	401/3991	7/154	2119	Kimberley Jungck	F	52	Lincoln	NE	151	8:07	00:54:52.8	95	8:05	00:52:58.5	8:06	01:46:14.9
114	402/3991	25/460	1689	Melanie Johnson	F	34	Lincoln	NE	152	8:07	00:54:52.8	96	8:05	00:53:00.3	8:06	01:46:16.4
115	403/3991	26/460	3624	Tara King	F	34	Lincoln	NE	195	8:10	00:56:08.6	86	8:02	00:52:43.1	8:06	01:46:16.4
116	404/3991	32/486	2713	Jessica Marsh	F	35	Lincoln	NE	147	7:59	00:54:41.4	116	8:14	00:54:00.4	8:06	01:46:17.9
117	405/3991	13/342	2621	Leirion Gaylor Baird	F	44	Lincoln	NE	191	8:07	00:56:04.8	98	8:06	00:53:04.9	8:06	01:46:18.3
118	406/3991	33/486	4962	Gina Olson	F	36	Waverly	NE	70	7:35	00:50:43.3	190	8:39	00:56:41.1	8:06	01:46:23.2
119	407/3991	17/435	498	Rachel McGill	F	27	Lincoln	NE	96	7:53	00:52:42.9	137	8:20	00:54:41.0	8:06	01:46:23.6
120	409/3991	10/308	4569	Jillian Peavy	F	24	Ralston	NE	107	7:59	00:53:34.4	120	8:15	00:54:06.3	8:07	01:46:27.4
121	410/3991	27/460	1206	Megan Fry	F	30	Pipestone	MN	125	8:06	00:53:54.9	102	8:08	00:53:20.2	8:07	01:46:29.8
122	414/3991	6/227	600	Meagan Van Gelder	F	45	Omaha	NE	165	8:12	00:55:10.4	92	8:03	00:52:49.8	8:08	01:46:37.5
123	415/3991	18/435	3577	Katelyn Wheeler	F	25	Lincoln	NE	81	7:40	00:51:29.5	182	8:36	00:56:21.9	8:08	01:46:39.8
124	418/3991	34/486	4175	Rachael Kluck-Spann	F	38	Lincoln	NE	123	7:58	00:53:52.5	133	8:18	00:54:24.9	8:08	01:46:42.0
125	420/3991	28/460	2517	Megan Weber-Little	F	32	Omaha	NE	85	7:49	00:51:43.7	158	8:28	00:55:32.8	8:08	01:46:45.9
126	421/3991	4/79	5299	Kerstin Swanson	F	16	Omaha	NE	206	8:18	00:56:30.5	79	8:00	00:52:26.3	8:08	01:46:49.8
127	422/3991	7/227	710	Amy Arduser	F	45	Lincoln	NE	134	8:02	00:54:22.7	121	8:15	00:54:07.4	8:09	01:46:50.9
128	428/3991	8/154	523	Rachelle Hadley	F	52	Lincoln	NE	137	8:06	00:54:24.9	112	8:14	00:53:56.5	8:09	01:47:00.3
129	432/3991	35/486	539	Jayme Lowell	F	35	Lincoln	NE	132	8:05	00:54:19.4	119	8:14	00:54:01.9	8:10	01:47:03.8
130	441/3991	29/460	3098	Ashley Amick	F	31	Omaha	NE	118	8:06	00:53:43.3	125	8:16	00:54:11.8	8:11	01:47:20.9
131	443/3991	8/227	643	Margaret Williams	F	49	Pleasant Dale	NE	143	8:07	00:54:29.4	124	8:16	00:54:11.0	8:11	01:47:21.6
132	444/3991	19/435	4285	Rhianna Kittrell	F	26	Omaha	NE	215	8:05	00:56:43.7	132	8:18	00:54:23.6	8:11	01:47:22.8
133	446/3991	36/486	3183	Leisa Becker	F	35	Lincoln	NE	127	8:02	00:54:00.5	139	8:22	00:54:49.0	8:11	01:47:27.6
134	449/3991	20/435	2153	Laura Hilkemann	F	25	Lincoln	NE	115	8:00	00:53:42.3	144	8:23	00:55:01.1	8:11	01:47:29.3
135	454/3991	21/435	4921	Emily Higgins	F	29	Kingwood	TX	154	8:07	00:54:56.3	134	8:19	00:54:31.6	8:13	01:47:44.5
136	461/3991	37/486	4794	Pam Althof	F	37	Bellevue	NE	198	8:20	00:56:13.2	100	8:08	00:53:16.7	8:14	01:47:56.3
137	465/3991	9/154	2275	Sarah Fredrickson	F	52	Omaha	NE	139	8:05	00:54:26.8	145	8:24	00:55:06.4	8:14	01:48:03.6
138	467/3991	1/13	2919	Brooklyn Banik	F	14	Lorton	NE	119	7:59	00:53:45.5	165	8:30	00:55:45.9	8:14	01:48:08.2
139	469/3991	14/342	6123	Toni Nietfeldt	F	42	Elkhorn	NE	201	8:15	00:56:19.3	123	8:16	00:54:09.1	8:15	01:48:13.1
140	470/3991	38/486	493	Lyndsy Schulz	F	38	Seward	NE	307	8:14	00:59:28.7	126	8:16	00:54:13.0	8:15	01:48:13.6
141	475/3991	39/486	1291	Shawna Hurley	F	39	Lincoln	NE	194	8:17	00:56:07.5	115	8:14	00:53:57.8	8:15	01:48:17.9
142	476/3991	10/154	480	Jo Mcelwain	F	51	Lincoln	NE	138	8:05	00:54:25.9	150	8:26	00:55:17.2	8:15	01:48:18.6
143	480/3991	40/486	807	Lyndsay Jensen	F	36	Lincoln	NE	113	8:03	00:53:40.7	163	8:29	00:55:39.0	8:16	01:48:23.1
144	482/3991	41/486	3507	Elisa Hillman	F	36	Papillion	NE	141	8:06	00:54:27.3	152	8:27	00:55:22.4	8:16	01:48:27.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	487/3991	9/227	1420	Jennifer Gregg	F	48	Omaha	NE	142	8:03	00:54:29.3	166	8:30	00:55:46.5	8:16	01:48:33.2
146	488/3991	30/460	4798	Cassie Ginapp	F	33	Crete	NE	253	8:21	00:57:36.7	109	8:12	00:53:48.4	8:17	01:48:35.6
147	492/3991	42/486	3600	Lori Wilson	F	38	Omaha	NE	184		00:55:47.2	93	8:04	00:52:52.4	8:17	01:48:39.6
148	494/3991	31/460	1249	Laura Neel	F	34	Omaha	NE	91	7:50	00:51:58.4	219	8:44	00:57:18.6	8:17	01:48:42.4
149	495/3991	32/460	1491	Abby Heitshusen	F	31	Moore	OK	157	8:08	00:54:57.9	157	8:28	00:55:32.5	8:18	01:48:50.0
150	497/3991	10/227	723	Rachele Eller	F	45	Shelby	NE	144	8:08	00:54:30.2	160	8:29	00:55:35.4	8:18	01:48:52.7
151	498/3991	22/435	4345	Randi McMahon	F	29	Nelson	NE	266	7:53	00:58:19.8	217	8:44	00:57:15.1	8:18	01:48:53.7
152	504/3991	15/342	3231	Stephanie Groathouse	F	44	Waukee	IA	159	8:09	00:54:58.7	159	8:29	00:55:34.9	8:18	01:48:58.8
153	510/3991	23/435	4572	Nikaela Schroeder	F	27	Omaha	NE	219	8:09	00:56:50.8	162	8:29	00:55:39.0	8:19	01:49:04.1
154	511/3991	33/460	5139	Jeri Light	F	31	Sioux Falls	SD	149		00:54:47.0	130	8:17	00:54:18.0	8:19	01:49:05.0
155	513/3991	11/227	291	Eva Lindahl	F	45	Lincoln	NE	179	8:13	00:55:31.7	151	8:26	00:55:19.4	8:19	01:49:12.5
156	515/3991	12/227	503	Doris Robertson	F	48	Lincoln	NE	210	8:20	00:56:33.3	135	8:20	00:54:36.1	8:20	01:49:15.0
157	516/3991	11/154	2121	Amanda Baron-Fritts	F	54	Lincoln	NE	104	7:57	00:53:18.6	211	8:42	00:57:05.2	8:20	01:49:15.2
158	517/3991	43/486	4247	Hanna Brumbaugh	F	37	Pawnee City	NE	408	8:34	01:01:12.3	99	8:07	00:53:10.9	8:20	01:49:18.1
159	525/3991	24/435	806	Melissa Wadzinski	F	25	Lincoln	NE	124	8:04	00:53:53.3	193	8:39	00:56:44.0	8:21	01:49:37.4
160	526/3991	11/308	5883	Sarah Dolezal	F	24	Waverly	NE	439	8:27	01:01:26.3	129	8:17	00:54:15.8	8:22	01:49:40.7
161	527/3991	12/154	2048	Burke Morrow	F	51	Lincoln	NE	99	7:56	00:52:58.2	238	8:47	00:57:38.1	8:22	01:49:40.9
162	530/3991	25/435	1105	Kelsey Richters	F	28	Lincoln	NE	289	8:07	00:59:01.7	188	8:39	00:56:40.7	8:22	01:49:53.1
163	531/3991	34/460	1095	Melissa Hansen	F	30	Pender	NE	197	8:23	00:56:11.6	141	8:23	00:54:57.2	8:23	01:49:53.9
164	532/3991	44/486	5919	Hallie Ganz	F	38	Kearney	NE	281	8:34	00:58:52.8	106	8:11	00:53:42.0	8:23	01:49:55.1
165	533/3991	16/342	696	Jennifer Petersen	F	42	Lincoln	NE	284	8:35	00:58:53.4	105	8:11	00:53:42.0	8:23	01:49:55.8
166	537/3991	26/435	3900	Kimberly Vanbuskirk	F	26	Fremont	NE	121	8:00	00:53:49.5	229	8:46	00:57:30.6	8:23	01:50:01.0
167	540/3991	35/460	1775	Christine Wilcox	F	33	Lincoln	NE	211	8:20	00:56:33.5	155	8:28	00:55:27.7	8:24	01:50:07.4
168	545/3991	27/435	1116	Breanna Jensby	F	25	Lincoln	NE	244	8:26	00:57:18.3	143	8:23	00:55:00.2	8:24	01:50:19.4
169	546/3991	45/486	4911	Kitra Schartz	F	39	Manhattan	KS	172	8:11	00:55:22.8	195	8:39	00:56:45.0	8:25	01:50:27.2
170	547/3991	46/486	5882	Missy Mcconville	F	36	Norwalk	IA	93	7:56	00:52:38.4	288	8:55	00:58:27.9	8:25	01:50:27.2
171	551/3991	28/435	4832	Danielle Ahrens	F	29	Lincoln	NE	164	8:11	00:55:10.2	202	8:40	00:56:50.9	8:25	01:50:29.2
172	554/3991	29/435	3745	Ashley Rockey	F	25	Lincoln	NE	274	8:06	00:58:38.9	230	8:46	00:57:31.2	8:26	01:50:39.4
173	556/3991	5/79	6203	Katie Pesek	F	19	Omaha	NE	265	8:14	00:58:14.9	197	8:40	00:56:46.9	8:26	01:50:44.2
174	557/3991	30/435	2805	Sara Lovell	F	29	Lincoln	NE	254	8:14	00:57:42.2	196	8:40	00:56:46.5	8:26	01:50:46.1
175	559/3991	36/460	990	Robyn Gonzales	F	32	Lincoln	NE	108	8:01	00:53:34.8	279	8:53	00:58:15.7	8:27	01:50:46.6
176	560/3991	31/435	5941	Kristen Dinneen Sievert	F	26	Lincoln	NE	161	8:08	00:55:01.4	223	8:46	00:57:27.8	8:27	01:50:47.2
177	565/3991	2/13	4917	Andie Koch	F	12	Blue Springs	NE	237	8:22	00:57:15.5	174	8:34	00:56:06.9	8:27	01:50:58.1
178	566/3991	37/460	2085	Melissa Mazzulla	F	33	Martell	NE	177	8:06	00:55:29.8	248	8:49	00:57:51.4	8:28	01:51:00.2
179	567/3991	6/79	4201	Jenny Kortus	F	18	Lincoln	NE	178	8:13	00:55:30.7	214	8:43	00:57:08.7	8:28	01:51:03.4
180	569/3991	47/486	2801	Marcia Dority Baker	F	38	Lincoln	NE	135	8:05	00:54:23.3	270	8:52	00:58:06.9	8:28	01:51:07.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	571/3991	32/435	1599	Hollyanne Fricke	F	28	Omaha	NE	227	8:25	00:56:58.8	170	8:32	00:55:55.6	8:28	01:51:09.7
182	576/3991	17/342	1972	Bobbie Kriz-Wickham	F	44	Lincoln	NE	334	8:18	00:59:46.8	199	8:40	00:56:47.6	8:28	01:51:11.0
183	579/3991	48/486	2931	Stacy Anderson	F	38	Gothenburg	NE	208	8:16	00:56:31.5	209	8:42	00:57:03.3	8:28	01:51:12.3
184	580/3991	33/435	210	Markeya Peteranetz	F	26	Lincoln	NE	180	8:09	00:55:36.1	251	8:50	00:57:54.4	8:29	01:51:19.6
185	581/3991	38/460	4178	Jessica Wehner	F	32	Lincoln	NE	173	8:12	00:55:23.5	233	8:47	00:57:34.8	8:29	01:51:21.5
186	582/3991	1/81	767	Sue Wambaugh	F	58	Lincoln	NE	228	8:25	00:56:58.8	176	8:34	00:56:09.7	8:29	01:51:22.8
187	583/3991	13/154	839	Nancy Asselin	F	53	Lincoln	NE	229	8:25	00:56:59.2	178	8:34	00:56:13.1	8:29	01:51:23.4
188	585/3991	49/486	717	Abbie Edie	F	38	Omaha	NE	319	8:42	00:59:40.7	131	8:18	00:54:23.2	8:29	01:51:24.0
189	586/3991	50/486	356	Janice Ayres	F	35	Lincoln	NE	160	8:08	00:54:59.9	267	8:51	00:58:02.9	8:29	01:51:24.5
190	587/3991	39/460	6008	Renee Stewart	F	30	Wahoo	NE	222	8:22	00:56:55.7	186	8:38	00:56:33.4	8:30	01:51:25.6
191	588/3991	18/342	736	Dawn Melcher	F	42	Elkhorn	NE	545	8:29	01:02:48.3	169	8:31	00:55:52.4	8:30	01:51:26.4
192	590/3991	51/486	1146	Katy Biehl	F	35	Syracuse	NE	150	8:07	00:54:52.4	277	8:53	00:58:13.6	8:30	01:51:28.4
193	591/3991	13/227	4741	Kristin Riedy	F	46	Grand Island	NE	214	8:18	00:56:43.5	210	8:42	00:57:05.1	8:30	01:51:30.8
194	597/3991	19/342	6192	Kim Trisler	F	42	Omaha	NE	230	8:20	00:56:59.6	204	8:41	00:56:54.2	8:30	01:51:35.4
195	599/3991	40/460	5849	Melissa Holtz	F	34	Sioux City	IA	156	8:11	00:54:57.3	268	8:51	00:58:04.1	8:31	01:51:43.0
196	601/3991	52/486	1486	Erin Trusty	F	39	Beatrice	NE	580	8:49	01:03:17.9	117	8:14	00:54:00.5	8:31	01:51:47.2
197	602/3991	20/342	1471	Jodi Deboer	F	42	Beatrice	NE	578	8:49	01:03:17.4	118	8:14	00:54:00.7	8:31	01:51:47.3
198	603/3991	7/79	5733	Hana McMahon-Cole	F	18	Lincoln	NE	292	8:34	00:59:06.2	161	8:29	00:55:37.5	8:31	01:51:48.6
199	608/3991	2/81	4665	Christine Sebesta	F	57	Springfield	NE	181	8:17	00:55:38.6	236	8:47	00:57:36.5	8:32	01:51:55.7
200	609/3991	41/460	2796	Jackie Sheets	F	31	Bennington	NE	543	8:28	01:02:47.6	184	8:36	00:56:24.8	8:32	01:51:58.2
201	611/3991	42/460	6180	Kendra Piening	F	32	Lincoln	NE	346	8:31	01:00:16.3	175	8:34	00:56:09.5	8:32	01:52:01.6
202	612/3991	21/342	5548	Shelby Cork	F	40	Clive	IA	279	8:26	00:58:51.4	198	8:40	00:56:47.1	8:32	01:52:01.7
203	614/3991	53/486	1792	Amy Lehnert	F	35	Lincoln	NE	243	8:22	00:57:17.5	215	8:43	00:57:12.1	8:33	01:52:06.8
204	615/3991	34/435	4280	Bobbi Haarhues	F	28	Pawnee City	NE	409	8:34	01:01:12.4	172	8:32	00:55:59.9	8:33	01:52:07.2
205	616/3991	14/227	5343	Beth Kar	F	45	St. Joseph	MO	225	8:25	00:56:58.3	207	8:42	00:56:59.8	8:33	01:52:08.4
206	617/3991	54/486	1067	S. Dusty Hatt	F	35	Lincoln	NE	239	8:20	00:57:15.7	225	8:46	00:57:29.4	8:33	01:52:09.2
207	618/3991	12/308	2022	Marisa Mcclintock	F	24	Elkhorn	NE	170	8:12	00:55:21.5	283	8:54	00:58:21.6	8:33	01:52:09.5
208	619/3991	22/342	3726	Joanna Mcaleer	F	41	Ralston	NE	231	8:15	00:57:03.7	271	8:52	00:58:07.4	8:33	01:52:13.0
209	620/3991	35/435	4655	Cassie Sylvester	F	25	Lincoln	NE	217	7:56	00:56:45.1	366	9:11	01:00:13.3	8:33	01:52:13.4
210	621/3991	43/460	2084	Alana Pfeifer	F	33	Marysville	KS	438	8:32	01:01:26.3	181	8:36	00:56:20.3	8:33	01:52:14.7
211	625/3991	44/460	5835	Shannon Brown	F	32	Norwalk	IA	88	7:49	00:51:52.9	413	9:19	01:01:06.6	8:34	01:52:20.0
212	626/3991	45/460	2149	Tasha Breitbarth	F	34	Pender	NE	103	7:58	00:53:18.1	360	9:10	01:00:03.3	8:34	01:52:20.2
213	628/3991	14/154	841	Julie Olmstead	F	52	Webster City	IA	249	8:28	00:57:27.9	205	8:41	00:56:58.5	8:34	01:52:26.1
214	629/3991	23/342	4951	Alice Spence	F	42	Papillion	NE	291	8:27	00:59:05.8	206	8:42	00:56:59.7	8:34	01:52:26.2
215	633/3991	8/79	1118	Dana Meduna	F	19	Weston	NE	252	8:20	00:57:36.5	258	8:51	00:57:58.2	8:35	01:52:35.5
216	634/3991	36/435	5163	Kristin Stone	F	28	Lincoln	NE	458	8:54	01:01:45.3	127	8:16	00:54:13.9	8:35	01:52:36.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	635/3991	9/79	6129	Sailor Fadell	F	19	Omaha	NE	192	8:21	00:56:05.3	249	8:50	00:57:52.5	8:35	01:52:38.2
218	639/3991	37/435	4106	Amy Wagenknecht	F	29	Omaha	NE	196	8:24	00:56:10.3	244	8:48	00:57:44.0	8:36	01:52:45.7
219	641/3991	15/227	2833	Shelly Soupier	F	45	Omaha	NE	233	8:22	00:57:04.7	253	8:50	00:57:55.8	8:36	01:52:48.9
220	642/3991	15/154	4937	Pam Oconnor	F	53	Omaha	NE	407	8:36	01:01:10.8	185	8:36	00:56:25.7	8:36	01:52:49.7
221	644/3991	38/435	2303	Carrie Westerbuhr	F	28	Kearney	NE	459	8:46	01:01:49.4	154	8:27	00:55:23.2	8:36	01:52:52.2
222	645/3991	13/308	6311	Brianne Keller	F	24	Lincoln	NE	272	8:28	00:58:36.7	220	8:45	00:57:24.1	8:36	01:52:52.7
223	646/3991	46/460	658	Rachel Propp	F	34	Hastings	NE	347	8:30	01:00:17.3	213	8:43	00:57:06.6	8:36	01:52:53.0
224	647/3991	39/435	4023	Faith Schneider	F	28	York	NE	200	8:17	00:56:16.8	298	8:56	00:58:36.9	8:36	01:52:54.0
225	648/3991	40/435	5254	Megan Johnson	F	29	Columbus	NE	169	8:15	00:55:19.7	306	8:59	00:58:52.0	8:36	01:52:54.4
226	651/3991	47/460	798	Lindsey Sample	F	34	Pleasant Dale	NE	372	8:34	01:00:37.8	194	8:39	00:56:44.5	8:36	01:52:56.9
227	652/3991	16/154	5915	Kathryn Kersting	F	51	Kansas City	MO	218	8:21	00:56:46.8	272	8:52	00:58:10.3	8:36	01:52:57.2
228	653/3991	55/486	625	Kara Engles	F	39	Auburn	NE	247	8:20	00:57:23.6	282	8:54	00:58:20.5	8:37	01:52:59.5
229	654/3991	14/308	3718	Laura Muren	F	21	Wayne	NE	636	8:40	01:04:09.5	177	8:34	00:56:13.1	8:37	01:53:00.0
230	655/3991	3/13	2655	Kaylie Crews	F	13	Papillion	NE	542	8:49	01:02:47.3	146	8:25	00:55:10.8	8:37	01:53:00.5
231	656/3991	15/308	3676	Brooke Vogt	F	22	Wayne	NE	635	8:40	01:04:09.3	179	8:35	00:56:14.4	8:37	01:53:01.3
232	657/3991	56/486	1462	Kerri Otto	F	38	Lincoln	NE	398	8:36	01:01:03.5	187	8:38	00:56:36.0	8:37	01:53:01.4
233	662/3991	57/486	526	Andrea Schmidt	F	35	Fairbury	NE	163	8:21	00:55:09.3	292	8:55	00:58:30.4	8:38	01:53:12.4
234	663/3991	58/486	5354	Staci Keel	F	39	Lincoln	NE	336	8:33	00:59:47.4	216	8:44	00:57:12.8	8:38	01:53:13.4
235	665/3991	59/486	3870	Jessica Warren	F	36	Eagle	NE	356	8:51	01:00:25.5	149	8:26	00:55:15.9	8:38	01:53:16.8
236	666/3991	60/486	964	Jenna Dubas	F	37	Waverly	NE	355	8:51	01:00:25.5	148	8:26	00:55:15.7	8:38	01:53:17.0
237	667/3991	16/308	1196	Jessica Blunk	F	24	Lincoln	NE	188	8:15	00:56:03.4	319	9:02	00:59:10.9	8:38	01:53:17.7
238	671/3991	16/227	774	Amy Erlbacher-Anderson	F	46	Omaha	NE	305	8:32	00:59:24.9	222	8:45	00:57:24.5	8:39	01:53:23.8
239	672/3991	41/435	6000	Rachel Peterson	F	28	Broken Bow	NE	97	8:00	00:52:57.8	404	9:18	01:01:00.9	8:39	01:53:25.0
240	675/3991	42/435	4111	Shannon Scroggin	F	25	Omaha	NE	343	8:38	01:00:09.6	203	8:41	00:56:53.8	8:39	01:53:31.2
241	676/3991	24/342	1753	Laurel Badura	F	41	Kearney	NE	232	8:24	00:57:04.1	291	8:55	00:58:29.6	8:39	01:53:32.1
242	677/3991	17/154	683	Sherri Wren	F	52	Lincoln	NE	300	8:29	00:59:20.7	257	8:51	00:57:58.1	8:39	01:53:32.4
243	679/3991	17/227	2654	Kathy Crews	F	45	Papillion	NE	541	8:49	01:02:47.3	167	8:31	00:55:47.4	8:40	01:53:36.9
244	680/3991	43/435	2140	Margaret Johnson	F	27	Chicago	IL	131	8:10	00:54:18.8	358	9:10	01:00:02.8	8:40	01:53:37.2
245	681/3991	61/486	1954	Elizabeth Shotkoski	F	39	Lincoln	NE	212	8:14	00:56:34.4	340	9:06	00:59:39.1	8:40	01:53:38.4
246	685/3991	62/486	5701	Amanda Matthews	F	39	Raymond	NE	246	8:25	00:57:21.8	290	8:55	00:58:29.5	8:40	01:53:40.8
247	686/3991	17/308	4191	Jessica Bohlken	F	21	Lincoln	NE	399	8:45	01:01:04.4	183	8:36	00:56:22.9	8:40	01:53:44.8
248	688/3991	48/460	3537	Amy Pflingsten	F	31	Lincoln	NE	290	8:35	00:59:04.3	227	8:46	00:57:30.2	8:40	01:53:47.3
249	690/3991	63/486	2747	Vanessa Shipp	F	35	Omaha	NE	416	8:50	01:01:16.7	171	8:32	00:55:58.0	8:41	01:53:50.4
250	691/3991	25/342	3672	Danielle Egr	F	40	Yutan	NE	328	8:24	00:59:43.5	302	8:58	00:58:46.4	8:41	01:53:51.3
251	694/3991	18/308	5757	Taylor Cody	F	23	Kearney	NE	538	8:44	01:02:46.5	192	8:39	00:56:42.9	8:41	01:53:59.4
252	695/3991	49/460	5715	Kylie Thomas	F	34	Lincoln	NE	236	8:23	00:57:11.1	313	9:00	00:59:01.8	8:41	01:54:00.5

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	696/3991	18/227	1187	Kris Newquist	F	48	Aurora	NE	112	7:57	00:53:39.7	454	9:26	01:01:52.9	8:41	01:54:01.5
254	698/3991	64/486	1301	Sara Stewart	F	38	Lincoln	NE	690	8:42	01:05:13.8	208	8:42	00:57:01.0	8:42	01:54:05.6
255	704/3991	26/342	434	Mindy Ohnoutka	F	40	Lincoln	NE	324	8:29	00:59:41.8	294	8:56	00:58:33.5	8:42	01:54:10.5
256	705/3991	65/486	381	Julie Guyton	F	39	Lincoln	NE	373	8:45	01:00:40.3	201	8:40	00:56:50.9	8:42	01:54:10.6
257	714/3991	50/460	2509	Katie Fagan	F	30	Omaha	NE	380	8:47	01:00:42.2	200	8:40	00:56:48.2	8:43	01:54:22.3
258	716/3991	19/308	4903	Courtney Everhart	F	21	Gretna	NE	166	8:13	00:55:15.4	380	9:14	01:00:33.4	8:43	01:54:26.7
259	718/3991	51/460	3631	Meagan Basye	F	31	Omaha	NE	255	8:24	00:57:42.3	328	9:03	00:59:20.2	8:43	01:54:27.8
260	720/3991	27/342	5016	Jennifer Parde	F	41	Lincoln	NE	241	8:13	00:57:17.1	385	9:15	01:00:39.7	8:44	01:54:29.6
261	722/3991	52/460	2941	Bambi Carr	F	34	Kearney	NE	441	8:49	01:01:28.3	189	8:39	00:56:40.9	8:44	01:54:31.5
262	726/3991	66/486	5129	Desirae Eschiti	F	35	Wilber	NE	339	8:38	00:59:54.9	256	8:50	00:57:57.1	8:44	01:54:33.3
263	729/3991	44/435	4856	Erin Stanczyk	F	28	Lincoln	NE	499	8:53	01:02:10.7	180	8:35	00:56:18.6	8:44	01:54:34.4
264	731/3991	67/486	5109	Julie Rasgorshek	F	39	Crete	NE	329	8:41	00:59:43.7	243	8:48	00:57:42.4	8:44	01:54:35.6
265	732/3991	18/154	660	Laura Kapustka	F	53	Lincoln	NE	257	8:31	00:57:54.4	304	8:58	00:58:48.9	8:44	01:54:35.9
266	738/3991	28/342	5168	Melissa Macklin	F	41	Roca	NE	606	8:43	01:03:38.7	240	8:48	00:57:39.7	8:45	01:54:47.2
267	739/3991	68/486	747	Kimberly Keller	F	35	Lincoln	NE	250	8:29	00:57:30.3	323	9:02	00:59:14.8	8:45	01:54:48.8
268	741/3991	19/227	5436	Stacy Beshears	F	48	Saint Joseph	MO	287	8:41	00:59:00.5	252	8:50	00:57:55.4	8:45	01:54:49.4
269	742/3991	45/435	6170	Nicole Tegtmeier	F	25	Lincoln	NE	465	8:45	01:01:52.9	228	8:46	00:57:30.2	8:45	01:54:52.3
270	746/3991	46/435	614	Sarah Stevens	F	29	Omaha	NE	322	8:41	00:59:41.3	262	8:51	00:57:59.0	8:46	01:54:56.9
271	747/3991	29/342	861	Jori Newell	F	41	Eagle	NE	301	8:39	00:59:21.7	274	8:53	00:58:12.4	8:46	01:54:56.9
272	748/3991	53/460	808	Lindsey Meyer	F	30	Omaha	NE	314	8:41	00:59:39.5	265	8:51	00:57:59.9	8:46	01:54:57.1
273	750/3991	69/486	5022	Stephanie Semple	F	36	Omaha	NE	315	8:41	00:59:40.2	263	8:51	00:57:59.2	8:46	01:54:58.1
274	751/3991	70/486	3380	Diana Friesen	F	35	Omaha	NE	316	8:41	00:59:40.5	266	8:51	00:58:00.8	8:46	01:54:58.2
275	752/3991	30/342	721	Ashley Wiles	F	41	Omaha	NE	318	8:41	00:59:40.7	264	8:51	00:57:59.2	8:46	01:54:58.2
276	755/3991	20/227	884	Elizabeth Berentson	F	45	Omaha	NE	320	8:42	00:59:40.8	260	8:51	00:57:58.9	8:46	01:54:58.8
277	756/3991	47/435	5534	Meleia Oestmann	F	25	Auburn	NE	323	8:42	00:59:41.5	261	8:51	00:57:58.9	8:46	01:54:59.2
278	757/3991	71/486	293	Courtney Mann	F	37	Omaha	NE	321	8:42	00:59:41.3	259	8:51	00:57:58.6	8:46	01:54:59.3
279	761/3991	72/486	2700	Laura Allen	F	35	Lincoln	NE	242	8:17	00:57:17.3	384	9:15	01:00:38.6	8:46	01:54:59.8
280	763/3991	19/154	5296	Mary Naeger	F	53	Valley Park	MO	116	8:07	00:53:42.8	450	9:25	01:01:46.6	8:46	01:55:01.2
281	765/3991	10/79	5950	Emily Locke	F	18	Malcolm	NE	596	8:47	01:03:28.7	224	8:46	00:57:27.8	8:46	01:55:04.4
282	766/3991	20/154	1138	Deidre Garrett	F	54	Lincoln	NE	226	8:24	00:56:58.7	357	9:09	01:00:01.9	8:46	01:55:04.5
283	769/3991	48/435	5838	Kathleen Turner	F	29	Omaha	NE	348	8:40	01:00:20.8	281	8:53	00:58:15.9	8:46	01:55:06.0
284	770/3991	54/460	4616	Lisa Ostwinkle	F	32	Yutan	NE	354	8:28	01:00:24.8	338	9:05	00:59:36.0	8:46	01:55:06.5
285	771/3991	11/79	4269	Taylor Osborne	F	19	Beatrice	NE	273	8:10	00:58:36.9	438	9:23	01:01:32.5	8:46	01:55:06.6
286	772/3991	73/486	3082	Kate Boston	F	35	Kearney	NE	199	8:24	00:56:13.6	361	9:10	01:00:04.1	8:46	01:55:07.9
287	775/3991	74/486	1782	Lana Rourke	F	37	Lincoln	NE	282	8:37	00:58:53.2	299	8:57	00:58:42.0	8:47	01:55:12.3
288	777/3991	12/79	1958	Julia McMahon-Cole	F	15	Lincoln	NE	366	8:48	01:00:32.3	237	8:47	00:57:37.3	8:47	01:55:16.7



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	778/3991	55/460	1803	Morgan Grot	F	31	Omaha	NE	424	8:41	01:01:21.2	286	8:54	00:58:23.0	8:47	01:55:18.2
290	779/3991	75/486	1797	Karen Borchert	F	37	Omaha	NE	426	8:41	01:01:21.6	285	8:54	00:58:22.6	8:47	01:55:18.4
291	781/3991	49/435	5238	Megan Kopetzky	F	25	Lincoln	NE	493	8:49	01:02:06.5	232	8:46	00:57:31.8	8:47	01:55:20.4
292	783/3991	31/342	2572	Sherry Havranek	F	40	Omaha	NE	364	8:35	01:00:28.7	316	9:01	00:59:04.1	8:48	01:55:22.7
293	784/3991	50/435	2108	Samantha Drealan	F	27	Madison	SD	111	8:04	00:53:37.5	491	9:32	01:02:30.3	8:48	01:55:23.2
294	785/3991	76/486	5320	Bethany Stamps	F	35	Papillion	NE	162	8:16	00:55:02.8	415	9:20	01:01:09.7	8:48	01:55:23.3
295	787/3991	21/227	4948	Melissa Antinoro	F	45	Lincoln	NE	359	8:43	01:00:26.5	284	8:54	00:58:22.0	8:48	01:55:28.5
296	788/3991	77/486	1110	Kristi Casady	F	38	Lincoln	NE	158	8:11	00:54:57.9	449	9:25	01:01:46.2	8:48	01:55:28.6
297	791/3991	51/435	4519	Lisa Tronchetti	F	26	Omaha	NE	707	8:48	01:05:41.9	245	8:49	00:57:46.2	8:48	01:55:31.0
298	792/3991	20/308	5865	Kayla Locke	F	20	Malcolm	NE	597	8:47	01:03:29.1	250	8:50	00:57:54.1	8:48	01:55:32.1
299	793/3991	56/460	408	Jessica Florez	F	34	Lincoln	NE	235	8:21	00:57:07.9	392	9:17	01:00:49.7	8:48	01:55:33.2
300	794/3991	57/460	2120	Meghan Mueller	F	34	Lincoln	NE	280	8:39	00:58:51.8	305	8:59	00:58:51.6	8:48	01:55:34.6
301	796/3991	32/342	1226	Erin Drummond	F	41	Lincoln	NE	360	8:39	01:00:26.8	311	8:59	00:58:55.7	8:49	01:55:35.2
302	797/3991	52/435	3328	Kylie Hubbell	F	26	Omaha	NE	519	8:54	01:02:37.3	218	8:44	00:57:17.6	8:49	01:55:35.5
303	798/3991	58/460	4582	Kari Vacek	F	32	Lincoln	NE	187	8:22	00:55:54.9	389	9:16	01:00:43.7	8:49	01:55:35.9
304	800/3991	21/154	2716	Lisa Mansur	F	51	Lincoln	NE	283	8:37	00:58:53.2	317	9:01	00:59:05.2	8:49	01:55:36.8
305	803/3991	59/460	6205	Sara Johnson	F	33	Omaha	NE	122	8:05	00:53:51.9	498	9:33	01:02:37.4	8:49	01:55:38.0
306	804/3991	78/486	5704	Laci Reinke	F	37	Wilber	NE	261	8:26	00:58:07.4	371	9:13	01:00:23.2	8:49	01:55:38.0
307	805/3991	53/435	3240	Katie Fischer	F	28	Lincoln	NE	520	8:54	01:02:37.3	221	8:45	00:57:24.3	8:49	01:55:42.2
308	806/3991	33/342	268	Michelle Mazour	F	44	Lincoln	NE	480	8:52	01:02:01.1	239	8:47	00:57:38.3	8:49	01:55:43.1
309	807/3991	21/308	1012	Lexie Thorell	F	23	Lincoln	NE	234	8:17	00:57:04.8	427	9:22	01:01:24.6	8:49	01:55:43.1
310	808/3991	54/435	2735	Alaina Walker	F	29	Blair	NE	270	8:38	00:58:34.5	318	9:01	00:59:06.9	8:49	01:55:43.2
311	811/3991	13/79	236	Melissa Newkirk	F	18	Omaha	NE	306	8:49	00:59:28.2	254	8:50	00:57:56.5	8:49	01:55:47.0
312	812/3991	14/79	1920	Kylee Canfield	F	16	Lincoln	NE	371	8:51	01:00:34.7	246	8:49	00:57:51.0	8:50	01:55:49.5
313	814/3991	15/79	2094	Collette Williams	F	18	Lincoln	NE	370	8:51	01:00:34.5	247	8:49	00:57:51.3	8:50	01:55:50.2
314	815/3991	34/342	2630	Amy Fabricus	F	44	Lincoln	NE	456	8:49	01:01:43.3	269	8:51	00:58:04.2	8:50	01:55:50.4
315	816/3991	55/435	5824	Amanda Brandt	F	25	Lincoln	NE	288	8:41	00:59:01.1	307	8:59	00:58:52.2	8:50	01:55:50.4
316	817/3991	56/435	598	Sandy Galvan	F	28	Lincoln	NE	406	8:53	01:01:10.1	234	8:47	00:57:35.1	8:50	01:55:51.8
317	820/3991	57/435	5397	Jordan Geiken	F	25	Lincoln	NE	421	8:40	01:01:18.5	315	9:00	00:59:02.6	8:50	01:55:52.5
318	821/3991	58/435	3048	Sami Blaha	F	25	Lincoln	NE	496	8:44	01:02:08.5	295	8:56	00:58:34.1	8:50	01:55:52.8
319	822/3991	60/460	1501	Amanda Fangmeier	F	31	Denton	NE	419	8:45	01:01:18.1	296	8:56	00:58:34.2	8:50	01:55:55.6
320	823/3991	61/460	5767	Lisa Curtis	F	31	Omaha	NE	204	8:23	00:56:24.2	400	9:18	01:00:57.0	8:50	01:55:56.1
321	824/3991	22/227	1901	Jen Burke	F	46	Lincoln	NE	175	8:18	00:55:27.8	436	9:23	01:01:31.7	8:50	01:55:56.8
322	825/3991	59/435	1198	Emily Plautz	F	28	Lincoln	NE	267	8:32	00:58:22.6	356	9:09	00:59:58.8	8:50	01:55:58.1
323	834/3991	23/227	2868	Charlene Johnson	F	47	Lincoln	NE	417	8:50	01:01:17.1	275	8:53	00:58:12.7	8:51	01:56:08.7
324	836/3991	79/486	4823	Nikki Johnson	F	35	Nebraska City	NE	209	8:24	00:56:32.1	411	9:19	01:01:06.0	8:51	01:56:09.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	839/3991	22/308	5665	Samantha Areman	F	22	Lincoln	NE	411	8:57	01:01:14.2	231	8:46	00:57:31.3	8:51	01:56:12.9
326	842/3991	16/79	5011	Mia Sharpnack	F	16	Lincoln	NE	205	8:21	00:56:28.5	435	9:23	01:01:30.4	8:52	01:56:16.2
327	843/3991	60/435	1212	Beth Topp	F	27	Lincoln	NE	497	8:52	01:02:09.8	273	8:52	00:58:10.3	8:52	01:56:18.0
328	846/3991	35/342	3106	Eve Brank	F	42	Lincoln	NE	433	8:52	01:01:24.8	276	8:53	00:58:12.8	8:52	01:56:19.3
329	847/3991	36/342	920	Karina Medvedovsky-Bartlett	F	42	Beatrice	NE	330	8:37	00:59:43.9	349	9:07	00:59:49.2	8:52	01:56:19.3
330	848/3991	80/486	2420	Niki Strotman	F	35	Bennington	NE	403	8:48	01:01:08.7	297	8:56	00:58:36.4	8:52	01:56:19.3
331	852/3991	81/486	3601	Robyn McGill	F	38	Lincoln	NE	548	8:48	01:02:49.8	300	8:58	00:58:44.0	8:52	01:56:26.3
332	853/3991	62/460	742	Stephanie Lambrecht	F	31	Lincoln	NE	264	8:36	00:58:13.5	362	9:10	01:00:05.0	8:52	01:56:26.3
333	854/3991	61/435	3704	Abbey Grandgenett	F	25	Lincoln	NE	251	8:28	00:57:31.3	397	9:18	01:00:55.2	8:53	01:56:27.3
334	856/3991	63/460	3560	Brandi Schaefer	F	32	Omaha	NE	167	8:17	00:55:16.5	467	9:29	01:02:07.6	8:53	01:56:28.7
335	858/3991	82/486	1179	Megan Dreyer	F	35	Lincoln	NE	248	8:29	00:57:26.9	403	9:18	01:01:00.6	8:53	01:56:36.6
336	859/3991	64/460	3524	Emmeline Watson	F	33	Lincoln	NE	529	8:57	01:02:41.5	255	8:50	00:57:57.0	8:53	01:56:38.1
337	860/3991	37/342	3096	Christine Kuyper	F	41	Omaha	NE	475	8:53	01:01:56.3	287	8:55	00:58:25.2	8:53	01:56:38.7
338	861/3991	65/460	5414	Ashley Myers	F	32	Lincoln	NE	310	8:27	00:59:33.7	420	9:21	01:01:14.9	8:53	01:56:39.5
339	862/3991	83/486	1840	Rebecca Vacek	F	39	Lincoln	NE	259	8:29	00:58:04.3	408	9:19	01:01:05.1	8:54	01:56:40.9
340	864/3991	24/227	1484	Lori Szwaneck	F	49	Omaha	NE	317	8:41	00:59:40.6	348	9:07	00:59:45.5	8:54	01:56:42.7
341	865/3991	23/308	4053	Chelsie White	F	23	Glensvil	NE	176	8:20	00:55:29.7	463	9:28	01:02:04.7	8:54	01:56:43.5
342	866/3991	24/308	5578	Hannah Husmann	F	24	Omaha	NE	256	8:24	00:57:52.3	442	9:24	01:01:38.6	8:54	01:56:44.3
343	867/3991	66/460	2717	Laura Covert	F	32	Pittsburg	KS	785	9:18	01:07:09.8	164	8:30	00:55:44.8	8:54	01:56:44.9
344	868/3991	38/342	3744	Amy Osborne	F	44	Lincoln	NE	185	8:04	00:55:49.5	587	9:45	01:03:54.8	8:54	01:56:45.2
345	870/3991	39/342	5901	Lisa Stearnes	F	42	Papillion	NE	562	9:02	01:03:07.3	235	8:47	00:57:36.0	8:54	01:56:48.6
346	872/3991	84/486	607	Angie Thompson	F	38	Lincoln	NE	189	8:18	00:56:03.5	481	9:31	01:02:24.2	8:54	01:56:49.1
347	874/3991	85/486	5013	Heather Morgan	F	39	Omaha	NE	528	8:41	01:02:40.6	354	9:08	00:59:55.3	8:54	01:56:51.2
348	875/3991	67/460	4915	Brooke Koch	F	34	Blue Springs	NE	240	8:22	00:57:15.8	461	9:27	01:01:59.9	8:54	01:56:51.6
349	876/3991	40/342	4133	Alexzandra Hayes	F	43	Omaha	NE	659	9:02	01:04:39.6	241	8:48	00:57:41.8	8:54	01:56:52.5
350	877/3991	25/227	3711	Megan Berry Barlow	F	46	Weeping Water	NE	341	8:40	00:59:57.3	359	9:10	01:00:03.2	8:54	01:56:53.1
351	878/3991	22/154	6313	Charlene Tenhulzen	F	53	Firth	NE	262	8:32	00:58:09.8	396	9:17	01:00:54.6	8:54	01:56:53.3
352	881/3991	41/342	4717	Stephanie Erickson	F	41	Papillion	NE	466	8:57	01:01:53.3	280	8:53	00:58:15.8	8:55	01:56:54.7
353	887/3991	25/308	6074	Megan Freese	F	22	Lincoln	NE	445	8:47	01:01:29.5	333	9:04	00:59:28.1	8:55	01:57:00.2
354	890/3991	68/460	6264	Jess Sullivan	F	30	Lincoln	NE	467	8:51	01:01:53.7	314	9:00	00:59:02.0	8:55	01:57:03.1
355	891/3991	26/227	1548	Julie Feist	F	48	Beatrice	NE	432	8:47	01:01:24.2	334	9:04	00:59:29.0	8:55	01:57:04.6
356	892/3991	69/460	5671	Kristen Bennett	F	34	Cozad	NE	474	8:32	01:01:56.3	410	9:19	01:01:05.6	8:55	01:57:05.1
357	893/3991	27/227	2133	Sue Dobson	F	46	Lincoln	NE	478	8:47	01:01:59.6	335	9:04	00:59:29.5	8:55	01:57:05.4
358	896/3991	86/486	379	Christy Rasmussen	F	36	Lincoln	NE	504	8:54	01:02:19.4	301	8:58	00:58:44.5	8:56	01:57:07.8
359	897/3991	3/81	5364	Kristine Story	F	56	Omaha	NE	423	8:45	01:01:19.8	350	9:08	00:59:49.7	8:56	01:57:09.1
360	903/3991	42/342	1683	Jessie Hardesty	F	40	Kearney	NE	526	8:21	01:02:40.2	492	9:32	01:02:31.3	8:56	01:57:14.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
361	907/3991	28/227	566	Lisa Grimminger	F	48	Ceresco	NE	482	8:55	01:02:02.3	303	8:58	00:58:48.3	8:56	01:57:17.5
362	908/3991	70/460	5007	Amy Smith	F	30	Lincoln	NE	498	8:52	01:02:09.8	321	9:02	00:59:11.6	8:56	01:57:17.7
363	910/3991	71/460	3976	Amanda Deterding	F	33	Lincoln	NE	313	8:47	00:59:39.5	346	9:07	00:59:44.7	8:57	01:57:20.3
364	911/3991	62/435	3977	Rebecca Rubottom	F	29	Lincoln	NE	312	8:47	00:59:39.2	347	9:07	00:59:45.0	8:57	01:57:20.6
365	913/3991	87/486	3944	Kim Hillyer	F	36	Omaha	NE	593	8:48	01:03:22.8	343	9:06	00:59:42.4	8:57	01:57:24.6
366	914/3991	72/460	3347	Kylee Fredrick	F	32	Lincoln	NE	740	9:09	01:06:20.3	226	8:46	00:57:30.0	8:57	01:57:26.8
367	916/3991	73/460	4302	Michelle Billinger	F	34	Kansas City	MO	518	8:41	01:02:36.9	376	9:14	01:00:31.9	8:57	01:57:28.9
368	918/3991	63/435	3528	Amanda Swyers	F	29	Denton	NE	294	8:42	00:59:09.8	373	9:13	01:00:25.8	8:57	01:57:29.8
369	919/3991	64/435	5006	Ashley Krause	F	28	Lincoln	NE	268	8:38	00:58:26.8	393	9:17	01:00:51.8	8:57	01:57:30.0
370	920/3991	88/486	1354	Carrie Whiting	F	35	Kearney	NE	202	8:20	00:56:22.3	523	9:36	01:02:54.2	8:57	01:57:30.3
371	921/3991	17/79	3456	Kelly Helmberger	F	16	Hickman	NE	309	8:38	00:59:30.4	401	9:18	01:00:57.6	8:57	01:57:31.2
372	922/3991	43/342	4110	Jennifer Hoyt	F	40	Mo Valley	IA	269	8:38	00:58:33.8	399	9:18	01:00:56.3	8:57	01:57:32.5
373	924/3991	65/435	1543	Meagan Hovendick	F	28	Ogallala	NE	389	8:50	01:00:54.5	339	9:06	00:59:37.8	8:58	01:57:33.9
374	925/3991	66/435	6256	Ashley Kuebler	F	26	Lincoln	NE	337	8:42	00:59:48.8	381	9:14	01:00:34.0	8:58	01:57:34.5
375	927/3991	89/486	1003	Teresa Edgerton	F	36	Lincoln	NE	570	8:54	01:03:11.3	324	9:03	00:59:18.1	8:58	01:57:35.9
376	930/3991	74/460	6127	Miki Loos	F	33	Shickley	NE	342	8:45	01:00:09.4	368	9:11	01:00:14.8	8:58	01:57:39.4
377	931/3991	26/308	3061	Anna Schoettger	F	22	Lincoln	NE	335	8:45	00:59:46.8	370	9:12	01:00:19.5	8:58	01:57:39.7
378	932/3991	67/435	5349	Amy Reiner	F	27	Columbus	NE	203	8:18	00:56:23.2	542	9:39	01:03:13.4	8:58	01:57:39.9
379	933/3991	27/308	4179	Michelle Reutter	F	23	Kearney	NE	491	8:50	01:02:06.1	345	9:07	00:59:43.5	8:58	01:57:40.3
380	934/3991	44/342	2850	Krista Palm	F	40	Missouri Valley	IA	773	8:58	01:06:57.8	310	8:59	00:58:54.0	8:58	01:57:41.7
381	937/3991	28/308	4326	Frazier Krugerud	F	20	Omaha	NE	559	8:58	01:03:05.4	312	9:00	00:58:59.2	8:58	01:57:44.4
382	939/3991	29/227	980	Amy Harris	F	45	Lincoln	NE	384	8:44	01:00:47.9	377	9:14	01:00:31.9	8:58	01:57:45.5
383	941/3991	90/486	2505	Amy Guenther	F	39	Lincoln	NE	331	8:44	00:59:45.3	382	9:15	01:00:36.1	8:59	01:57:49.2
384	942/3991	23/154	4184	Sandi Zellmer	F	51	Lincoln	NE	361	8:40	01:00:26.9	405	9:19	01:01:02.4	8:59	01:57:50.3
385	944/3991	68/435	4705	Brooke Spitz	F	26	Lincoln	NE	687	8:51	01:05:08.8	352	9:08	00:59:51.2	8:59	01:57:52.7
386	945/3991	75/460	901	Melissa Lee	F	32	Lincoln	NE	349	8:48	01:00:21.8	365	9:11	01:00:10.9	8:59	01:57:53.8
387	947/3991	76/460	6147	Gail Dishman	F	31	Utica	NE	507	8:57	01:02:24.5	327	9:03	00:59:19.2	8:59	01:57:57.3
388	948/3991	18/79	5043	Kia Brodersen	F	16	Lincoln	NE	558	8:57	01:03:04.8	326	9:03	00:59:18.9	8:59	01:57:58.0
389	950/3991	24/154	1195	Cherie Noteboom	F	51	Elk Point	SD	340	8:55	00:59:55.1	337	9:05	00:59:35.6	9:00	01:58:00.9
390	951/3991	91/486	1863	Niki Eisenmann	F	36	Lincoln	NE	485	8:54	01:02:02.8	341	9:06	00:59:40.0	9:00	01:58:01.2
391	953/3991	19/79	5747	Mary O'keeffe	F	17	Hastings	NE	698	9:12	01:05:23.8	242	8:48	00:57:42.4	9:00	01:58:04.3
392	957/3991	45/342	1158	Stephanie Eells	F	40	Lincoln	NE	278	8:42	00:58:50.9	409	9:19	01:01:05.5	9:00	01:58:08.0
393	958/3991	77/460	5614	Amanda Tilton	F	31	Bellevue	NE	263	8:36	00:58:12.3	447	9:25	01:01:42.5	9:00	01:58:08.3
394	960/3991	29/308	2088	Jessica Monroe	F	24	Lincoln	NE	126	8:02	00:53:57.2	704	10:00	01:05:31.9	9:00	01:58:09.5
395	967/3991	46/342	3972	Kym Skretta	F	43	Bennington	NE	105	8:04	00:53:21.6	684	9:57	01:05:16.7	9:00	01:58:11.0
396	972/3991	92/486	863	Katie Taddeucci	F	35	Lincoln	NE	510	9:03	01:02:28.8	309	8:59	00:58:53.9	9:01	01:58:12.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	973/3991	25/154	5912	Joanie Dergan	F	54	Omaha	NE	560	8:58	01:03:05.8	331	9:04	00:59:27.1	9:01	01:58:12.2
398	977/3991	78/460	2158	Abbie Kempcke	F	30	Blair	NE	734	9:01	01:06:07.2	320	9:02	00:59:11.1	9:01	01:58:19.0
399	979/3991	93/486	4029	Jami Helmbrecht	F	37	Kearney	NE	275	8:29	00:58:42.2	506	9:34	01:02:44.5	9:01	01:58:19.8
400	980/3991	79/460	6089	Sadie Burr	F	34	Omaha	NE	484	8:44	01:02:02.5	412	9:19	01:01:06.3	9:01	01:58:20.4
401	981/3991	94/486	1493	Jody Hoops	F	38	Lincoln	NE	297	8:42	00:59:16.4	421	9:21	01:01:16.7	9:01	01:58:21.3
402	982/3991	69/435	4649	Amber Sperry	F	26	Wayne	NE	472	8:53	01:01:55.3	364	9:11	01:00:09.6	9:01	01:58:22.3
403	988/3991	4/81	508	Therese Liegl	F	57	Lincoln	NE	404	8:51	01:01:09.3	372	9:13	01:00:24.1	9:02	01:58:26.5
404	989/3991	47/342	2530	Sara Arbuck	F	40	Henderson	NE	735	8:56	01:06:08.1	353	9:08	00:59:52.5	9:02	01:58:27.2
405	994/3991	70/435	2338	Lillian Kottich	F	29	Lincoln	NE	618	8:53	01:03:46.9	367	9:11	01:00:13.7	9:02	01:58:28.0
406	995/3991	30/227	2670	Catherine Jolito	F	45	Lincoln	NE	430	8:48	01:01:23.4	390	9:16	01:00:46.0	9:02	01:58:28.2
407	997/3991	95/486	2321	Dana Beckman	F	38	Pender	NE	221	8:29	00:56:55.3	519	9:35	01:02:49.5	9:02	01:58:29.7
408	999/3991	80/460	2217	Suzy Nootz	F	32	Lincoln	NE	489	8:51	01:02:05.3	379	9:14	01:00:32.7	9:02	01:58:33.7
409	1001/3991	48/342	501	Kim Tucker	F	41	Lincoln	NE	396	8:44	01:01:02.5	424	9:21	01:01:20.2	9:02	01:58:34.6
410	1003/3991	49/342	5830	Kimberly Hovseth	F	40	Omaha	NE	357	8:48	01:00:26.3	395	9:17	01:00:54.3	9:02	01:58:34.8
411	1004/3991	30/308	5960	Libby Jundt	F	20	Eden Prairie	MN	697	9:10	01:05:22.3	289	8:55	00:58:28.4	9:02	01:58:35.8
412	1005/3991	71/435	4536	Brittany Cardenas	F	29	Juniata	NE	470	8:50	01:01:54.5	387	9:16	01:00:41.9	9:02	01:58:37.6
413	1007/3991	96/486	1451	Bobbie Scherling	F	36	Dewitt	NE	345	8:46	01:00:13.6	416	9:20	01:01:11.2	9:03	01:58:39.0
414	1008/3991	1/5	557	Joy Mann	F	66	Omaha	NE	460	8:52	01:01:50.8	375	9:13	01:00:28.6	9:03	01:58:39.5
415	1010/3991	97/486	1017	Melissa Wallman	F	36	Firth	NE	344	8:46	01:00:13.6	418	9:20	01:01:13.5	9:03	01:58:41.7
416	1012/3991	98/486	2442	Jill Gries	F	39	Omaha	NE	737	9:00	01:06:15.9	342	9:06	00:59:40.2	9:03	01:58:42.0
417	1013/3991	81/460	2107	Amanda Rohde	F	30	Lincoln	NE	738	9:02	01:06:18.5	336	9:05	00:59:31.9	9:03	01:58:43.3
418	1014/3991	50/342	5907	Lori Wallace	F	41	Omaha	NE	563	9:02	01:03:07.7	332	9:04	00:59:27.7	9:03	01:58:43.7
419	1017/3991	82/460	4528	Tracy Baker	F	34	Roca	NE	414	8:52	01:01:16.3	386	9:15	01:00:41.3	9:03	01:58:46.4
420	1018/3991	83/460	3188	Kristan Pilakowski	F	32	La Vista	NE	271	8:32	00:58:35.5	521	9:35	01:02:49.8	9:03	01:58:46.6
421	1019/3991	99/486	3660	Shelby Robinson	F	36	La Mesa	CA	397	8:54	01:01:03.1	374	9:13	01:00:28.3	9:03	01:58:48.8
422	1023/3991	100/486	5205	Debra Jauken	F	38	Holdrege	NE	238	8:30	00:57:15.7	535	9:38	01:03:06.7	9:04	01:58:52.8
423	1024/3991	51/342	5193	Theresa Gulizia	F	43	Gretna	NE	448	8:51	01:01:32.5	394	9:17	01:00:53.3	9:04	01:58:53.7
424	1025/3991	101/486	4780	Angela Chauncey	F	39	Manhattan	KS	302	8:48	00:59:22.5	417	9:20	01:01:12.7	9:04	01:58:54.2
425	1026/3991	72/435	4228	Cailan Franz	F	27	Omaha	NE	778	9:26	01:07:00.9	212	8:42	00:57:05.6	9:04	01:58:55.6
426	1027/3991	102/486	4044	Kendra Moorhead	F	36	Lincoln	NE	521	9:05	01:02:37.8	330	9:03	00:59:22.8	9:04	01:58:57.2
427	1028/3991	73/435	5694	Emily Mcelravy	F	28	Omaha	NE	190	8:19	00:56:04.6	619	9:49	01:04:24.0	9:04	01:58:58.1
428	1029/3991	74/435	1710	Alison Mooney	F	25	Lincoln	NE	461	8:57	01:01:51.3	369	9:12	01:00:15.8	9:04	01:58:58.4
429	1032/3991	84/460	3088	Megan Slivka	F	34	Omaha	NE	223	8:34	00:56:56.5	522	9:35	01:02:52.5	9:04	01:59:03.2
430	1034/3991	75/435	6189	Jennifer Petik	F	28	Junction City	KS	476	8:47	01:01:57.3	434	9:23	01:01:29.4	9:05	01:59:06.7
431	1035/3991	85/460	4003	Nikki Oswald	F	31	Lincoln	NE	564	9:07	01:03:08.5	329	9:03	00:59:21.7	9:05	01:59:08.0
432	1037/3991	103/486	553	Lindsay Garlock	F	39	Lincoln	NE	377	8:48	01:00:41.4	432	9:23	01:01:28.4	9:05	01:59:09.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	1038/3991	31/308	4771	Kathryn Kopetzky	F	22	Lincoln	NE	494	8:49	01:02:06.8	425	9:22	01:01:21.1	9:05	01:59:09.5
434	1039/3991	76/435	5813	Misti Davenport	F	25	Plattsmouth	NE	293	8:40	00:59:08.8	479	9:30	01:02:19.3	9:05	01:59:09.7
435	1040/3991	5/81	645	Holly Beeman	F	57	Eagle	NE	511	8:52	01:02:29.2	407	9:19	01:01:03.4	9:05	01:59:10.2
436	1043/3991	104/486	5172	Bethanne Kunz	F	38	Ord	NE	487	8:46	01:02:03.8	444	9:25	01:01:42.1	9:05	01:59:12.2
437	1045/3991	52/342	5127	Angie Deboer	F	41	Lincoln	NE	547	8:53	01:02:49.2	406	9:19	01:01:02.5	9:05	01:59:14.1
438	1046/3991	32/308	1304	Katie Mckitterick	F	23	Lincoln	NE	303	8:37	00:59:23.3	514	9:35	01:02:46.8	9:05	01:59:15.0
439	1047/3991	20/79	2568	Elizabeth Gao	F	16	Lincoln	NE	540	8:49	01:02:47.1	430	9:22	01:01:26.6	9:05	01:59:15.4
440	1051/3991	105/486	6035	Sarah Armbruster	F	35	Falls City	NE	479	8:56	01:02:00.8	388	9:16	01:00:43.4	9:06	01:59:17.6
441	1052/3991	77/435	3445	Alina Matheson	F	29	Lincoln	NE	453	8:29	01:01:39.9	564	9:43	01:03:39.8	9:06	01:59:18.9
442	1054/3991	26/154	5533	Malisa Radke	F	52	Omaha	NE	420	8:52	01:01:18.1	423	9:21	01:01:17.0	9:06	01:59:22.7
443	1055/3991	53/342	2946	Anna Zach	F	41	Lincoln	NE	304	8:46	00:59:24.7	455	9:27	01:01:54.7	9:06	01:59:22.8
444	1057/3991	106/486	5110	Amanda Votruba	F	38	Gretna	NE	447	8:51	01:01:32.5	428	9:22	01:01:25.7	9:06	01:59:26.5
445	1058/3991	21/79	3272	Mabry Brank	F	15	Lincoln	NE	245	8:29	00:57:21.8	582	9:44	01:03:49.1	9:06	01:59:27.4
446	1060/3991	86/460	2534	Sarah Bishoff	F	34	Roca	NE	617	8:44	01:03:46.5	474	9:30	01:02:14.1	9:06	01:59:29.3
447	1062/3991	107/486	5250	Holly Rogers	F	39	Omaha	NE	565	9:05	01:03:08.7	355	9:09	00:59:57.5	9:07	01:59:30.6
448	1064/3991	87/460	1345	Alisha Fangmeyer	F	31	Hebron	NE	368	8:48	01:00:33.3	457	9:27	01:01:57.6	9:07	01:59:41.9
449	1065/3991	78/435	5001	Julie Krotzinger	F	25	Superior	NE	369	8:48	01:00:33.3	460	9:27	01:01:58.5	9:07	01:59:42.9
450	1066/3991	33/308	4630	Alyssa Cody	F	21	Kearney	NE	539	8:44	01:02:46.8	485	9:32	01:02:27.5	9:07	01:59:43.7
451	1067/3991	34/308	6133	Caroline Perry	F	20	Reliance	SD	327	8:38	00:59:42.7	537	9:38	01:03:08.4	9:08	01:59:44.8
452	1071/3991	88/460	5803	Heidi McIntire	F	31	Lincoln	NE	605	8:47	01:03:38.3	469	9:29	01:02:10.1	9:08	01:59:47.9
453	1073/3991	79/435	4966	Brittani Obenchain	F	27	Lincoln	NE	1173	9:24	01:12:44.8	278	8:53	00:58:14.5	9:08	01:59:49.6
454	1074/3991	108/486	6013	Sarah Zeleny	F	37	Gretna	NE	625	8:59	01:03:59.8	402	9:18	01:00:58.9	9:08	01:59:50.1
455	1075/3991	31/227	2206	Lisa Martone	F	46	Omaha	NE	490	8:52	01:02:06.1	452	9:25	01:01:47.0	9:08	01:59:52.7
456	1076/3991	109/486	2125	Anna Gray	F	38	Johnston	IA	351	8:53	01:00:22.5	443	9:25	01:01:41.5	9:08	01:59:53.2
457	1077/3991	35/308	2659	Lauren Klaasmeyer	F	20	Burr	NE	662	8:50	01:04:43.5	458	9:27	01:01:57.8	9:08	01:59:53.8
458	1081/3991	54/342	5358	Jennifer Hill	F	40	Omaha	NE	674	9:11	01:04:51.4	344	9:07	00:59:42.9	9:08	01:59:54.9
459	1082/3991	89/460	2330	Renee Jurgensmeier	F	33	Lincoln	NE	462	8:57	01:01:52.3	419	9:20	01:01:13.5	9:08	01:59:55.4
460	1084/3991	27/154	6167	Mindy Moyer	F	54	Aurora	NE	495	8:52	01:02:08.2	451	9:25	01:01:46.7	9:08	01:59:55.8
461	1087/3991	32/227	4171	Dawn Hoffman	F	45	Ft. Leavenworth	KS	971	9:23	01:10:01.5	293	8:56	00:58:32.0	9:09	02:00:00.8
462	1088/3991	55/342	4107	Julie Nash	F	40	Gretna	NE	325	8:48	00:59:42.3	480	9:31	01:02:21.6	9:09	02:00:06.5
463	1091/3991	90/460	2733	Lesla Hoppe	F	32	Lincoln	NE	488	8:47	01:02:04.1	494	9:33	01:02:33.2	9:09	02:00:07.9
464	1092/3991	91/460	1692	Lisa Kirchner	F	32	Lincoln	NE	286	8:34	00:58:59.7	595	9:46	01:04:00.8	9:09	02:00:08.8
465	1094/3991	33/227	1723	Pam Johnson	F	45	Lincoln	NE	338	8:38	00:59:53.8	556	9:42	01:03:33.7	9:09	02:00:09.8
466	1095/3991	56/342	4588	Lisa Janssen	F	41	Lincoln	NE	358	8:34	01:00:26.3	593	9:46	01:04:00.1	9:10	02:00:12.2
467	1099/3991	28/154	3036	Sandy Bergdale	F	52	Sioux City	IA	155	8:11	00:54:57.3	773	10:10	01:06:38.8	9:10	02:00:17.7
468	1101/3991	92/460	960	Desiree Ahmann	F	32	Lincoln	NE	353	8:31	01:00:24.6	626	9:50	01:04:29.1	9:10	02:00:18.7

# The Good Life Haltsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	1103/3991	57/342	1272	Michelle Plugge	F	44	Gretna	NE	759	9:19	01:06:36.3	322	9:02	00:59:13.1	9:10	02:00:19.6
470	1104/3991	80/435	4375	Kelly Ross	F	26	Lincoln	NE							9:10	02:00:20.3
471	1106/3991	93/460	1369	Amanda Baker	F	34	Lincoln	NE	350	8:48	01:00:21.8	505	9:34	01:02:42.4	9:10	02:00:21.8
472	1109/3991	29/154	2808	Anne Day	F	53	Omaha	NE	473	8:49	01:01:55.8	496	9:33	01:02:34.8	9:10	02:00:22.5
473	1110/3991	94/460	6276	Niki Ruyle	F	32	Kearney	NE	599	8:39	01:03:35.2	574	9:44	01:03:45.4	9:11	02:00:25.0
474	1111/3991	36/308	5529	Valerie Peterson	F	20	Lincoln	NE	333	8:48	00:59:46.1	508	9:34	01:02:44.8	9:11	02:00:26.0
475	1112/3991	22/79	5584	Kelly Peterson	F	18	Lincoln	NE	332	8:48	00:59:46.1	507	9:34	01:02:44.6	9:11	02:00:26.3
476	1114/3991	58/342	1594	Jill Allen	F	41	Beatrice	NE	678	8:59	01:04:54.5	440	9:24	01:01:36.3	9:11	02:00:29.6
477	1118/3991	34/227	4765	Tanna Thompson	F	47	Manhattan	KS	352	8:57	01:00:23.7	453	9:26	01:01:51.3	9:11	02:00:34.0
478	1122/3991	110/486	1810	Jill Classen	F	38	Omaha	NE	436	8:36	01:01:25.8	611	9:48	01:04:15.3	9:12	02:00:40.0
479	1125/3991	111/486	3947	Shawna Schildt	F	35	Eagle	NE	367	8:50	01:00:32.5	513	9:35	01:02:46.6	9:12	02:00:41.8
480	1128/3991	30/154	5475	Carmen Pearse	F	54	Kearney	NE	622	9:03	01:03:57.2	426	9:22	01:01:22.3	9:12	02:00:44.5
481	1135/3991	112/486	5906	Erica Burkitt	F	35	Axtell	KS	642	9:01	01:04:16.6	448	9:25	01:01:44.7	9:13	02:00:50.9
482	1136/3991	113/486	988	Corie Lubash	F	35	Lincoln	NE	379	8:35	01:00:41.8	636	9:52	01:04:38.7	9:13	02:00:55.6
483	1137/3991	95/460	5223	Jamie Johnson	F	30	Lincoln	NE	299	8:42	00:59:19.6	584	9:44	01:03:51.6	9:13	02:00:56.9
484	1139/3991	35/227	2499	Kristin Adkins	F	46	Brooklyn	IA	628	9:00	01:04:00.8	459	9:27	01:01:58.0	9:13	02:00:58.7
485	1140/3991	36/227	2718	Sheri Jablonski	F	49	Lincoln	NE	527	8:58	01:02:40.6	473	9:29	01:02:12.6	9:13	02:01:00.0
486	1141/3991	114/486	699	Jessica Bauer	F	39	Omaha	NE	378	8:49	01:00:41.5	544	9:39	01:03:13.8	9:13	02:01:00.6
487	1142/3991	115/486	633	Emily Swanda	F	35	Lincoln	NE	387	8:47	01:00:52.5	552	9:41	01:03:28.0	9:13	02:01:00.9
488	1143/3991	116/486	4264	Melissa Flanagan	F	37	Sioux Falls	SD	207	8:18	00:56:30.9	767	10:10	01:06:36.8	9:13	02:01:00.9
489	1145/3991	96/460	1194	Rebecca Gudmundson	F	33	Bennington	NE	647	8:59	01:04:26.1	470	9:29	01:02:11.2	9:13	02:01:02.3
490	1146/3991	37/227	930	Rachelle Smith	F	48	Hastings	NE	285	8:40	00:58:55.5	610	9:48	01:04:15.1	9:14	02:01:02.8
491	1148/3991	2/49	591	Theresa Johnson	F	61	Omaha	NE	469	8:49	01:01:54.3	545	9:39	01:03:18.3	9:14	02:01:04.6
492	1149/3991	81/435	2614	Gretchen Kreutz	F	25	Inland	NE	224	8:28	00:56:57.1	708	10:00	01:05:35.0	9:14	02:01:05.8
493	1150/3991	82/435	4115	Rachel Benzoni	F	28	Omaha	NE	428	9:14	01:01:22.2	383	9:15	01:00:37.3	9:14	02:01:06.7
494	1151/3991	23/79	1066	Madison Whitney	F	15	Lincoln	NE	501	8:57	01:02:17.2	484	9:32	01:02:27.3	9:14	02:01:07.9
495	1152/3991	97/460	5668	Marissa Wachlarowicz	F	30	Omaha	NE	626	8:57	01:03:59.9	490	9:32	01:02:30.0	9:14	02:01:09.0
496	1153/3991	117/486	827	Denise Fields	F	36	Lincoln	NE	621	8:59	01:03:56.3	476	9:30	01:02:14.4	9:14	02:01:10.9
497	1155/3991	118/486	3540	Courtney Morehead	F	37	Waverly	NE	362	8:51	01:00:27.7	538	9:38	01:03:10.1	9:14	02:01:13.1
498	1156/3991	59/342	1089	Jennifer Renton	F	41	Lincoln	NE	452	8:55	01:01:38.4	511	9:34	01:02:45.4	9:14	02:01:13.3
499	1157/3991	38/227	1069	Joeth Zucco	F	49	Lincoln	NE	502	8:57	01:02:17.2	495	9:33	01:02:33.4	9:14	02:01:13.7
500	1158/3991	119/486	1716	Jessica Moore	F	37	Papillion	NE	623	9:07	01:03:57.8	431	9:23	01:01:27.9	9:14	02:01:14.5
501	1160/3991	60/342	1653	Claire Oglesby	F	41	Lincoln	NE	631	9:12	01:04:05.8	398	9:18	01:00:55.3	9:15	02:01:16.2
502	1161/3991	83/435	5070	Rebecca Smith	F	25	Omaha	NE	446	8:55	01:01:29.9	524	9:36	01:02:55.5	9:15	02:01:20.0
503	1163/3991	84/435	4746	Amber Krikke	F	27	Tekamah	NE	637	8:59	01:04:09.7	483	9:31	01:02:26.2	9:15	02:01:20.4
504	1164/3991	98/460	927	Keri Callahan	F	30	North Platte	NE	688	8:57	01:05:09.5	503	9:34	01:02:41.4	9:15	02:01:22.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
505	1165/3991	85/435	2279	Britney Schleppebach	F	29	Lincoln	NE	1088	9:32	01:11:31.3	308	8:59	00:58:52.9	9:15	02:01:24.6
506	1166/3991	6/81	781	Jayne Nekuda	F	56	Omaha	NE	677	9:15	01:04:54.4	391	9:16	01:00:46.9	9:15	02:01:25.0
507	1168/3991	120/486	357	Sarah Wilson	F	38	Lincoln	NE	644	9:09	01:04:20.8	429	9:22	01:01:25.8	9:15	02:01:26.7
508	1170/3991	86/435	3322	Cynthia Harris	F	27	Lincoln	NE	731	9:02	01:06:05.3	475	9:30	01:02:14.3	9:15	02:01:27.7
509	1171/3991	37/308	3722	Mary Beth Schliesman	F	22	Lincoln	NE	612	8:57	01:03:43.3	518	9:35	01:02:49.4	9:16	02:01:28.6
510	1172/3991	38/308	5996	Amber Kuntz	F	24	Wever	IA	533	8:53	01:02:44.5	540	9:39	01:03:12.7	9:16	02:01:30.0
511	1173/3991	99/460	1102	Kylee Planer	F	33	Lincoln	NE	392	8:55	01:00:58.7	536	9:38	01:03:07.5	9:16	02:01:32.4
512	1175/3991	4/13	3847	Kristiana Young	F	14	Omaha	NE	486	8:56	01:02:03.7	525	9:36	01:02:57.6	9:16	02:01:33.4
513	1176/3991	87/435	879	Jessica Neville	F	28	Lincoln	NE	182	8:23	00:55:46.1	770	10:10	01:06:37.6	9:16	02:01:35.7
514	1178/3991	61/342	914	Stephanie Welch	F	41	Lincoln	NE	583	8:55	01:03:18.8	541	9:39	01:03:13.0	9:16	02:01:39.0
515	1179/3991	100/460	962	Erin Dempsey	F	31	Lincoln	NE	260	8:27	00:58:06.8	738	10:06	01:06:12.5	9:16	02:01:39.5
516	1180/3991	88/435	5371	Andrea Talukdar	F	29	Papillion	NE	610	8:57	01:03:43.2	528	9:37	01:03:01.0	9:16	02:01:39.8
517	1181/3991	101/460	1990	Kylie Dowling	F	30	Monmouth	IL	663	8:53	01:04:45.5	546	9:40	01:03:24.7	9:16	02:01:41.4
518	1184/3991	89/435	1997	Rosa Espinoza	F	26	Lincoln	NE	413	8:51	01:01:16.1	567	9:43	01:03:41.4	9:17	02:01:44.1
519	1186/3991	102/460	3263	Ali Schwanke	F	34	Lincoln	NE	412	8:52	01:01:15.9	566	9:43	01:03:40.8	9:17	02:01:46.3
520	1187/3991	90/435	2380	Sarah Johnson	F	26	Lincoln	NE	429	9:14	01:01:22.4	422	9:21	01:01:16.9	9:17	02:01:46.6
521	1190/3991	7/81	477	Sharla Schultze	F	56	Lincoln	NE	910	9:01	01:09:05.5	500	9:33	01:02:38.8	9:17	02:01:48.9
522	1192/3991	62/342	4701	Angie Coakley	F	41	Wahoo	NE	513	8:47	01:02:31.6	612	9:48	01:04:15.7	9:17	02:01:51.4
523	1194/3991	103/460	6086	Tiffani Boyd	F	33	Gretna	NE	483	8:44	01:02:02.5	640	9:52	01:04:42.6	9:18	02:01:57.0
524	1195/3991	39/308	4799	Audrey Fox	F	24	Lincoln	NE	534	8:55	01:02:45.8	555	9:41	01:03:29.6	9:18	02:02:00.0
525	1196/3991	91/435	3604	Charlene Friesen	F	29	Aurora	NE	471	8:54	01:01:54.8	569	9:43	01:03:42.6	9:18	02:02:02.6
526	1199/3991	121/486	1851	Kendra Morris	F	37	Superior	NE	586	9:02	01:03:19.9	520	9:35	01:02:49.8	9:18	02:02:03.3
527	1201/3991	39/227	1434	Cindy Dittmer	F	45	Lincoln	NE	658	8:57	01:04:38.8	553	9:41	01:03:28.0	9:18	02:02:07.1
528	1203/3991	3/49	427	Barbara Whitehead	F	62	Lincoln	NE	544	9:01	01:02:47.9	531	9:37	01:03:03.7	9:19	02:02:08.5
529	1205/3991	104/460	4374	Lindsay Rodysill	F	33	Lincoln	NE	890	9:04	01:08:45.5	502	9:34	01:02:40.8	9:19	02:02:09.1
530	1209/3991	5/13	1556	Taylyn Petsche	F	13	Roca	NE	442	8:54	01:01:28.6	581	9:44	01:03:48.7	9:19	02:02:12.0
531	1210/3991	122/486	5890	Laurie Baedke	F	38	Blair	NE	296	8:45	00:59:13.7	650	9:54	01:04:51.4	9:19	02:02:12.3
532	1215/3991	105/460	3533	Kylie Widhelm	F	30	Omaha	NE	616	9:02	01:03:46.3	533	9:37	01:03:05.2	9:19	02:02:17.6
533	1218/3991	31/154	2490	Brenda Heideman	F	51	Lincoln	NE	627	9:03	01:04:00.7	532	9:37	01:03:03.9	9:20	02:02:21.8
534	1219/3991	40/227	1006	Kristen Stauffer	F	45	Lincoln	NE	630	9:01	01:04:05.3	543	9:39	01:03:13.6	9:20	02:02:23.2
535	1220/3991	92/435	3514	Missy Nelson	F	29	Grand Island	NE	952	9:04	01:09:36.7	526	9:36	01:02:58.2	9:20	02:02:23.5
536	1222/3991	63/342	3372	Heidi Beynon Solano	F	41	Lincoln	NE	611	8:57	01:03:43.2	576	9:44	01:03:45.8	9:20	02:02:25.1
537	1225/3991	93/435	3451	Rachel Manning	F	26	Omaha	NE	450	8:55	01:01:37.2	592	9:46	01:03:58.9	9:20	02:02:27.2
538	1227/3991	106/460	4887	Sheila Radenslaben	F	34	Waverly	NE	363	8:51	01:00:27.7	618	9:49	01:04:24.0	9:20	02:02:27.9
539	1229/3991	8/81	496	Rebecca Ferguson	F	58	Lincoln	NE	587	9:08	01:03:20.7	501	9:33	01:02:38.8	9:20	02:02:32.3
540	1230/3991	123/486	3091	Brittney Altwine	F	35	Pella	IA	854	9:07	01:08:25.2	516	9:35	01:02:48.2	9:21	02:02:35.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
541	1232/3991	40/308	5974	Sarah Magdanz	F	22	Lincoln	NE	220	8:30	00:56:54.1	788	10:13	01:06:58.2	9:21	02:02:41.3
542	1233/3991	107/460	2914	Michaela Schleicher	F	32	Lincoln	NE	561	9:02	01:03:06.6	554	9:41	01:03:28.1	9:21	02:02:41.5
543	1235/3991	108/460	5234	Stephanie Wright	F	31	Minden	NE	669	8:49	01:04:47.7	664	9:55	01:04:59.2	9:21	02:02:44.8
544	1236/3991	109/460	1030	Allison Vaughn	F	30	Normal	IA	258	8:34	00:57:55.2	764	10:09	01:06:34.4	9:21	02:02:45.2
545	1237/3991	110/460	3960	Sheena Case	F	34	Steinauer	NE	693	9:00	01:05:15.3	579	9:44	01:03:48.3	9:21	02:02:45.3
546	1238/3991	41/308	5258	Kelsey Martin	F	20	Elkhorn	NE	840	9:07	01:08:18.8	527	9:37	01:02:59.7	9:21	02:02:46.4
547	1239/3991	64/342	1795	Holly Persson	F	40	Lincoln	NE	692	9:00	01:05:15.2	580	9:44	01:03:48.4	9:21	02:02:46.4
548	1241/3991	65/342	711	Becky Mantonya	F	43	Lincoln	NE	788	9:21	01:07:16.7	433	9:23	01:01:28.6	9:22	02:02:47.5
549	1243/3991	94/435	4253	Peggy Korth-Cheney	F	28	Bennet	NE	298	8:46	00:59:18.4	688	9:58	01:05:19.1	9:22	02:02:50.9
550	1244/3991	42/308	2756	Addison Stewart	F	21	Lincoln	NE	649	9:11	01:04:28.5	499	9:33	01:02:37.5	9:22	02:02:50.9
551	1245/3991	6/13	1763	Olivia Burgher	F	1	Lincoln	NE	376	8:52	01:00:40.8	641	9:53	01:04:44.7	9:22	02:02:51.0
552	1246/3991	124/486	1756	Molly Burgher	F	38	Lincoln	NE	374	8:52	01:00:40.3	642	9:53	01:04:45.4	9:22	02:02:51.2
553	1247/3991	66/342	6014	Lori Blum	F	43	Lincoln	NE	706	9:13	01:05:38.4	482	9:31	01:02:25.8	9:22	02:02:51.8
554	1249/3991	111/460	3398	Norie Rich	F	33	Omaha	NE	878	9:21	01:08:40.2	441	9:24	01:01:37.7	9:22	02:02:54.1
555	1250/3991	32/154	1721	Lori Persson	F	50	Bancroft	NE	591	8:58	01:03:22.3	597	9:47	01:04:08.0	9:22	02:02:54.1
556	1252/3991	95/435	1714	Charity Bolling	F	29	Omaha	NE	589	8:58	01:03:21.6	598	9:47	01:04:08.2	9:22	02:02:54.6
557	1254/3991	67/342	1041	Amy Cole	F	43	Lincoln	NE	646	9:13	01:04:23.3	489	9:32	01:02:29.5	9:22	02:02:57.2
558	1255/3991	41/227	1980	Tracy Falconer	F	47	Kearney	NE	598	9:03	01:03:29.3	562	9:42	01:03:36.8	9:22	02:02:58.2
559	1256/3991	96/435	6146	Amy Cavadini	F	27	Lincoln	NE	571	9:01	01:03:12.1	586	9:45	01:03:54.0	9:22	02:03:00.0
560	1257/3991	97/435	2639	Alysa Taylor	F	26	New York	NY	391	8:54	01:00:57.3	633	9:51	01:04:37.2	9:23	02:03:00.3
561	1258/3991	68/342	5742	Beth Mcdonald	F	42	Prole	IA	400	8:51	01:01:04.5	663	9:55	01:04:58.5	9:23	02:03:00.9
562	1259/3991	125/486	3173	Carrie Vanschoiack	F	36	Homer	NE	401	8:45	01:01:05.5	712	10:01	01:05:38.3	9:23	02:03:02.7
563	1262/3991	98/435	5159	Dani Michaelis	F	26	Lincoln	NE	394	8:49	01:01:01.7	686	9:58	01:05:18.1	9:23	02:03:09.2
564	1264/3991	112/460	4139	Dominique Schafer	F	30	Omaha	NE	750	9:18	01:06:27.9	471	9:29	01:02:11.9	9:23	02:03:10.9
565	1270/3991	126/486	2951	Lindy Andersen	F	37	Omaha	NE	749	9:24	01:06:25.5	445	9:25	01:01:42.3	9:24	02:03:21.1
566	1271/3991	42/227	1544	Kelly Parr	F	46	Elkhorn	NE	532	9:07	01:02:43.8	563	9:42	01:03:38.1	9:24	02:03:21.3
567	1272/3991	113/460	1754	Katie Naumann	F	34	Omaha	NE	590	9:02	01:03:22.2	605	9:47	01:04:10.9	9:24	02:03:22.5
568	1274/3991	43/308	1049	Sara Zajicek	F	24	Lincoln	NE	402	8:53	01:01:06.2	680	9:56	01:05:10.0	9:24	02:03:23.8
569	1275/3991	127/486	1690	Mandy Packett	F	38	Eagle	NE	728	9:05	01:06:00.3	589	9:45	01:03:55.5	9:24	02:03:25.9
570	1276/3991	44/308	2401	Amber Sims	F	21	Martell	NE	451	8:46	01:01:37.6	729	10:04	01:06:01.3	9:25	02:03:29.7
571	1277/3991	128/486	1476	Shannon Buster	F	39	Gretna	NE	525	9:00	01:02:40.2	627	9:50	01:04:30.4	9:25	02:03:30.7
572	1278/3991	43/227	1873	Jeanne Bouwens	F	49	Lincoln	NE	443	8:53	01:01:28.6	687	9:58	01:05:18.6	9:25	02:03:34.3
573	1279/3991	114/460	554	Ashley Pham	F	32	Omaha	NE	581	9:01	01:03:17.9	629	9:51	01:04:31.2	9:25	02:03:35.6
574	1281/3991	45/308	4119	Sidni Garwood	F	23	Wichita	KS	721	9:14	01:05:49.8	534	9:38	01:03:05.9	9:25	02:03:36.8
575	1284/3991	115/460	1635	Morgan Beach	F	31	Lincoln	NE	553	8:46	01:02:58.1	743	10:07	01:06:16.3	9:26	02:03:43.3
576	1285/3991	116/460	2186	Melissa Viox	F	33	Fremont	NE	666	9:21	01:04:46.7	486	9:32	01:02:28.0	9:26	02:03:44.3



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
577	1288/3991	117/460	4233	Dani Niss	F	30	Pawnee City	NE	904	9:24	01:08:55.5	472	9:29	01:02:12.1	9:26	02:03:46.9
578	1290/3991	69/342	4161	Tami Nebesniak	F	41	Omaha	NE	551	9:10	01:02:51.4	577	9:44	01:03:46.1	9:26	02:03:49.8
579	1291/3991	118/460	672	Brooklynne Rosado	F	34	La Vista	NE	736	9:19	01:06:09.3	515	9:35	01:02:48.0	9:26	02:03:50.4
580	1293/3991	44/227	3429	Katie Miller	F	47	Lincoln	NE	375	8:51	01:00:40.7	721	10:03	01:05:50.5	9:27	02:03:54.6
581	1297/3991	129/486	3029	Dana Greene	F	35	Shelton	NE	422	8:56	01:01:18.9	694	9:59	01:05:25.4	9:27	02:03:56.4
582	1298/3991	24/79	2757	Grace Harmon	F	15	Lincoln	NE	381	8:52	01:00:42.2	720	10:02	01:05:49.4	9:27	02:03:56.7
583	1299/3991	46/308	5101	Bailey Collins	F	24	Auburn	NE	861	9:35	01:08:30.5	414	9:20	01:01:09.0	9:27	02:03:56.7
584	1300/3991	47/308	4421	Alyssa Trautman	F	22	Omaha	NE	568	9:11	01:03:10.8	568	9:43	01:03:41.9	9:27	02:03:57.2
585	1302/3991	99/435	4090	Ali Loker	F	25	Lincoln	NE	741	9:14	01:06:22.8	549	9:41	01:03:26.5	9:27	02:03:58.4
586	1303/3991	119/460	5146	Maggie Brugman	F	33	Omaha	NE	779	9:03	01:07:02.5	637	9:52	01:04:39.8	9:27	02:03:59.9
587	1305/3991	120/460	6247	Donnia Behrends	F	34	Firth	NE	415	8:52	01:01:16.5	725	10:04	01:05:56.9	9:27	02:04:02.3
588	1306/3991	100/435	4767	Katie Kreuser	F	27	Lincoln	NE	365	8:43	01:00:31.4	785	10:12	01:06:52.9	9:27	02:04:02.5
589	1307/3991	70/342	6230	Laura Miller	F	44	Papillion	NE	781	9:21	01:07:02.8	510	9:34	01:02:45.1	9:27	02:04:03.0
590	1308/3991	130/486	1235	Kris Rohde	F	38	Omaha	NE	390	9:01	01:00:55.8	662	9:55	01:04:57.6	9:27	02:04:04.3
591	1310/3991	45/227	698	Pam Bjerrum	F	48	Lincoln	NE	592	9:03	01:03:22.3	646	9:53	01:04:48.9	9:28	02:04:07.8
592	1312/3991	121/460	297	Molly Gray	F	34	Elkhorn	NE	769	9:21	01:06:55.4	517	9:35	01:02:49.1	9:28	02:04:08.3
593	1315/3991	71/342	2668	Robyn Keys	F	42	Lincoln	NE	732	9:13	01:06:05.9	571	9:43	01:03:44.2	9:28	02:04:10.8
594	1316/3991	33/154	2653	Marcia Grant	F	54	Columbus	NE	454	8:53	01:01:40.7	726	10:04	01:05:57.5	9:28	02:04:11.6
595	1320/3991	46/227	1490	Christina Butler	F	47	Elkhorn	NE	524	9:05	01:02:39.5	639	9:52	01:04:41.7	9:28	02:04:16.4
596	1323/3991	72/342	6246	Kim Grimm	F	40	Elkhorn	NE	601	9:04	01:03:35.4	649	9:53	01:04:50.5	9:28	02:04:17.8
597	1324/3991	101/435	5791	Emilie Baedke	F	26	Omaha	NE	457	8:58	01:01:44.9	703	10:00	01:05:31.8	9:28	02:04:18.1
598	1325/3991	122/460	4699	Lyndsey Harms	F	32	Hickman	NE	536	9:01	01:02:45.9	681	9:57	01:05:11.0	9:28	02:04:18.2
599	1326/3991	131/486	6261	Amy Staples	F	38	Elkhorn	NE	600	9:04	01:03:35.2	648	9:53	01:04:50.5	9:28	02:04:18.3
600	1328/3991	47/227	4834	Jenifer Snook	F	45	Lincoln	NE	607	8:55	01:03:41.7	723	10:03	01:05:54.3	9:29	02:04:20.0
601	1331/3991	123/460	1384	Amy Divis	F	34	Lincoln	NE	440	8:57	01:01:26.9	714	10:01	01:05:42.3	9:29	02:04:23.5
602	1334/3991	124/460	2973	Adrienne Feldhaus	F	34	Papillion	NE	866	9:30	01:08:33.7	477	9:30	01:02:14.7	9:29	02:04:28.2
603	1335/3991	48/227	3004	Buffy Dye	F	48	Dalton	NE	1133	9:36	01:12:04.8	437	9:23	01:01:31.7	9:29	02:04:28.9
604	1336/3991	132/486	4861	Michelle Buller	F	37	Lincoln	NE	756	9:12	01:06:30.8	602	9:47	01:04:09.6	9:29	02:04:29.0
605	1337/3991	73/342	829	Karen Belair	F	44	Omaha	NE	595	9:04	01:03:25.6	676	9:56	01:05:05.9	9:29	02:04:29.1
606	1339/3991	133/486	2151	Melissa Pandorf	F	35	Kearney	NE	546	9:03	01:02:48.8	678	9:56	01:05:08.5	9:29	02:04:29.7
607	1340/3991	125/460	5967	Avery Essay	F	31	Omaha	NE	832	9:16	01:08:07.2	578	9:44	01:03:46.5	9:29	02:04:30.5
608	1344/3991	126/460	5112	Allison Fritsche	F	32	Holdrege	NE	742	9:18	01:06:23.1	557	9:42	01:03:33.8	9:30	02:04:34.2
609	1347/3991	127/460	752	Angela Sing	F	32	Omaha	NE	405	8:48	01:01:09.5	786	10:12	01:06:54.2	9:30	02:04:38.1
610	1348/3991	102/435	949	Jessica Meza	F	26	Lincoln	NE	1149	9:33	01:12:17.1	462	9:28	01:02:04.5	9:30	02:04:40.9
611	1349/3991	4/49	578	Carla Seeba	F	60	Lincoln	NE	916	9:33	01:09:11.5	468	9:29	01:02:08.0	9:30	02:04:41.3
612	1350/3991	134/486	740	Jill Eberspacher	F	37	Beaver Crossing	NE	752	9:10	01:06:28.5	631	9:51	01:04:32.9	9:30	02:04:41.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
613	1351/3991	128/460	843	Brandy Nielson	F	33	Lincoln	NE	574	9:06	01:03:14.8	672	9:55	01:05:02.9	9:30	02:04:41.8
614	1352/3991	135/486	4908	Andrea Adams	F	38	Beaver Crossing	NE	755	9:11	01:06:29.9	630	9:51	01:04:31.9	9:30	02:04:42.0
615	1353/3991	103/435	2701	Kayla Bittner	F	28	Lincoln	NE	775	9:30	01:06:58.6	488	9:32	01:02:29.2	9:30	02:04:42.9
616	1354/3991	104/435	2527	Alexandra Bruening	F	29	Omaha	NE	973	9:25	01:10:02.3	529	9:37	01:03:02.0	9:30	02:04:43.4
617	1355/3991	9/81	4839	Linda Veldman	F	55	Denver	CO	557	9:10	01:03:03.8	635	9:52	01:04:38.3	9:30	02:04:44.2
618	1356/3991	49/227	2952	Vicki Fisher	F	48	Lincoln	NE	503	8:54	01:02:18.2	752	10:08	01:06:26.1	9:30	02:04:44.8
619	1357/3991	105/435	4227	Sara Pelican	F	25	Lincoln	NE	1010	9:27	01:10:30.8	509	9:34	01:02:44.8	9:30	02:04:44.8
620	1358/3991	50/227	680	Joy Mckinney	F	49	Lincoln	NE	573	9:06	01:03:14.6	677	9:56	01:05:07.9	9:31	02:04:46.6
621	1359/3991	136/486	3037	Mindi Jasper	F	38	Lincoln	NE	691	9:12	01:05:14.5	632	9:51	01:04:36.6	9:31	02:04:52.5
622	1360/3991	74/342	4714	Stacy Doonan	F	44	Omaha	NE	815	9:35	01:07:43.3	466	9:28	01:02:05.4	9:31	02:04:54.1
623	1362/3991	48/308	2344	Angela Berry	F	24	Omaha	NE	455		01:01:42.8	539	9:38	01:03:12.3	9:31	02:04:55.2
624	1363/3991	129/460	1850	Katie Brown	F	33	Omaha	NE	1341	10:01	01:15:21.3	325	9:03	00:59:18.2	9:31	02:04:58.1
625	1366/3991	130/460	943	Heidi Miller	F	32	Lincoln	NE	555	9:15	01:03:02.8	614	9:49	01:04:22.4	9:32	02:05:01.4
626	1367/3991	106/435	5145	Meagan Fritzing	F	29	Lincoln	NE	1198	9:32	01:13:15.6	493	9:32	01:02:32.7	9:32	02:05:01.6
627	1368/3991	51/227	4910	Sarina Mcneel	F	47	Omaha	NE	929	9:24	01:09:22.8	551	9:41	01:03:27.9	9:32	02:05:03.1
628	1369/3991	49/308	3804	Briley Moates	F	20	Lincoln	NE	311	8:37	00:59:34.1	903	10:28	01:08:36.0	9:32	02:05:03.7
629	1371/3991	137/486	4997	Laura Thomsen	F	35	Lincoln	NE	216	8:25	00:56:44.8	1007	10:40	01:09:57.7	9:32	02:05:07.9
630	1373/3991	131/460	1966	Kelsey Bergen	F	30	Aurora	NE	746	9:25	01:06:24.8	548	9:40	01:03:24.9	9:32	02:05:09.1
631	1374/3991	10/81	5072	Connie Honke	F	57	Lincoln	NE	671	9:05	01:04:50.3	709	10:00	01:05:35.1	9:32	02:05:09.3
632	1377/3991	132/460	4716	Rachel Green	F	34	Bennet	NE	516	8:50	01:02:36.5	809	10:16	01:07:16.0	9:33	02:05:12.8
633	1378/3991	138/486	4311	Jennifer Teply	F	39	Lincoln	NE	326	8:34	00:59:42.3	933	10:32	01:09:03.2	9:33	02:05:13.8
634	1380/3991	75/342	3546	Dixie Smeltzer	F	41	Brady	NE	554	9:11	01:03:01.3	675	9:56	01:05:05.3	9:33	02:05:17.0
635	1381/3991	25/79	3162	Kim Pramberg	F	18	Lincoln	NE	506	8:50	01:02:23.8	821	10:17	01:07:24.3	9:33	02:05:20.9
636	1385/3991	50/308	4350	Desirae Hakel	F	21	Lincoln	NE	1120	9:54	01:12:00.6	378	9:14	01:00:32.6	9:33	02:05:23.6
637	1386/3991	139/486	3866	Brandy Whitaker	F	35	Lincoln	NE	153	8:10	00:54:55.5	1131	10:58	01:11:51.5	9:33	02:05:23.6
638	1387/3991	52/227	3489	Dawn Ford	F	46	Lincoln	NE	680	9:12	01:04:59.1	673	9:55	01:05:03.4	9:33	02:05:23.7
639	1389/3991	76/342	4286	Susan Stadig	F	43	Elkhorn	NE	827	9:43	01:08:00.1	446	9:25	01:01:42.4	9:34	02:05:25.2
640	1390/3991	133/460	2079	Lisa Mason D'croz	F	30	Lincoln	NE	603	9:05	01:03:36.5	724	10:03	01:05:54.9	9:34	02:05:27.5
641	1392/3991	134/460	6174	Jeannine Berge	F	34	Lincoln	NE	477	8:53	01:01:58.2	806	10:16	01:07:15.5	9:34	02:05:28.3
642	1393/3991	135/460	4975	Heidi Zywiec	F	34	Seward	NE	523	8:47	01:02:39.4	850	10:21	01:07:52.8	9:34	02:05:28.6
643	1394/3991	77/342	3323	Molly Koehler	F	43	Bellevue	NE	515	8:55	01:02:35.9	792	10:13	01:07:01.4	9:34	02:05:30.4
644	1395/3991	78/342	3282	Christi Smallfoot	F	41	Nebraska City	NE	418	8:57	01:01:17.3	781	10:12	01:06:49.9	9:34	02:05:31.1
645	1396/3991	136/460	882	Crystal Bock Thiessen	F	34	Lincoln	NE	514	8:57	01:02:35.3	782	10:12	01:06:50.2	9:34	02:05:31.3
646	1397/3991	51/308	3682	Courtney Murphy	F	22	Lincoln	NE	702	9:15	01:05:33.5	653	9:54	01:04:52.2	9:34	02:05:31.5
647	1399/3991	140/486	1647	Denisha Kirsch	F	35	Lincoln	NE	762	9:27	01:06:44.2	560	9:42	01:03:35.5	9:34	02:05:33.3
648	1400/3991	141/486	3630	Carrie Erikson	F	35	Lincoln	NE	577	9:00	01:03:17.1	762	10:09	01:06:33.7	9:34	02:05:34.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
649	1401/3991	142/486	4323	Kari Wade	F	36	Lincoln	NE	652	9:20	01:04:31.6	624	9:50	01:04:26.5	9:34	02:05:34.7
650	1403/3991	107/435	5544	Heidi Dailey	F	29	Lincoln	NE	1104	9:28	01:11:50.3	561	9:42	01:03:36.6	9:35	02:05:38.2
651	1404/3991	137/460	856	Micki Fries	F	30	Elm Creek	NE	393	8:56	01:01:00.5	799	10:15	01:07:08.6	9:35	02:05:39.7
652	1406/3991	53/227	2029	Laura Mcfadden	F	45	Omaha	NE	945	9:15	01:09:31.3	669	9:55	01:05:01.6	9:35	02:05:40.7
653	1408/3991	138/460	2920	Kara Baker	F	33	Omaha	NE	818	9:42	01:07:47.3	464	9:28	01:02:05.0	9:35	02:05:42.9
654	1409/3991	143/486	4268	Heidi O'connell	F	36	Omaha	NE	667	9:16	01:04:46.7	666	9:55	01:05:00.7	9:35	02:05:44.8
655	1410/3991	144/486	763	Renee Henrichs	F	38	Lincoln	NE	535	9:01	01:02:45.9	771	10:10	01:06:38.2	9:35	02:05:45.6
656	1411/3991	139/460	1585	Corrine Becklun	F	30	Henderson	NE	500	8:58	01:02:14.7	789	10:13	01:06:58.4	9:35	02:05:47.7
657	1413/3991	145/486	3486	Laura Fick	F	35	Bennet	NE	492	8:55	01:02:06.3	815	10:16	01:07:21.2	9:35	02:05:50.3
658	1414/3991	5/49	681	Bev Janak	F	61	Omaha	NE	950	9:26	01:09:34.6	594	9:46	01:04:00.4	9:36	02:05:51.3
659	1418/3991	52/308	4703	Amy Schroeder	F	23	Lincoln	NE	509	9:04	01:02:28.4	753	10:08	01:06:27.9	9:36	02:05:56.1
660	1419/3991	79/342	993	Amy Mack	F	43	Lincoln	NE	619	9:17	01:03:54.8	670	9:55	01:05:01.8	9:36	02:05:56.2
661	1422/3991	140/460	1679	Amy Engel	F	30	Lincoln	NE	885	9:46	01:08:42.6	456	9:27	01:01:57.0	9:36	02:05:59.0
662	1423/3991	53/308	4978	Niki Kouma	F	22	Dwight	NE	983	9:24	01:10:06.8	616	9:49	01:04:23.1	9:36	02:05:59.8
663	1425/3991	108/435	2242	Katie Braun	F	26	Grand Island	NE	673	9:14	01:04:51.3	696	9:59	01:05:28.5	9:36	02:06:01.6
664	1427/3991	54/227	689	Tina Meeske	F	49	Denton	NE	793	9:32	01:07:20.3	559	9:42	01:03:34.3	9:36	02:06:02.5
665	1428/3991	55/227	802	Carrie Henrichs	F	45	Lincoln	NE	794	9:32	01:07:20.5	558	9:42	01:03:34.1	9:36	02:06:02.5
666	1429/3991	141/460	951	Sara Schmidt	F	31	Malcolm	NE	844	9:30	01:08:21.5	573	9:43	01:03:45.1	9:37	02:06:03.9
667	1431/3991	146/486	992	Courtney Landon	F	35	Waverly	NE	425	8:51	01:01:21.5	866	10:23	01:08:04.6	9:37	02:06:06.9
668	1432/3991	34/154	996	Kathy Nelson	F	51	Bennet	NE	733	9:16	01:06:07.2	691	9:58	01:05:22.0	9:37	02:06:07.7
669	1435/3991	80/342	924	Tammie Mead	F	44	Syracuse	NE	1111	9:47	01:11:55.7	465	9:28	01:02:05.3	9:37	02:06:10.6
670	1438/3991	147/486	5042	Cheyenne Janssen	F	39	Lincoln	NE	817	9:27	01:07:45.7	615	9:49	01:04:22.6	9:38	02:06:18.9
671	1440/3991	142/460	5395	Michelle Sjuts	F	32	Lincoln	NE	845	9:31	01:08:21.5	590	9:45	01:03:55.9	9:38	02:06:21.2
672	1442/3991	81/342	6136	Melissa Aksamit	F	44	Superior	NE	922	9:34	01:09:16.7	565	9:43	01:03:40.0	9:38	02:06:24.8
673	1444/3991	56/227	6097	Jodi Andresen	F	45	Bennington	NE	650	9:21	01:04:30.4	679	9:56	01:05:08.8	9:38	02:06:27.1
674	1446/3991	148/486	395	Jennifer Madson	F	37	Lincoln	NE	463	8:57	01:01:52.5	845	10:21	01:07:48.7	9:39	02:06:31.3
675	1448/3991	57/227	5828	Cathy Anderson	F	49	Lincoln	NE	1191	9:41	01:13:07.1	530	9:37	01:03:03.4	9:39	02:06:32.8
676	1449/3991	35/154	570	Susan Sisel	F	50	Dwight	NE	579	9:32	01:03:17.9	596	9:46	01:04:03.0	9:39	02:06:32.8
677	1450/3991	82/342	3386	Amy Jonas	F	43	Omaha	NE	826	9:16	01:07:59.3	718	10:02	01:05:48.1	9:39	02:06:33.2
678	1451/3991	143/460	1939	Miranda Watson	F	34	Lincoln	NE	843	9:31	01:08:21.5	600	9:47	01:04:08.9	9:39	02:06:33.7
679	1453/3991	54/308	3731	Jordan Strudl	F	23	Lincoln	NE	852	9:18	01:08:24.3	711	10:01	01:05:37.6	9:39	02:06:34.7
680	1454/3991	36/154	2294	Diane Brozek	F	52	Lincoln	NE	839	9:44	01:08:18.8	512	9:34	01:02:45.8	9:39	02:06:35.1
681	1455/3991	144/460	1393	Markay Cunningham	F	32	Lincoln	NE	865	10:11	01:08:33.7	351	9:08	00:59:50.2	9:39	02:06:35.4
682	1456/3991	145/460	2340	Noel Holle	F	34	Lincoln	NE	846	9:31	01:08:21.7	603	9:47	01:04:09.7	9:39	02:06:35.6
683	1457/3991	149/486	4147	Christy Kreutzer	F	37	Hastings	NE	705	9:11	01:05:37.8	750	10:07	01:06:21.9	9:39	02:06:35.8
684	1458/3991	150/486	3206	Carin Van Pelt	F	38	Stanton	NE	920	9:08	01:09:16.3	778	10:11	01:06:48.4	9:39	02:06:38.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
685	1459/3991	26/79	4565	Anna Dubas	F	19	Omaha	NE	656	9:12	01:04:38.5	748	10:07	01:06:20.7	9:39	02:06:38.6
686	1460/3991	55/308	4567	Emma Dubas	F	20	Omaha	NE	657	9:12	01:04:38.5	749	10:07	01:06:20.8	9:39	02:06:38.7
687	1461/3991	109/435	3697	Hannah Moran	F	27	Hastings	NE	847	9:17	01:08:21.9	719	10:02	01:05:48.5	9:39	02:06:39.9
688	1462/3991	146/460	4877	Daniela Morales-Sanchez	F	34	Lincoln	NE	932	9:35	01:09:24.2	583	9:44	01:03:49.6	9:39	02:06:41.6
689	1463/3991	110/435	2227	Lauren Dyer	F	28	Martell	NE	552	9:06	01:02:52.2	794	10:14	01:07:03.2	9:40	02:06:43.6
690	1464/3991	58/227	985	Mary Tompkin	F	46	Fort Collins	CO	505	8:52	01:02:23.7	905	10:28	01:08:38.8	9:40	02:06:43.8
691	1465/3991	147/460	4557	Laurie Gyhra	F	33	Waverly	NE	745	9:25	01:06:24.5	668	9:55	01:05:01.1	9:40	02:06:44.5
692	1466/3991	59/227	3168	Sharon Labenz	F	49	Gretna	NE	684	9:14	01:05:07.7	741	10:06	01:06:14.0	9:40	02:06:47.0
693	1467/3991	11/81	970	Peg Ogea-Ginsburg	F	56	Lincoln	NE	856	9:37	01:08:25.8	575	9:44	01:03:45.8	9:40	02:06:48.8
694	1470/3991	56/308	1841	Anna Schmidt	F	24	Lincoln	NE	427	8:55	01:01:21.9	881	10:25	01:08:19.6	9:40	02:06:49.4
695	1471/3991	83/342	3814	Teri Young	F	42	Kearney	NE	791	9:31	01:07:18.4	622	9:50	01:04:26.1	9:40	02:06:50.7
696	1472/3991	111/435	3124	Kari Radke	F	29	Kearney	NE	792	9:31	01:07:19.3	623	9:50	01:04:26.3	9:40	02:06:52.7
697	1473/3991	60/227	1185	Becky Sudik	F	49	Lincoln	NE	1058	9:50	01:11:04.5	487	9:32	01:02:28.4	9:40	02:06:54.8
698	1478/3991	57/308	6201	Alyssa Houston	F	22	West Point	IA	614	9:03	01:03:44.8	835	10:20	01:07:43.1	9:41	02:07:00.4
699	1479/3991	151/486	2300	Stephanie Bach	F	38	Bellevue	NE	382	8:55	01:00:46.7	898	10:27	01:08:31.8	9:41	02:07:00.8
700	1480/3991	152/486	2629	Sally Bach	F	36	Lincoln	NE	383	8:55	01:00:46.7	899	10:27	01:08:31.8	9:41	02:07:00.8
701	1481/3991	112/435	5363	Ashley Perkins	F	26	Omaha	NE	675	9:11	01:04:52.3	777	10:11	01:06:47.6	9:41	02:07:01.0
702	1482/3991	113/435	2712	Kelly Okerlund	F	28	Sioux Falls	SD	898	9:33	01:08:52.6	625	9:50	01:04:27.6	9:41	02:07:01.1
703	1483/3991	114/435	3413	Ann Mchale	F	26	Lincoln	NE	888	9:35	01:08:44.7	604	9:47	01:04:09.9	9:41	02:07:02.4
704	1486/3991	58/308	6095	Morgan Ingram	F	24	Omaha	NE	987	9:50	01:10:11.5	497	9:33	01:02:37.2	9:41	02:07:06.3
705	1487/3991	84/342	6138	Jennifer Rose	F	42	Scott City	KS	643	9:07	01:04:19.4	816	10:16	01:07:21.3	9:41	02:07:06.4
706	1489/3991	59/308	1834	Kerry Schwarzlander	F	23	Omaha	NE	806	9:14	01:07:34.7	760	10:09	01:06:32.8	9:41	02:07:07.6
707	1490/3991	61/227	4843	Jessica Moya	F	46	Red Oak	IA	873	9:38	01:08:37.8	591	9:45	01:03:57.7	9:41	02:07:08.1
708	1491/3991	148/460	2643	Katie Bjorkman	F	30	Omaha	NE	805	9:14	01:07:34.5	761	10:09	01:06:33.4	9:41	02:07:08.2
709	1492/3991	12/81	1205	Kim Clouston	F	58	Lincoln	NE	928	9:34	01:09:22.8	621	9:50	01:04:25.5	9:41	02:07:08.6
710	1494/3991	153/486	4677	Jennifer Bennetts	F	39	Lincoln	NE	723	9:20	01:05:54.8	727	10:04	01:05:59.1	9:42	02:07:09.4
711	1496/3991	154/486	3316	Crystal Livingston	F	39	Lincoln	NE	508	9:01	01:02:24.9	869	10:23	01:08:06.4	9:42	02:07:10.9
712	1497/3991	115/435	3277	Kristin Webb	F	26	Omaha	NE	1029	9:37	01:10:47.3	606	9:47	01:04:11.2	9:42	02:07:12.2
713	1498/3991	116/435	2496	Colby Jensen	F	27	Omaha	NE	974	9:25	01:10:02.3	700	10:00	01:05:30.7	9:42	02:07:12.3
714	1499/3991	6/49	308	Paulette Merrell	F	62	Bellevue	NE	512	9:20	01:02:29.8	730	10:05	01:06:03.0	9:42	02:07:12.9
715	1501/3991	117/435	2274	Sarah Standley	F	26	Lincon	NE	681	9:24	01:04:59.9	707	10:00	01:05:34.8	9:42	02:07:13.8
716	1502/3991	155/486	4785	Suzanne Coleman	F	36	Omaha	NE	689	9:25	01:05:12.5	702	10:00	01:05:31.3	9:42	02:07:15.0
717	1507/3991	156/486	5175	Lynn Kleinmeyer	F	36	Plattsmouth	NE	388	8:56	01:00:53.6	909	10:29	01:08:42.1	9:42	02:07:18.7
718	1509/3991	157/486	1457	Kristin Runge	F	35	Lincoln	NE	556	9:15	01:03:03.2	774	10:11	01:06:43.5	9:43	02:07:23.8
719	1510/3991	149/460	5703	Jill Muegge	F	32	Elkhorn	NE	761	9:29	01:06:37.7	683	9:57	01:05:15.5	9:43	02:07:24.0
720	1511/3991	85/342	1999	Amy Helms	F	41	Waverly	NE	385	8:52	01:00:48.7	948	10:34	01:09:14.2	9:43	02:07:24.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
721	1513/3991	118/435	6088	Aimee Adams	F	28	Newman Grove	NE	1078	9:35	01:11:26.9	634	9:51	01:04:37.5	9:43	02:07:25.2
722	1518/3991	27/79	237	Mara Franssen	F	16	Hastings	NE	696	9:16	01:05:21.7	779	10:12	01:06:49.6	9:43	02:07:34.4
723	1519/3991	86/342	533	Angela Harnly	F	40	Gretna	NE	654	9:03	01:04:35.8	875	10:25	01:08:14.8	9:44	02:07:36.4
724	1520/3991	158/486	1294	Angie Petersen	F	38	Gretna	NE	655	9:03	01:04:35.8	874	10:25	01:08:14.5	9:44	02:07:36.5
725	1521/3991	87/342	2547	Heather Mccain	F	40	Omaha	NE	661	9:21	01:04:43.2	746	10:07	01:06:17.9	9:44	02:07:36.8
726	1522/3991	37/154	524	Wenday Sorenson	F	50	Blair	NE	906	9:29	01:08:57.9	699	10:00	01:05:30.3	9:44	02:07:38.9
727	1523/3991	88/342	2115	Jill Gable	F	43	Lincoln	NE	720	9:16	01:05:49.1	783	10:12	01:06:52.3	9:44	02:07:39.1
728	1524/3991	119/435	1875	Andrea Rezac	F	26	Weston	NE	1218	9:45	01:13:34.6	570	9:43	01:03:44.1	9:44	02:07:39.2
729	1525/3991	89/342	1085	Rachel Zahn	F	42	Syracuse	NE	608	9:08	01:03:42.1	836	10:20	01:07:43.3	9:44	02:07:39.2
730	1526/3991	90/342	6111	Lisa Charleston	F	43	Lincoln	NE	1070	9:34	01:11:18.5	665	9:55	01:04:59.5	9:44	02:07:40.7
731	1529/3991	91/342	729	Erin Colonna	F	40	Lincoln	NY	569	9:03	01:03:11.1	893	10:26	01:08:25.6	9:44	02:07:43.8
732	1531/3991	60/308	2404	Mckenzie Nielsen	F	20	Oxford	NE	575	9:01	01:03:16.4	907	10:29	01:08:41.5	9:44	02:07:48.2
733	1532/3991	150/460	5488	Sherry Ann Andrews	F	31	Bassett	NE	517	9:15	01:02:36.7	802	10:15	01:07:11.6	9:45	02:07:49.2
734	1533/3991	61/308	5953	Emily Barnes	F	23	Papillion	NE	395	8:55	01:01:01.7	956	10:35	01:09:19.4	9:45	02:07:49.3
735	1534/3991	92/342	3674	Staci Mueller	F	44	Columbus	NE	1018	9:43	01:10:34.9	601	9:47	01:04:09.1	9:45	02:07:49.4
736	1535/3991	151/460	2320	Amy Schlichting	F	32	Lincoln	NE	988	10:06	01:10:12.5	439	9:24	01:01:36.1	9:45	02:07:50.4
737	1536/3991	152/460	3473	Jennifer Paskach	F	31	Omaha	NE	1252	9:38	01:13:57.1	638	9:52	01:04:41.2	9:45	02:07:52.1
738	1537/3991	159/486	226	Jill Stohs	F	37	Lincoln	NE	799	9:30	01:07:30.2	710	10:00	01:05:36.4	9:45	02:07:52.7
739	1538/3991	62/308	4712	Sarah Krueger	F	20	Lincoln	NE	772	9:28	01:06:57.6	722	10:03	01:05:54.1	9:45	02:07:54.7
740	1539/3991	7/49	506	Janece Mollhoff	F	60	Ashland	NE	859	9:43	01:08:27.6	608	9:48	01:04:14.8	9:45	02:07:55.3
741	1543/3991	38/154	1830	Karen Green	F	54	Lincoln	NE	857	9:37	01:08:26.2	661	9:55	01:04:57.4	9:45	02:07:59.7
742	1544/3991	153/460	1417	Melissa James	F	30	Martell	NE	481	8:54	01:02:01.9	977	10:38	01:09:39.0	9:45	02:08:00.0
743	1545/3991	93/342	913	Tricia Faust	F	43	Columbus	NE	1015	9:43	01:10:33.5	613	9:49	01:04:22.3	9:45	02:08:01.5
744	1548/3991	63/308	6309	Elizabeth Dudley	F	24	Omaha	NE	308	8:36	00:59:29.8	1120	10:56	01:11:42.3	9:46	02:08:04.7
745	1549/3991	154/460	1340	Kayce Armbrust	F	34	Lincoln	NE	522	8:51	01:02:38.8	1020	10:42	01:10:07.5	9:46	02:08:05.5
746	1550/3991	28/79	4790	Sophie Miller	F	16	Lincoln	NE	908	9:43	01:09:03.4	620	9:50	01:04:24.5	9:46	02:08:06.1
747	1551/3991	62/227	1192	Theresa Huffman	F	48	Lincoln	NE	879	9:39	01:08:40.6	651	9:54	01:04:51.5	9:46	02:08:06.5
748	1552/3991	94/342	3978	Stacia Soderlin	F	41	Hallam	NE	880	9:39	01:08:40.6	652	9:54	01:04:51.6	9:46	02:08:06.8
749	1556/3991	155/460	3602	Keri Bensheimer	F	32	Shubert	NE	862	9:35	01:08:30.6	690	9:58	01:05:21.6	9:46	02:08:08.8
750	1558/3991	29/79	2853	Halle Knigge	F	16	Fairbury	NE	790	9:32	01:07:17.5	715	10:01	01:05:42.7	9:46	02:08:12.8
751	1559/3991	156/460	4335	Katherine Owens	F	32	Lincoln	NE	683	9:05	01:05:05.2	911	10:29	01:08:43.2	9:46	02:08:13.2
752	1560/3991	63/227	2583	Tina Deboer	F	46	Fairbury	NE	789	9:32	01:07:17.3	716	10:02	01:05:43.3	9:46	02:08:13.3
753	1561/3991	30/79	6139	Kaia Musgjerd	F	19	Omaha	NE	277	8:43	00:58:46.7	1074	10:50	01:11:03.6	9:46	02:08:14.5
754	1562/3991	64/308	4965	Kayla Timm	F	22	Omaha	NE	980	9:24	01:10:06.3	772	10:10	01:06:38.3	9:46	02:08:14.6
755	1564/3991	95/342	830	Mandi Lucas	F	40	Firth	NE	444	8:55	01:01:28.9	1001	10:40	01:09:52.8	9:47	02:08:17.8
756	1565/3991	120/435	5089	Kate Florian	F	25	Lincoln	NE	914	9:47	01:09:10.5	599	9:47	01:04:08.7	9:47	02:08:18.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
757	1566/3991	157/460	380	Lindsey Frohn	F	30	Lincoln	NE	889	9:35	01:08:44.7	695	9:59	01:05:26.9	9:47	02:08:19.5
758	1567/3991	64/227	1274	June Kleinschmidt	F	46	Grafton	NE	899	9:25	01:08:52.8	769	10:10	01:06:37.5	9:47	02:08:20.1
759	1568/3991	121/435	4395	Kara Walker	F	28	Lincoln	NE	765	9:09	01:06:49.9	887	10:26	01:08:21.7	9:47	02:08:20.3
760	1571/3991	39/154	3715	Barb Geiger	F	50	Lincoln	NE	867	9:44	01:08:34.3	628	9:51	01:04:31.1	9:47	02:08:21.8
761	1573/3991	65/308	5267	Erin Schoonover	F	20	Lincoln	NE	276	8:42	00:58:46.7	1093	10:53	01:11:20.0	9:47	02:08:24.6
762	1574/3991	96/342	1319	Jenny Schlosser	F	40	Omaha	NE	829	9:43	01:08:00.3	644	9:53	01:04:45.5	9:47	02:08:27.0
763	1575/3991	97/342	3252	Brandi Haltom	F	44	Omaha	NE	828	9:43	01:08:00.3	643	9:53	01:04:45.4	9:47	02:08:27.4
764	1576/3991	158/460	4632	Taryn Rouse	F	34	Lincoln	NE	632	9:09	01:04:06.4	896	10:27	01:08:28.7	9:48	02:08:28.5
765	1579/3991	122/435	4612	Lindsay Strong	F	25	Vermillion	SD	1025	9:48	01:10:44.1	607	9:48	01:04:14.5	9:48	02:08:30.9
766	1580/3991	160/486	2778	Kristina Forch	F	37	Gretna	NE	295	8:40	00:59:10.2	1115	10:56	01:11:39.1	9:48	02:08:31.5
767	1581/3991	159/460	2993	Jaclyn Paulson	F	31	Sioux City	IA	1026	9:48	01:10:44.5	609	9:48	01:04:15.0	9:48	02:08:31.5
768	1582/3991	160/460	4307	Christine Shearman	F	31	Lincoln	NE	1045	9:25	01:10:54.7	775	10:11	01:06:44.5	9:48	02:08:31.6
769	1583/3991	161/486	1907	Cami Buel	F	38	Eagle	NE	962	9:31	01:09:49.3	732	10:05	01:06:05.4	9:48	02:08:31.9
770	1584/3991	162/486	5268	Pamela Steuter	F	37	Walton	NE	629	9:16	01:04:04.8	848	10:21	01:07:51.1	9:48	02:08:33.1
771	1585/3991	40/154	1713	Mary Beth Holmes	F	50	Omaha	NE	858	9:43	01:08:27.5	655	9:54	01:04:52.6	9:48	02:08:36.9
772	1586/3991	13/81	2839	Kim Creech	F	59	Hastings	NE	955	9:44	01:09:39.7	657	9:54	01:04:55.6	9:48	02:08:40.9
773	1588/3991	163/486	3759	Peggy Nelson	F	36	Thurston	NE	891	9:33	01:08:45.9	735	10:05	01:06:08.2	9:49	02:08:41.9
774	1589/3991	41/154	2925	Jan Heywood	F	52	Lincoln	NE	588	9:05	01:03:21.3	944	10:33	01:09:10.0	9:49	02:08:43.4
775	1590/3991	123/435	5541	Mckenzie Wright	F	27	Lincoln	NE	530	8:52	01:02:41.8	1045	10:46	01:10:33.9	9:49	02:08:43.9
776	1591/3991	161/460	3250	Andrea Luedtke	F	30	Lincoln	NE	594	9:05	01:03:25.3	946	10:33	01:09:11.5	9:49	02:08:44.8
777	1592/3991	65/227	1120	Tiffany Beiermann	F	45	Lincoln	NE	837	9:44	01:08:18.5	658	9:54	01:04:56.3	9:49	02:08:45.4
778	1593/3991	162/460	2704	Jennifer Schrader	F	32	Lincoln	NE	634	9:14	01:04:07.7	877	10:25	01:08:16.4	9:49	02:08:46.2
779	1594/3991	66/227	2054	Kelly Brakenhoff	F	47	Lincoln	NE	1127	9:54	01:12:02.1	588	9:45	01:03:55.4	9:49	02:08:46.7
780	1595/3991	163/460	3107	Nicole Abrahams	F	34	Omaha	NE	1214	9:45	01:13:30.2	654	9:54	01:04:52.5	9:49	02:08:47.0
781	1596/3991	164/486	2310	Jennifer Brunke	F	35	Lincoln	NE	868	9:41	01:08:34.7	685	9:58	01:05:17.2	9:49	02:08:49.0
782	1597/3991	124/435	6003	Sandra Scott	F	29	Saint George	KS	776	9:30	01:06:59.7	758	10:09	01:06:31.1	9:49	02:08:49.1
783	1598/3991	125/435	2949	Lindsey Williams	F	29	Lincoln	NE	1363	10:10	01:15:38.8	478	9:30	01:02:14.7	9:49	02:08:50.9
784	1600/3991	98/342	3174	Brooke Hoefs	F	41	Lincoln	NE	434	8:52	01:01:25.2	1057	10:48	01:10:44.5	9:49	02:08:52.8
785	1601/3991	99/342	2864	Raelena Oblinger	F	41	Wymore	NE	1233	10:06	01:13:43.4	504	9:34	01:02:42.1	9:49	02:08:52.9
786	1602/3991	164/460	5106	Nicole Peterson	F	33	Elkhorn	NE	651	9:13	01:04:31.2	895	10:27	01:08:28.3	9:50	02:08:55.0
787	1605/3991	165/460	4026	Abby Wells	F	34	Lincoln	NE	918	9:41	01:09:11.8	698	9:59	01:05:29.3	9:50	02:08:56.2
788	1608/3991	67/227	3613	Michelle Zahn	F	49	Syracuse	NE	909	9:31	01:09:04.4	768	10:10	01:06:36.9	9:50	02:09:00.8
789	1609/3991	66/308	5677	Marisol Herling	F	23	Lincoln	NE	1042	9:26	01:10:53.5	805	10:15	01:07:13.7	9:50	02:09:01.1
790	1611/3991	68/227	2634	Tamara Schmeling	F	46	Lincoln	NE	695	9:26	01:05:19.5	800	10:15	01:07:09.9	9:50	02:09:03.2
791	1612/3991	100/342	1199	Amy Fischer	F	42	Seward	NE	1126	10:01	01:12:01.8	550	9:41	01:03:27.7	9:50	02:09:05.8
792	1613/3991	67/308	4980	Cortney Codr	F	24	Norfolk	NE	1151	9:42	01:12:19.7	697	9:59	01:05:28.5	9:50	02:09:05.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
793	1614/3991	101/342	4929	Jessica Samuelson	F	40	Holdrege	NE	747	9:19	01:06:24.9	867	10:23	01:08:04.8	9:50	02:09:07.1
794	1616/3991	31/79	5243	Stramel Amanda	F	16	Hastings	NE	797	9:35	01:07:23.9	747	10:07	01:06:20.3	9:50	02:09:07.2
795	1617/3991	165/486	4194	Lisa Ostendorf	F	37	Lincoln	NE	883	9:33	01:08:42.3	756	10:09	01:06:29.8	9:51	02:09:07.7
796	1618/3991	166/486	1474	Emily Woosley	F	37	Lincoln	NE	1437	9:47	01:16:35.4	671	9:55	01:05:02.8	9:51	02:09:08.0
797	1621/3991	167/486	573	Jenny Briseno	F	38	Lincoln	NE	609	9:04	01:03:42.3	999	10:39	01:09:51.7	9:51	02:09:15.2
798	1622/3991	32/79	5685	Whitney Tran	F	17	Lincoln	NE	1192	9:49	01:13:12.7	660	9:55	01:04:57.2	9:51	02:09:15.5
799	1623/3991	68/308	1673	Ashley Peterson	F	24	Lincoln	NE	464	8:53	01:01:52.5	1075	10:51	01:11:04.3	9:51	02:09:15.9
800	1624/3991	168/486	4523	Nikole Behrendt	F	35	Omaha	NE	712	9:09	01:05:44.8	953	10:34	01:09:18.6	9:51	02:09:15.9
801	1625/3991	169/486	4331	Lana Melroy	F	39	Omaha	NE	709	9:09	01:05:44.6	955	10:34	01:09:18.6	9:51	02:09:16.1
802	1626/3991	170/486	4330	Mindy Morrissey	F	36	La Vista	NE	711	9:09	01:05:44.8	954	10:34	01:09:18.6	9:51	02:09:16.8
803	1627/3991	171/486	1100	Sara Baird	F	35	Papillion	NE	1019	9:44	01:10:38.1	706	10:00	01:05:34.7	9:52	02:09:21.9
804	1629/3991	172/486	2563	Joy Donaldson	F	35	Dakota Dunes	SD	1051	9:50	01:10:57.8	659	9:54	01:04:56.9	9:52	02:09:23.5
805	1630/3991	102/342	2595	Joyce Fisher	F	44	Lincoln	NE	994	9:27	01:10:15.6	822	10:17	01:07:25.7	9:52	02:09:24.2
806	1631/3991	69/308	4894	Lauren Wilson	F	22	Alva	WY	998	8:58	01:10:20.3	1050	10:47	01:10:38.5	9:52	02:09:24.4
807	1632/3991	14/81	2059	Stacy Riggins	F	56	Lawrence	KS	624	9:06	01:03:57.8	984	10:38	01:09:42.0	9:52	02:09:24.7
808	1633/3991	42/154	3634	Jayne Scofield	F	54	Lincoln	NE	602	8:51	01:03:36.5	1096	10:53	01:11:21.1	9:52	02:09:25.1
809	1637/3991	166/460	6325	Amanda Garringer	F	30	Kearney	NE	977	9:50	01:10:04.1	674	9:55	01:05:03.5	9:52	02:09:31.1
810	1639/3991	126/435	4745	Holly Devorss	F	28	Central City	NE	638	8:59	01:04:10.1	1047	10:46	01:10:37.4	9:52	02:09:32.0
811	1640/3991	70/308	4146	Madison Noll	F	22	Lincoln	NE	1052	9:40	01:10:58.5	736	10:06	01:06:10.9	9:52	02:09:33.3
812	1642/3991	173/486	1952	Kayla Kontras	F	36	Lincoln	NE	739	9:04	01:06:20.2	1018	10:41	01:10:04.6	9:53	02:09:33.6
813	1643/3991	103/342	2681	Heather Robbins	F	41	Lincoln	NE	897	9:40	01:08:52.2	737	10:06	01:06:11.6	9:53	02:09:36.0
814	1644/3991	174/486	1682	Ann Wyman	F	38	Omaha	NE	957	9:41	01:09:41.3	734	10:05	01:06:08.1	9:53	02:09:39.0
815	1646/3991	104/342	3859	Patrice Roth	F	43	Omaha	NE	566	9:25	01:03:10.3	854	10:22	01:07:55.1	9:53	02:09:41.9
816	1647/3991	167/460	5550	Angie Elrod	F	32	Lincoln	NE	801	9:24	01:07:32.5	861	10:23	01:08:02.1	9:53	02:09:42.0
817	1649/3991	127/435	4142	Alexandra Schutte	F	27	Omaha	NE	531	8:58	01:02:43.8	1067	10:49	01:10:56.6	9:53	02:09:44.1
818	1650/3991	175/486	4372	Sara Axmann	F	39	Lincoln	NE	717	9:13	01:05:47.4	960	10:35	01:09:21.8	9:53	02:09:44.8
819	1651/3991	33/79	5558	Abigail Meter	F	19	Lincoln	NE	729	9:11	01:06:00.3	968	10:36	01:09:29.9	9:53	02:09:44.9
820	1652/3991	128/435	5557	Megan Quint	F	27	Lincoln	NE	730	9:11	01:06:00.5	967	10:36	01:09:29.7	9:53	02:09:45.3
821	1654/3991	105/342	4086	Vizma Shaeffer	F	44	Lincoln	NE	758	9:24	01:06:34.8	873	10:24	01:08:10.6	9:54	02:09:49.1
822	1655/3991	168/460	5758	Kristen Stormer	F	32	Omaha	NE	743	9:34	01:06:23.3	796	10:14	01:07:05.0	9:54	02:09:49.4
823	1656/3991	169/460	3115	Michelle Jensen	F	33	Lincoln	NE	1144	9:37	01:12:11.1	780	10:12	01:06:49.6	9:54	02:09:51.7
824	1658/3991	129/435	4434	Megan Snell	F	29	Kansas City	MO	700	9:22	01:05:27.8	902	10:28	01:08:33.4	9:54	02:09:56.7
825	1659/3991	170/460	3926	Colleen Butterfield	F	34	Stanton	NE	1369	10:09	01:15:42.7	547	9:40	01:03:24.7	9:54	02:09:57.0
826	1660/3991	106/342	1759	Anne Hemenway	F	41	Lincoln	NE	582	9:08	01:03:18.5	1015	10:41	01:10:02.2	9:54	02:09:57.5
827	1661/3991	130/435	3777	Beth Hutchins	F	26	Omaha	NE	905	9:44	01:08:56.5	733	10:05	01:06:07.9	9:54	02:09:59.0
828	1665/3991	176/486	789	Kirsten Licht	F	38	Lincoln	NE	1125	10:01	01:12:01.6	617	9:49	01:04:23.6	9:55	02:10:03.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
829	1666/3991	171/460	1699	Brandee Bell	F	33	Lincoln	NE	1116	9:44	01:11:58.1	740	10:06	01:06:13.8	9:55	02:10:04.5
830	1668/3991	177/486	675	Wendi Retzlaff	F	39	Eagle	NE	437	8:58	01:01:26.3	1088	10:53	01:11:17.5	9:55	02:10:07.4
831	1671/3991	172/460	3576	Lacey Deterding	F	32	Omaha	NE	812	9:31	01:07:42.4	842	10:20	01:07:47.2	9:55	02:10:10.9
832	1672/3991	173/460	3918	Shelley Mather	F	32	Lincoln	NE	813	9:31	01:07:42.4	843	10:20	01:07:47.3	9:55	02:10:11.4
833	1673/3991	174/460	5562	Jennifer Batko	F	32	Omaha	NE	830	9:26	01:08:01.3	880	10:25	01:08:18.8	9:55	02:10:12.0
834	1674/3991	15/81	441	Bonnie Engel	F	57	Lincoln	NE	900	9:48	01:08:53.5	731	10:05	01:06:03.1	9:56	02:10:15.2
835	1675/3991	178/486	6316	Holly Jorczak	F	36	Papillion	NE	682	9:17	01:05:01.7	961	10:35	01:09:24.0	9:56	02:10:16.8
836	1676/3991	71/308	4637	Hailie Sklenicka	F	20	Lincoln	NE	942	9:37	01:09:28.5	810	10:16	01:07:16.2	9:56	02:10:17.8
837	1677/3991	72/308	6077	Karalynn Hellbusch	F	22	Lincoln	NE	449	8:58	01:01:35.2	1106	10:55	01:11:33.3	9:56	02:10:17.8
838	1678/3991	34/79	369	Maddy Royse	F	18	Lincoln	NE	679	9:33	01:04:55.2	831	10:20	01:07:41.1	9:56	02:10:19.7
839	1680/3991	69/227	3709	Jacqueline Halbig Von Schl	F	46	Lincoln	NE	1240	9:53	01:13:48.5	705	10:00	01:05:32.1	9:56	02:10:21.5
840	1681/3991	175/460	5551	Carissa Hansen	F	30	Pender	NE	802	9:24	01:07:32.6	908	10:29	01:08:41.7	9:56	02:10:22.0
841	1682/3991	176/460	5948	Kindra Engel	F	30	Lincoln	NE	1261	9:58	01:14:02.6	667	9:55	01:05:00.8	9:56	02:10:23.3
842	1683/3991	177/460	5014	Carolyn Buckley	F	34	Bennington	NE	572	8:56	01:03:13.5	1128	10:57	01:11:47.2	9:56	02:10:23.4
843	1685/3991	107/342	2518	Kim Riggs	F	42	Lincoln	NE	410	8:57	01:01:13.8	1125	10:57	01:11:44.9	9:57	02:10:27.1
844	1686/3991	131/435	6204	Devan Barnes	F	27	Arcadia	NE	936	9:39	01:09:25.5	808	10:16	01:07:15.9	9:57	02:10:29.8
845	1692/3991	132/435	4875	Amy Pandorf	F	28	Lincoln	NE	931	9:37	01:09:23.3	825	10:17	01:07:26.9	9:57	02:10:32.1
846	1693/3991	178/460	1154	Katie Zulkoski	F	33	Lincoln	NE	849	9:34	01:08:23.3	844	10:20	01:07:47.5	9:57	02:10:32.2
847	1695/3991	179/486	3476	Christina Mollo	F	36	Greenwood	NE	896	9:41	01:08:52.2	797	10:14	01:07:07.6	9:57	02:10:34.6
848	1696/3991	8/49	3361	Joyce Stack	F	61	North Platte	NE	814	9:24	01:07:43.3	929	10:32	01:09:00.2	9:57	02:10:36.8
849	1699/3991	179/460	3535	Laura Sherwood	F	31	Aurora	NE	1032	9:41	01:10:48.9	801	10:15	01:07:11.1	9:57	02:10:37.4
850	1700/3991	133/435	2215	Jessica Chavez Thompson	F	26	Omaha	NE	1241	9:51	01:13:51.3	728	10:04	01:06:00.3	9:57	02:10:37.5
851	1702/3991	43/154	637	Karen Watermeier	F	53	Lincoln	NE	1094	9:54	01:11:39.8	717	10:02	01:05:46.4	9:57	02:10:38.7
852	1705/3991	180/486	2116	Sara Drueke	F	38	Lincoln	NE	1046	9:33	01:10:55.1	863	10:23	01:08:02.6	9:58	02:10:40.3
853	1706/3991	73/308	4670	Emily Albin	F	23	Omaha	NE	855	9:34	01:08:25.6	864	10:23	01:08:03.1	9:58	02:10:43.0
854	1711/3991	181/486	1871	Mindy Dustin	F	39	Lincoln	NE	653	9:03	01:04:32.2	1111	10:55	01:11:36.5	9:59	02:10:53.3
855	1712/3991	44/154	5598	Judy Dittmar	F	52	Gretna	NE	1023	9:32	01:10:40.2	891	10:26	01:08:24.5	9:59	02:10:55.5
856	1714/3991	134/435	2349	Anna Brownell	F	25	Lincoln	NE	645	9:29	01:04:22.3	917	10:30	01:08:48.8	9:59	02:10:57.0
857	1715/3991	74/308	4983	Sarah Payich	F	23	Omaha	NE	1077	9:36	01:11:26.3	860	10:23	01:08:00.9	9:59	02:10:57.3
858	1716/3991	180/460	5232	Shawnelle Anderson	F	32	Minden	NE	1035	9:44	01:10:50.8	798	10:15	01:07:08.3	9:59	02:10:57.5
859	1717/3991	75/308	1481	Haley Gloe	F	23	Lincoln	NE	1034	9:32	01:10:49.6	892	10:26	01:08:24.9	9:59	02:10:57.8
860	1718/3991	182/486	2827	Amy Clark	F	35	Lincoln	NE	1113	9:50	01:11:56.5	755	10:09	01:06:29.2	9:59	02:10:57.8
861	1719/3991	7/13	5635	Layla Buresh	F	12	Lincoln	NE	1317	10:14	01:15:03.6	585	9:45	01:03:53.2	9:59	02:10:58.0
862	1720/3991	70/227	2848	Sheri Widler	F	45	Plattsmouth	NE	782	9:23	01:07:03.5	969	10:36	01:09:30.1	9:59	02:10:58.0
863	1721/3991	108/342	6211	Stefanie Chvatal	F	41	Wahoo	NE	1012	9:39	01:10:31.8	838	10:20	01:07:45.4	9:59	02:10:59.3
864	1722/3991	181/460	1722	Shelley Palensky	F	34	Ceresco	NE	1011	9:39	01:10:31.6	840	10:20	01:07:45.6	9:59	02:10:59.9



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
865	1723/3991	135/435	2043	Emily Ferguson	F	26	Lincoln	NE	633	9:21	01:04:07.4	976	10:38	01:09:39.0	9:59	02:11:00.1
866	1725/3991	182/460	1755	Patricia Miller	F	30	Omaha	NE	842	9:48	01:08:19.7	776	10:11	01:06:45.8	9:59	02:11:02.9
867	1726/3991	9/49	1063	Nancy Vankirk	F	63	Lincoln	NE	930	9:34	01:09:23.2	883	10:26	01:08:20.3	9:59	02:11:04.4
868	1727/3991	76/308	6161	Amanda Schaefer	F	24	Sioux Falls	SD	1188	9:43	01:13:04.1	823	10:17	01:07:25.7	10:00	02:11:05.6
869	1728/3991	109/342	3860	Amy Masek	F	43	Omaha	NE	567		01:03:10.7	855	10:22	01:07:55.4	10:00	02:11:06.2
870	1729/3991	10/49	2859	Patricia Weber	F	62	Omaha	NE	760	9:28	01:06:36.3	935	10:32	01:09:03.4	10:00	02:11:09.1
871	1730/3991	77/308	958	Katelyn Schoneweis	F	20	Beatrice	NE	1121	9:49	01:12:00.9	784	10:12	01:06:52.5	10:00	02:11:10.8
872	1733/3991	78/308	2026	Anna Hedlund	F	22	Lincoln	NE	853	9:30	01:08:24.8	923	10:31	01:08:53.7	10:00	02:11:13.2
873	1735/3991	45/154	749	Kelley Peterson	F	50	Eagle	NE	1049	9:42	01:10:56.6	841	10:20	01:07:46.1	10:01	02:11:19.0
874	1737/3991	11/49	2721	Joan Scheel	F	61	Lincoln	NE	871	9:36	01:08:37.4	886	10:26	01:08:21.5	10:01	02:11:20.3
875	1738/3991	71/227	911	Kati Odbert	F	46	Columbus	NE	1016	9:43	01:10:34.3	832	10:20	01:07:41.1	10:01	02:11:21.6
876	1739/3991	183/460	6016	Errin Nelson	F	31	Broken Bow	NE	807	9:35	01:07:35.9	901	10:27	01:08:33.2	10:01	02:11:23.3
877	1741/3991	110/342	2989	Kasey Breinig	F	41	Kearney	NE	940	9:41	01:09:27.7	851	10:21	01:07:54.0	10:01	02:11:24.3
878	1742/3991	111/342	483	Barb Chmelka	F	44	Lincoln	NE	1093	9:54	01:11:39.8	759	10:09	01:06:31.9	10:01	02:11:26.3
879	1743/3991	136/435	3721	Nicole Babst	F	29	Wahoo	NE	1491	10:10	01:17:25.1	647	9:53	01:04:49.7	10:01	02:11:28.2
880	1744/3991	137/435	6119	Ashley Rinke	F	25	Lincoln	NE	1085	9:29	01:11:30.3	957	10:35	01:09:20.4	10:01	02:11:29.0
881	1745/3991	184/460	1517	Allie Heins	F	33	Lincoln	NE	860	9:19	01:08:30.3	1035	10:44	01:10:24.4	10:01	02:11:29.5
882	1748/3991	183/486	4477	Amy Bock	F	39	Hickman	NE	1284	10:07	01:14:34.1	689	9:58	01:05:20.8	10:02	02:11:37.2
883	1749/3991	112/342	1004	Kari Hatcliff	F	40	Lincoln	NE	783	9:32	01:07:07.8	943	10:33	01:09:07.9	10:02	02:11:37.5
884	1750/3991	138/435	811	Carissa Castro	F	29	Blair	NE	1080	9:27	01:11:28.1	979	10:38	01:09:39.4	10:02	02:11:38.4
885	1751/3991	184/486	1260	Melinda Bentjen	F	36	Waverly	NE	927	9:42	01:09:21.5	862	10:23	01:08:02.1	10:02	02:11:39.2
886	1752/3991	113/342	5131	Amy Strelko	F	41	Arlington	NE	995	9:41	01:10:16.8	872	10:24	01:08:09.6	10:02	02:11:40.7
887	1754/3991	185/460	1588	Joanne Rosenbaugh	F	30	Lincoln	NE	537	9:18	01:02:46.5	1059	10:48	01:10:48.9	10:02	02:11:44.1
888	1756/3991	186/460	5482	Brittany Schmit	F	31	Bellwood	NE	1132	9:57	01:12:04.8	763	10:09	01:06:33.9	10:03	02:11:45.0
889	1757/3991	187/460	5580	Rozlyn Hoelsing	F	34	Lincoln	NE	640	9:20	01:04:12.9	1042	10:46	01:10:33.2	10:03	02:11:45.2
890	1758/3991	46/154	6090	Martha Roe	F	53	Mccook	NE	1096	9:57	01:11:40.8	757	10:09	01:06:30.2	10:03	02:11:46.6
891	1759/3991	188/460	5010	Kristen Jackson	F	33	Council Bluffs	IA	386	9:03	01:00:49.1	1177	11:04	01:12:29.3	10:03	02:11:46.8
892	1763/3991	114/342	3927	Mikiko Oka	F	41	Lincoln	NE	915	9:41	01:09:10.8	882	10:25	01:08:19.7	10:03	02:11:48.8
893	1765/3991	47/154	5642	Vicki Merkle	F	54	Lincoln	NE	604	9:02	01:03:37.8	1187	11:05	01:12:35.9	10:03	02:11:49.7
894	1766/3991	79/308	5774	Tessa Stuart	F	20	Columbus	NE	1027	9:31	01:10:45.7	970	10:36	01:09:31.2	10:03	02:11:51.4
895	1769/3991	16/81	2185	Patti Fusselman	F	57	Lincoln	NE	822	9:51	01:07:52.3	818	10:17	01:07:21.9	10:03	02:11:53.6
896	1770/3991	115/342	202	Melissa Hayes	F	43	Lincoln	NE	1212	9:59	01:13:29.2	751	10:08	01:06:24.1	10:03	02:11:53.8
897	1773/3991	185/486	1893	Nikki Kopetzky	F	35	Lincoln	NE	699	9:26	01:05:26.6	1021	10:42	01:10:09.2	10:03	02:11:56.5
898	1774/3991	139/435	4212	Taylor Herrington	F	25	Lincoln	NE	1291	10:01	01:14:38.8	745	10:07	01:06:17.9	10:03	02:11:56.8
899	1775/3991	12/49	1398	Donna Shear	F	60	Lincoln	NE	903	9:35	01:08:55.5	945	10:33	01:09:11.2	10:04	02:11:59.4
900	1776/3991	186/486	2675	Robin Haynes	F	37	Columbus	NE	919	9:51	01:09:14.2	827	10:17	01:07:27.8	10:04	02:11:59.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
901	1778/3991	187/486	389	Jen Buresh	F	36	Lincoln	NE	1318	10:14	01:15:04.8	656	9:54	01:04:53.9	10:04	02:12:00.6
902	1779/3991	116/342	4914	Joy Veylupek	F	42	Omaha	NE	934	9:24	01:09:25.4	1034	10:44	01:10:23.3	10:04	02:12:01.2
903	1780/3991	189/460	2585	Natalie Graiver	F	31	Ann Arbor	MI	1142	10:02	01:12:08.5	739	10:06	01:06:12.7	10:04	02:12:02.1
904	1781/3991	80/308	4553	Jordan Alexander	F	23	Wayne	NE	1122	10:00	01:12:01.1	754	10:08	01:06:28.5	10:04	02:12:02.9
905	1782/3991	190/460	5399	Susan Ely	F	33	Bellevue	NE	902	9:51	01:08:54.8	828	10:18	01:07:31.8	10:04	02:12:05.1
906	1783/3991	140/435	6280	Stephanie Brozek	F	29	Bellevue	NE	901	9:51	01:08:54.7	829	10:18	01:07:33.0	10:04	02:12:06.0
907	1784/3991	141/435	4318	Rachel Cogan	F	26	Omaha	NE	881	9:26	01:08:41.2	1029	10:43	01:10:16.4	10:04	02:12:06.5
908	1787/3991	142/435	5700	Shani Daws	F	26	Lincoln	NE	1076	9:56	01:11:25.5	791	10:13	01:07:00.6	10:04	02:12:07.3
909	1788/3991	143/435	2061	Laura Thompson	F	26	Wahoo	NE	724	9:29	01:05:56.3	1013	10:41	01:10:01.0	10:04	02:12:08.2
910	1790/3991	81/308	6262	Erin Moore	F	20	Lincoln	NE	1354	10:00	01:15:36.1	766	10:10	01:06:36.2	10:04	02:12:10.1
911	1791/3991	188/486	1072	Libby Oliver	F	37	Lincoln	NE	431	9:06	01:01:23.8	1179	11:04	01:12:30.1	10:04	02:12:10.8
912	1792/3991	189/486	3984	Annie Leishman-Barb	F	37	Elkhorn	NE	941	9:53	01:09:28.3	820	10:17	01:07:23.6	10:05	02:12:13.0
913	1793/3991	144/435	546	Christine Ritta	F	25	La Vista	NE	686	9:21	01:05:08.5	1063	10:49	01:10:54.2	10:05	02:12:13.8
914	1794/3991	35/79	5387	Lauren Petersen	F	18	Papillion	NE	1141	9:48	01:12:07.8	857	10:22	01:08:00.0	10:05	02:12:14.6
915	1796/3991	145/435	2367	Lauren Hellman	F	28	Bennington	NE	1038	9:32	01:10:52.2	987	10:38	01:09:44.2	10:05	02:12:15.3
916	1797/3991	72/227	2009	Theresa Brown	F	48	Elmwood	NE	1135	9:58	01:12:05.3	790	10:13	01:06:58.8	10:05	02:12:18.7
917	1798/3991	117/342	4672	Melanie Reinke	F	41	Walton	NE	1108	9:31	01:11:53.3	1004	10:40	01:09:55.5	10:05	02:12:19.5
918	1799/3991	190/486	2288	Maria Andersen	F	39	Gothenburg	NE	1055	9:37	01:11:00.3	949	10:34	01:09:14.2	10:05	02:12:19.7
919	1800/3991	118/342	617	Tova Rathbone	F	44	Waverly	NE	1207	10:02	01:13:21.6	765	10:10	01:06:35.8	10:05	02:12:20.9
920	1801/3991	17/81	2802	Geralyn Greer	F	56	Harlan	IA	798	9:25	01:07:27.5	1046	10:46	01:10:34.6	10:05	02:12:21.1
921	1802/3991	119/342	687	Emily Williams	F	40	Lincoln	NE	821	9:33	01:07:49.8	988	10:38	01:09:44.6	10:05	02:12:21.3
922	1803/3991	120/342	5002	Georgina Hueske	F	44	Hastings	NE	718	9:21	01:05:48.5	1071	10:50	01:11:02.9	10:05	02:12:21.5
923	1806/3991	191/486	3056	Jami Bergen	F	36	Sutton	NE	1169	9:56	01:12:39.3	812	10:16	01:07:17.9	10:06	02:12:25.7
924	1807/3991	82/308	4403	Chelsea Gross	F	23	Sutton	NE	1170	9:56	01:12:39.6	813	10:16	01:07:18.7	10:06	02:12:26.3
925	1808/3991	146/435	848	Andrea Schneider	F	27	Denver	CO	1200	9:56	01:13:16.3	819	10:17	01:07:22.4	10:06	02:12:28.9
926	1810/3991	192/486	3059	Erin Reed	F	37	Kearney	NE	1062	9:32	01:11:08.8	1012	10:41	01:10:00.4	10:06	02:12:30.3
927	1813/3991	73/227	5495	Lori Snyder	F	46	Bloomfield	IA	892	9:42	01:08:47.3	925	10:31	01:08:58.0	10:06	02:12:34.5
928	1814/3991	147/435	6327	Jennifer Uphoff	F	28	Glenwood	IA	435	9:04	01:01:25.4	1231	11:10	01:13:10.3	10:06	02:12:35.8
929	1815/3991	148/435	3424	Kellie Gossman	F	27	Neligh	NE	984	9:35	01:10:08.4	989	10:38	01:09:44.8	10:06	02:12:35.9
930	1817/3991	149/435	3807	Krista Kopf	F	25	Hiawatha	KS	716	9:18	01:05:46.5	1121	10:56	01:11:42.8	10:07	02:12:39.1
931	1818/3991	74/227	2871	Penny Haeker	F	46	Dakota Dunes	SD	1395	10:21	01:16:05.5	645	9:53	01:04:46.7	10:07	02:12:40.6
932	1819/3991	193/486	626	Tracy Killion	F	38	Omaha	NE	967	9:54	01:09:58.3	839	10:20	01:07:45.4	10:07	02:12:40.9
933	1820/3991	191/460	3767	Kristy Coleman	F	33	Lincoln	NE	576	9:11	01:03:16.8	1178	11:04	01:12:30.1	10:07	02:12:42.0
934	1822/3991	194/486	2538	Kristen Pfeil	F	37	Lincoln	NE	1013	10:00	01:10:32.7	803	10:15	01:07:11.7	10:07	02:12:42.9
935	1823/3991	195/486	5786	Heather Wees	F	35	Omaha	NE	1251	10:00	01:13:56.9	804	10:15	01:07:11.8	10:07	02:12:43.0
936	1826/3991	150/435	5348	Jackie Schantz	F	25	Wisner	NE	1201	9:25	01:13:16.8	1072	10:50	01:11:03.3	10:07	02:12:45.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
937	1827/3991	151/435	6208	Maggie Bach	F	27	Lincoln	NE	1066	9:37	01:11:16.1	985	10:38	01:09:42.4	10:07	02:12:45.6
938	1828/3991	48/154	6259	Christine Petersen	F	54	Harlan	IA	725	9:23	01:05:57.5	1090	10:53	01:11:19.1	10:07	02:12:47.1
939	1830/3991	121/342	1193	Jennifer Fotinos	F	42	Lincoln	NE	1158	10:03	01:12:24.4	787	10:13	01:06:56.8	10:07	02:12:48.4
940	1831/3991	152/435	4213	Lauren Shoemaker	F	26	Omaha	NE	1028	9:37	01:10:47.1	995	10:39	01:09:47.6	10:07	02:12:49.2
941	1835/3991	196/486	6253	Mary Reynolds	F	35	Hooper	NE	841	9:37	01:08:19.5	997	10:39	01:09:48.8	10:08	02:12:50.9
942	1836/3991	197/486	2014	Christina Masek	F	35	Lincoln	NE	911	10:02	01:09:05.9	795	10:14	01:07:03.3	10:08	02:12:51.9
943	1837/3991	192/460	320	Natosha Siemek	F	30	Ashland	NE	981	9:36	01:10:06.4	1010	10:41	01:09:58.7	10:08	02:12:53.2
944	1838/3991	193/460	5779	Ashley Styskal	F	31	Hastings	NE	982	9:36	01:10:06.8	1009	10:40	01:09:58.0	10:08	02:12:53.5
945	1839/3991	83/308	6059	Megan Stalling	F	21	Wayne	NE	1124	10:00	01:12:01.2	814	10:16	01:07:19.2	10:08	02:12:54.6
946	1840/3991	84/308	6209	Kati Schumacher	F	24	Sidney	NE	1004	9:37	01:10:29.2	1003	10:40	01:09:54.9	10:08	02:12:54.8
947	1841/3991	153/435	5457	Karli Burt	F	26	Bellevue	NE	1003	9:37	01:10:28.2	1005	10:40	01:09:55.8	10:08	02:12:55.3
948	1842/3991	18/81	1983	Carol Healy	F	57	Omaha	NE	1382	10:20	01:15:57.6	682	9:57	01:05:15.3	10:08	02:13:01.7
949	1844/3991	49/154	5150	Kay Lemons	F	53	Scottsbluff	NE	1014	9:47	01:10:32.7	924	10:31	01:08:56.4	10:09	02:13:03.4
950	1845/3991	198/486	5888	Rachel Samuels	F	36	Lincoln	NE	719	9:19	01:05:48.5	1142	10:59	01:11:59.7	10:09	02:13:03.5
951	1846/3991	85/308	4230	Leslie Elbe	F	23	Lincoln	NE	1208	9:58	01:13:24.7	833	10:20	01:07:41.4	10:09	02:13:04.2
952	1847/3991	199/486	1075	Amy Carlson	F	39	Lincoln	NE	1156	10:03	01:12:23.8	807	10:16	01:07:15.9	10:09	02:13:06.3
953	1849/3991	75/227	4624	Tina Zielke	F	48	Lincoln	NE	1220	9:53	01:13:36.5	890	10:26	01:08:22.7	10:09	02:13:07.2
954	1850/3991	154/435	4738	Cassie Glock	F	27	Lincoln	NE	1312	10:12	01:14:53.6	744	10:07	01:06:17.1	10:09	02:13:08.2
955	1851/3991	86/308	2034	Rachel Stevens	F	23	Lincoln	NE	1009	9:47	01:10:30.6	928	10:32	01:08:59.6	10:09	02:13:08.4
956	1853/3991	87/308	3670	Beth Milan	F	23	Herman	NE	1008	9:47	01:10:30.6	930	10:32	01:09:01.6	10:09	02:13:10.4
957	1855/3991	122/342	4474	Jodi Holt	F	41	Lincoln	NE	1157	10:03	01:12:23.8	817	10:17	01:07:21.3	10:09	02:13:11.0
958	1856/3991	194/460	5323	Deborah Fahrbruch	F	33	Aurora	NE	795	9:33	01:07:21.3	1052	10:47	01:10:38.6	10:09	02:13:12.2
959	1857/3991	50/154	3882	Nancy Mergen	F	54	Brookings	SD	1147	10:00	01:12:14.8	834	10:20	01:07:42.5	10:09	02:13:13.5
960	1858/3991	76/227	3423	Barb Sieps	F	49	Lincoln	NE	1148	10:00	01:12:14.8	837	10:20	01:07:43.4	10:09	02:13:15.1
961	1859/3991	155/435	2282	Danae Disney	F	25	Lincoln	NE	1389	10:21	01:16:01.3	692	9:58	01:05:23.1	10:09	02:13:15.7
962	1860/3991	200/486	4181	Alisa Kindig	F	35	Saint Robert	MO	937	9:34	01:09:26.8	1048	10:46	01:10:37.6	10:10	02:13:18.4
963	1861/3991	123/342	1082	Colleen Schoneweis	F	44	Beatrice	NE	1150	9:51	01:12:17.3	912	10:29	01:08:45.9	10:10	02:13:20.2
964	1862/3991	195/460	6318	Deborah Mcendarfer	F	33	Aurora	NE	1216	10:01	01:13:34.4	830	10:19	01:07:38.7	10:10	02:13:20.5
965	1864/3991	124/342	4661	Beth Gard	F	41	Omaha	NE	1054	9:49	01:10:59.8	926	10:31	01:08:58.5	10:10	02:13:21.1
966	1865/3991	156/435	1687	Hannah Hurd	F	26	Gretna	NE	714	9:13	01:05:45.3	1202	11:07	01:12:52.9	10:10	02:13:21.3
967	1866/3991	157/435	1013	Katie Farritor	F	27	Lincoln	NE	713	9:13	01:05:44.9	1203	11:07	01:12:53.7	10:10	02:13:22.1
968	1867/3991	125/342	4193	Melissa Adolfson	F	40	Saint Paul	MN	970	9:45	01:10:00.5	963	10:35	01:09:24.9	10:10	02:13:22.7
969	1869/3991	201/486	2689	Lynn Feeken	F	36	Saint Paul	NE	1145	9:49	01:12:12.6	938	10:32	01:09:04.3	10:10	02:13:27.2
970	1870/3991	126/342	467	Karoline Anderson	F	44	Omaha	NE	1448	10:23	01:16:51.1	693	9:59	01:05:25.3	10:11	02:13:31.0
971	1872/3991	88/308	5698	Veronica Leduc	F	24	Lincoln	NE	766	9:32	01:06:50.5	1076	10:51	01:11:05.0	10:11	02:13:32.4
972	1873/3991	89/308	3033	Ashley Hassebrook	F	24	Utica	NE	1087	9:45	01:11:31.2	983	10:38	01:09:41.5	10:11	02:13:33.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
973	1875/3991	202/486	4620	Elizabeth Vander Top	F	37	Lincoln	NE	1024	9:48	01:10:40.6	962	10:35	01:09:24.3	10:11	02:13:36.5
974	1876/3991	127/342	709	Lori Hemmett	F	43	Lincoln	NE	1079	9:52	01:11:27.7	927	10:31	01:08:58.7	10:11	02:13:39.1
975	1877/3991	196/460	1432	Brenda Wandzilak	F	34	Lincoln	NE	893	9:41	01:08:48.3	1025	10:42	01:10:11.6	10:11	02:13:40.8
976	1879/3991	197/460	1329	Stephanie Widoe	F	31	Lincoln	NE	933	9:39	01:09:25.4	1039	10:45	01:10:28.4	10:11	02:13:42.2
977	1880/3991	158/435	2929	Kalie Larson	F	25	Lincoln	NE	1550	10:07	01:18:19.9	824	10:17	01:07:26.6	10:12	02:13:44.0
978	1881/3991	51/154	2786	Rene' Morris	F	53	Elkhorn	NE	1549	10:07	01:18:18.8	826	10:17	01:07:27.6	10:12	02:13:44.3
979	1882/3991	159/435	6104	Erica Graham	F	27	Wichita	KS	1110	9:52	01:11:54.6	931	10:32	01:09:03.0	10:12	02:13:45.6
980	1883/3991	198/460	1238	Sara Reed	F	33	Lincoln	NE	796	9:17	01:07:21.8	1207	11:08	01:12:56.4	10:12	02:13:46.6
981	1885/3991	90/308	4895	Taylor Arndt	F	22	Lincoln	NE	1279	9:53	01:14:31.1	932	10:32	01:09:03.0	10:12	02:13:47.2
982	1886/3991	91/308	5362	Ariel Bussey	F	22	Lincoln	NE	1280	9:52	01:14:31.3	934	10:32	01:09:03.4	10:12	02:13:47.4
983	1887/3991	77/227	5634	Michelle Svehla	F	45	Lincoln	NE	825	9:37	01:07:59.3	1056	10:47	01:10:43.9	10:12	02:13:47.7
984	1888/3991	128/342	1580	Julie Heyen	F	43	Lincoln	NE	1197	10:02	01:13:15.5	858	10:22	01:08:00.3	10:12	02:13:48.8
985	1889/3991	129/342	5601	Michele Kinsey	F	44	Broken Arrow	OK	1196	10:02	01:13:15.1	859	10:23	01:08:00.8	10:12	02:13:48.8
986	1891/3991	203/486	4332	Amber Jurgens	F	35	Beatrice	NE	1257	9:58	01:14:01.6	897	10:27	01:08:30.9	10:12	02:13:52.3
987	1892/3991	199/460	1253	Jennifer Steuer	F	34	Lincoln	NE	550	9:12	01:02:51.4	1250	11:13	01:13:34.1	10:12	02:13:52.5
988	1893/3991	200/460	6039	Jessica Cline	F	34	Naper	NE	999	9:58	01:10:23.7	900	10:27	01:08:33.0	10:12	02:13:52.6
989	1894/3991	204/486	436	Jeannie Rung	F	38	Lincoln	NE	549	9:12	01:02:50.8	1252	11:13	01:13:34.4	10:12	02:13:53.2
990	1895/3991	1/2	1890	Mariana Phipps	F	70	Omaha	NE	1047	9:53	01:10:55.4	942	10:33	01:09:07.3	10:12	02:13:54.1
991	1896/3991	205/486	4070	Trisha Paul	F	39	Grand Island	NE	1210	10:05	01:13:27.3	846	10:21	01:07:50.2	10:13	02:13:57.6
992	1899/3991	92/308	4651	Elizabeth Kosanke	F	20	Spokane Valley	WA	935	9:40	01:09:25.5	1051	10:47	01:10:38.6	10:13	02:13:58.9
993	1900/3991	130/342	2213	Candie Mcnealy	F	44	Humboldt	NE	956	9:44	01:09:40.7	1027	10:43	01:10:12.7	10:13	02:13:59.0
994	1901/3991	160/435	5610	Katie Sebbly	F	28	Omaha	NE	1152	10:01	01:12:20.0	889	10:26	01:08:22.4	10:13	02:13:59.8
995	1902/3991	201/460	3953	Kendra Gage	F	34	Kansas City	MO	1292	10:05	01:14:39.4	853	10:22	01:07:54.7	10:13	02:14:00.3
996	1903/3991	206/486	5196	Brittany Kauffman	F	35	Omaha	NE	1021	9:44	01:10:38.9	1028	10:43	01:10:13.6	10:13	02:14:00.9
997	1906/3991	207/486	2927	Hannah Largen	F	36	Blue Rapids	KS	777	9:30	01:06:59.9	1122	10:56	01:11:42.9	10:13	02:14:02.4
998	1907/3991	93/308	4733	Emery Kunze	F	22	Lincoln	NE	876	9:34	01:08:39.4	1098	10:53	01:11:21.3	10:13	02:14:02.5
999	1908/3991	52/154	2430	Diana Alderson	F	54	Omaha	NE	768	9:29	01:06:55.2	1134	10:58	01:11:55.1	10:13	02:14:03.9
1000	1909/3991	161/435	3791	Annie Hubka	F	29	Rochester	MN	808	9:41	01:07:37.7	1043	10:46	01:10:33.4	10:13	02:14:04.6
1001	1910/3991	78/227	1978	Deanna Walter	F	48	Lincoln	NE	1386	9:55	01:15:59.8	937	10:32	01:09:03.6	10:13	02:14:05.2
1002	1911/3991	53/154	2035	Cathy Ebers	F	51	Lincoln	NE	810	9:34	01:07:38.7	1091	10:53	01:11:19.5	10:13	02:14:05.3
1003	1913/3991	208/486	5266	Amy Dart	F	35	Lincoln	NE	1041	9:43	01:10:52.4	1037	10:45	01:10:26.9	10:13	02:14:06.6
1004	1914/3991	209/486	5429	April Miller	F	37	Lincoln	NE	1160	9:25	01:12:26.2	1170	11:03	01:12:25.0	10:13	02:14:08.9
1005	1915/3991	202/460	1091	Melissa Weber-Arnold	F	32	Gretna	NE	804	9:31	01:07:32.9	1127	10:57	01:11:46.6	10:14	02:14:09.7
1006	1918/3991	131/342	6287	Stephanie Bondi	F	41	Lincoln	NE	1443	10:28	01:16:47.1	701	10:00	01:05:31.3	10:14	02:14:11.2
1007	1919/3991	203/460	3135	Anna Degraff	F	32	Lincoln	NE	1529	10:13	01:17:55.6	811	10:16	01:07:17.5	10:14	02:14:13.1
1008	1920/3991	204/460	5393	Jamie Manzer	F	31	Hastings	NE	811	9:27	01:07:41.5	1165	11:02	01:12:20.1	10:14	02:14:15.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1009	1922/3991	54/154	3699	Barb Leu	F	51	Columbus	NE	753	9:37	01:06:28.7	1084	10:52	01:11:14.6	10:14	02:14:16.0
1010	1925/3991	94/308	6303	Kiley Farrell	F	20	Lincoln	NE	664	9:18	01:04:46.3	1238	11:12	01:13:22.1	10:14	02:14:19.1
1011	1926/3991	210/486	5586	Amy Holt	F	39	Overland Park	KS	639	9:09	01:04:11.1	1288	11:21	01:14:21.3	10:14	02:14:19.4
1012	1928/3991	19/81	682	Eyde Olson	F	56	Lincoln	NE	1095	9:55	01:11:40.1	959	10:35	01:09:21.6	10:15	02:14:22.6
1013	1929/3991	36/79	5200	Tori Miyashiro	F	16	Lincoln	NE	1365	10:00	01:15:38.8	919	10:30	01:08:50.8	10:15	02:14:24.2
1014	1931/3991	211/486	6036	Karissa Carlson	F	35	Le Mars	IA	1000	9:58	01:10:23.8	940	10:32	01:09:06.0	10:15	02:14:25.9
1015	1932/3991	212/486	4906	Wendi Sanny	F	39	Omaha	NE	751	9:27	01:06:27.9	1182	11:04	01:12:32.3	10:15	02:14:26.4
1016	1933/3991	162/435	3256	Lauren Beitel	F	26	Omaha	NE	1090	10:08	01:11:34.3	868	10:23	01:08:05.7	10:15	02:14:29.9
1017	1937/3991	95/308	2161	Emmie Johnson	F	20	Lincoln	NE	704	9:26	01:05:34.8	1193	11:06	01:12:44.8	10:15	02:14:33.9
1018	1938/3991	205/460	4301	Lindsay Lorraine	F	33	Lincoln	NE	1390	10:18	01:16:01.8	793	10:14	01:07:02.2	10:15	02:14:34.7
1019	1939/3991	213/486	1732	Julia Gloe	F	35	Lincoln	NE	1215	9:57	01:13:34.3	952	10:34	01:09:18.4	10:15	02:14:34.8
1020	1940/3991	214/486	1171	Molly Johnson	F	38	Grand Island	NE	848	9:34	01:08:22.5	1130	10:58	01:11:49.9	10:15	02:14:34.9
1021	1941/3991	96/308	4261	Kalyn Wiarda	F	22	Lincoln	NE	938	9:37	01:09:26.8	1109	10:55	01:11:35.6	10:16	02:14:38.6
1022	1942/3991	206/460	5723	Nicole Rupp	F	33	Lincoln	NE	823	9:40	01:07:54.5	1083	10:52	01:11:14.1	10:16	02:14:39.0
1023	1943/3991	215/486	2301	Erin Peterson	F	38	Stromsburg	NE	1048	9:35	01:10:56.3	1132	10:58	01:11:52.8	10:16	02:14:39.4
1024	1947/3991	216/486	5025	Julie Mcnaughton	F	39	Lincoln	NE	1203	9:53	01:13:18.3	1011	10:41	01:09:59.4	10:17	02:14:48.3
1025	1948/3991	163/435	5904	Connie Maas	F	29	Baileyville	KS	641	9:01	01:04:16.5	1374	11:33	01:15:43.0	10:17	02:14:49.4
1026	1949/3991	217/486	1861	Stephanie Montgomery	F	37	Omaha	NE	979	9:49	01:10:06.2	1041	10:46	01:10:32.0	10:17	02:14:52.0
1027	1951/3991	164/435	521	Kathryn Krueger	F	29	Omaha	NE	1202	9:56	01:13:17.1	992	10:39	01:09:46.6	10:17	02:14:54.3
1028	1953/3991	218/486	4417	Kristi Morrow	F	39	Lincoln	NE	1174	9:57	01:12:48.3	978	10:38	01:09:39.4	10:17	02:14:55.8
1029	1954/3991	219/486	596	Jaime Manz	F	39	Wayne	NE	869	9:44	01:08:35.7	1078	10:51	01:11:06.5	10:17	02:14:56.4
1030	1956/3991	207/460	3498	Kimberly Anderson	F	31	Lincoln	NE	1367	10:07	01:15:40.3	906	10:28	01:08:39.5	10:17	02:14:59.2
1031	1958/3991	37/79	3878	Alexis Lorence	F	19	Omaha	NE	1246	10:13	01:13:53.2	865	10:23	01:08:04.0	10:17	02:14:59.4
1032	1959/3991	208/460	1846	Avery Durbin	F	32	Macon	GA	836	9:45	01:08:13.7	1073	10:50	01:11:03.5	10:17	02:14:59.7
1033	1960/3991	79/227	634	Missy Dorsch	F	45	Pawnee City	NE	1570	10:35	01:18:37.8	713	10:01	01:05:39.7	10:18	02:15:02.4
1034	1961/3991	165/435	4987	Kelly Moguel	F	26	Lincoln	NE	1165	9:55	01:12:32.7	1017	10:41	01:10:03.7	10:18	02:15:03.3
1035	1964/3991	97/308	5203	Sarah Wetzal	F	20	Lincoln	NE	787	9:28	01:07:15.5	1221	11:09	01:13:03.7	10:18	02:15:08.8
1036	1965/3991	209/460	447	Jessi Huenink	F	30	Lincoln	NE	835	9:38	01:08:12.8	1141	10:59	01:11:59.3	10:18	02:15:09.4
1037	1968/3991	220/486	5114	Angela Ullman	F	39	Omaha	NE	1254	10:06	01:13:59.3	939	10:32	01:09:04.8	10:19	02:15:15.5
1038	1969/3991	221/486	4124	Sara Denly	F	38	Winfield	KS	1275	10:17	01:14:21.8	849	10:21	01:07:51.3	10:19	02:15:16.8
1039	1971/3991	132/342	2032	Jamie Brown	F	43	La Vista	NE	584	9:01	01:03:19.1	1399	11:38	01:16:15.2	10:19	02:15:22.6
1040	1972/3991	210/460	3723	Amy Wagner	F	33	Lincoln	NE	1206	9:55	01:13:21.4	1032	10:44	01:10:20.8	10:19	02:15:23.3
1041	1973/3991	211/460	2539	Sandra Kirchner	F	32	Lincoln	NE	993	9:45	01:10:15.3	1103	10:55	01:11:31.1	10:19	02:15:24.8
1042	1974/3991	133/342	4207	Anthea Sanburn	F	40	Lincoln	NE	838	9:46	01:08:18.5	1100	10:53	01:11:23.2	10:19	02:15:25.1
1043	1975/3991	166/435	1808	Kate Pope	F	27	Lincoln	NE	1311	10:15	01:14:53.3	876	10:25	01:08:14.8	10:19	02:15:25.6
1044	1976/3991	20/81	1568	Stephanie Scheffler	F	58	Longmont	CO	1362	10:04	01:15:38.6	966	10:36	01:09:29.0	10:19	02:15:27.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1045	1977/3991	134/342	2373	Melissa O'neill	F	41	Papillion	NE	948	9:44	01:09:33.5	1116	10:56	01:11:39.1	10:20	02:15:30.1
1046	1978/3991	167/435	1703	Christina Haggart	F	27	Omaha	NE	770	9:36	01:06:56.8	1188	11:05	01:12:36.7	10:20	02:15:30.1
1047	1979/3991	212/460	5040	Dana Buss	F	31	Lincoln	NE	784	9:32	01:07:07.8	1219	11:09	01:13:01.9	10:20	02:15:31.0
1048	1980/3991	80/227	3358	Susie Melcher	F	46	Hickman	NE	1097	9:52	01:11:41.4	1060	10:48	01:10:49.0	10:20	02:15:32.5
1049	1981/3991	213/460	5516	Courtney Buthe	F	32	Glenwood	IA	1248	9:56	01:13:54.8	1038	10:45	01:10:26.9	10:20	02:15:35.1
1050	1982/3991	168/435	2387	Tiffany Fougeron	F	27	Milford	NE	1385	10:05	01:15:59.8	972	10:37	01:09:33.2	10:20	02:15:36.6
1051	1983/3991	214/460	4315	Megan Johnson	F	32	Lincoln	NE	1123	10:01	01:12:01.2	1014	10:41	01:10:01.6	10:21	02:15:41.4
1052	1985/3991	55/154	4793	Mary Cannon	F	53	Missouri Valley	IA	1223	10:09	01:13:37.7	951	10:34	01:09:15.1	10:21	02:15:46.0
1053	1987/3991	135/342	2357	Jane Rhodes	F	44	Avoca	NE	895	9:50	01:08:51.2	1092	10:53	01:11:19.9	10:21	02:15:46.9
1054	1988/3991	81/227	6300	Janie Wyatt	F	47	Harrisburg	NE	1513	10:06	01:17:39.7	975	10:37	01:09:36.0	10:21	02:15:48.6
1055	1989/3991	136/342	2036	Tanya Poehler	F	41	Cairo	NE	1178	10:01	01:12:53.5	1026	10:43	01:10:12.6	10:21	02:15:51.0
1056	1990/3991	82/227	2394	Joanne Frandolig	F	48	Lincoln	NE	1290	10:07	01:14:38.8	973	10:37	01:09:33.4	10:21	02:15:53.2
1057	1991/3991	56/154	4259	Brenda Harding	F	54	Leavenworth	KS	1308	10:04	01:14:48.5	1006	10:40	01:09:56.8	10:22	02:15:55.6
1058	1993/3991	169/435	1516	Rachel Talero	F	26	Lincoln	NE	1069	9:34	01:11:18.5	1235	11:11	01:13:18.2	10:22	02:15:59.3
1059	1994/3991	83/227	5536	Kathy Wildman	F	46	Lincoln	NE	1082	9:45	01:11:28.9	1145	10:59	01:12:01.5	10:22	02:15:59.8
1060	1995/3991	137/342	708	Colleen Olson	F	41	Omaha	NE	615		01:03:45.7	1158	11:01	01:12:14.9	10:22	02:16:00.6
1061	1996/3991	222/486	6198	Heather Mcnear	F	38	Lincoln	NE	708	9:17	01:05:42.9	1337	11:28	01:15:11.4	10:22	02:16:00.6
1062	1998/3991	57/154	2304	Susan Stauffer	F	51	Lincoln	NE	1360	10:06	01:15:38.3	1002	10:40	01:09:53.2	10:22	02:16:02.5
1063	1999/3991	223/486	4757	Amy Pettis	F	38	Omaha	NE	1037	10:15	01:10:51.8	921	10:30	01:08:51.7	10:22	02:16:02.6
1064	2000/3991	224/486	2635	Stephanie Strong	F	38	Lincoln	NE	1180	9:58	01:12:54.1	1054	10:47	01:10:40.6	10:22	02:16:02.8
1065	2001/3991	225/486	2823	Meghanne Wetta	F	36	Lincoln	NE	1168	9:56	01:12:36.6	1062	10:49	01:10:54.1	10:22	02:16:03.1
1066	2002/3991	215/460	3716	Jenee Harmon	F	31	Lincoln	NE	1400	10:16	01:16:07.2	910	10:29	01:08:42.6	10:22	02:16:03.3
1067	2004/3991	170/435	3213	Danielle Helzer	F	29	Omaha	NE	585	9:06	01:03:19.5	1410	11:39	01:16:24.0	10:22	02:16:06.4
1068	2005/3991	138/342	1355	Samantha Link	F	42	Lincoln	NE	1129	9:54	01:12:02.6	1085	10:52	01:11:14.7	10:23	02:16:09.1
1069	2007/3991	216/460	1547	Jennifer Coon	F	34	Lincoln	NE	1546	10:23	01:18:17.3	871	10:24	01:08:08.5	10:23	02:16:12.1
1070	2008/3991	217/460	2187	Kristin Butterfield	F	33	Lincoln	NE	767	9:40	01:06:52.7	1200	11:07	01:12:50.5	10:23	02:16:12.1
1071	2009/3991	171/435	5908	Erin Sillman	F	25	Omaha	NE	648	9:15	01:04:27.7	1362	11:32	01:15:35.9	10:23	02:16:12.3
1072	2011/3991	172/435	4885	Heidi Foland	F	26	Lincoln	NE	939	10:00	01:09:27.5	1058	10:48	01:10:45.0	10:23	02:16:15.1
1073	2012/3991	98/308	2771	Diana Rodas	F	24	Lexington	NE	816	9:46	01:07:44.5	1157	11:01	01:12:12.2	10:23	02:16:16.5
1074	2014/3991	173/435	4370	Grace Edelman	F	25	Elkhorn	NE	1039	10:02	01:10:52.2	1044	10:46	01:10:33.4	10:23	02:16:19.5
1075	2015/3991	218/460	925	Angela Keiser	F	32	Kenesaw	NE	1512	10:23	01:17:39.5	879	10:25	01:08:17.9	10:23	02:16:19.9
1076	2016/3991	226/486	385	Michele May	F	38	Lincoln	NE	1322	10:18	01:15:09.1	915	10:30	01:08:47.4	10:24	02:16:20.9
1077	2018/3991	21/81	2270	Robin Byers	F	56	Lincoln	NE	1324	10:18	01:15:09.3	916	10:30	01:08:47.5	10:24	02:16:21.3
1078	2019/3991	139/342	1898	Stephanie Johnson	F	43	Lincoln	NE	1325	10:19	01:15:09.5	914	10:30	01:08:47.3	10:24	02:16:21.9
1079	2022/3991	219/460	4828	Ashley Mccracken	F	33	Lincoln	NE	763	9:29	01:06:45.5	1279	11:19	01:14:12.7	10:24	02:16:23.1
1080	2023/3991	84/227	6229	Lisa Wilford	F	46	Harvard	NE	1114	9:42	01:11:56.5	1197	11:06	01:12:46.8	10:24	02:16:24.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1081	2024/3991	227/486	3506	Jennifer Thompson	F	37	Lincoln	NE	944	9:43	01:09:30.5	1192	11:05	01:12:41.8	10:24	02:16:24.5
1082	2025/3991	99/308	4084	Melissa Sukhram	F	24	Lincoln	NE	1401	10:16	01:16:07.3	941	10:33	01:09:06.3	10:24	02:16:25.2
1083	2026/3991	228/486	5647	Coni Meyer	F	39	Page	NE	921	9:39	01:09:16.5	1229	11:10	01:13:09.1	10:24	02:16:25.5
1084	2027/3991	85/227	3286	Molly Maguire	F	48	Omaha	NE	1228	10:02	01:13:39.6	1055	10:47	01:10:40.8	10:24	02:16:25.8
1085	2028/3991	174/435	2867	Kelsey Pokorny	F	25	Wayne	NE	1590	10:19	01:19:07.2	918	10:30	01:08:50.4	10:24	02:16:27.4
1086	2030/3991	86/227	6257	Melanie Loecke	F	46	Urbandale	IA	1242	10:23	01:13:51.3	884	10:26	01:08:20.8	10:24	02:16:27.9
1087	2031/3991	220/460	3922	Angela Saunders	F	32	Derby	KS	620	9:07	01:03:56.2	1437	11:42	01:16:44.2	10:24	02:16:27.9
1088	2032/3991	140/342	1172	Jennifer Hutzler	F	42	Lincoln	NE	1446	10:07	01:16:48.5	1023	10:42	01:10:09.6	10:24	02:16:28.0
1089	2034/3991	229/486	1169	Tiffany Hunt	F	37	Lincoln	NE	1447	10:07	01:16:49.1	1022	10:42	01:10:09.3	10:24	02:16:28.2
1090	2037/3991	175/435	2957	Mara Andersen	F	29	Lincoln	NE	1399	10:16	01:16:06.8	947	10:33	01:09:11.9	10:24	02:16:32.5
1091	2040/3991	221/460	5788	Terra Vejraska	F	31	Papillion	NE	1081	9:56	01:11:28.7	1102	10:54	01:11:29.0	10:25	02:16:34.5
1092	2041/3991	87/227	6298	Sonya Johnson	F	48	Clive	IA	1243	10:23	01:13:51.6	894	10:27	01:08:28.0	10:25	02:16:34.8
1093	2043/3991	230/486	2550	Heather Dumas	F	39	Omaha	NE	1092	10:08	01:11:38.8	1024	10:42	01:10:11.0	10:25	02:16:35.5
1094	2044/3991	100/308	4905	Chelsea Cather	F	22	Lincoln	NE	1428	9:53	01:16:24.5	1126	10:57	01:11:45.4	10:25	02:16:35.8
1095	2045/3991	176/435	5947	Betsy Minarick	F	26	Lincoln	NE	703		01:05:34.3	1070	10:50	01:11:02.7	10:25	02:16:37.1
1096	2048/3991	88/227	2037	Mae Ahrendsen	F	47	Omaha	NE	1270	10:07	01:14:17.6	1031	10:44	01:10:19.8	10:25	02:16:42.0
1097	2049/3991	231/486	4157	Janna Mashek	F	39	Gibbon	NE	1319	10:16	01:15:05.5	964	10:35	01:09:25.6	10:25	02:16:43.0
1098	2050/3991	38/79	5020	Erika Beedle	F	19	Lincoln	NE	1349	10:13	01:15:31.5	991	10:38	01:09:45.3	10:25	02:16:44.5
1099	2051/3991	222/460	585	Amanda Reid	F	30	Omaha	NE	1020	9:51	01:10:38.8	1151	11:00	01:12:07.9	10:25	02:16:44.8
1100	2053/3991	141/342	3468	Tysha Lauterbach	F	41	Lincoln	NE	727	9:21	01:05:59.8	1349	11:31	01:15:26.6	10:26	02:16:47.0
1101	2055/3991	58/154	3404	Laura Weaver	F	53	Omaha	NE	1103	9:50	01:11:49.5	1167	11:02	01:12:22.1	10:26	02:16:47.4
1102	2058/3991	101/308	5416	Kayla Mohr	F	24	Columbus	NE	1136	9:57	01:12:05.8	1113	10:56	01:11:38.0	10:26	02:16:50.2
1103	2060/3991	223/460	6324	Tara Brandt	F	30	Kearney	NE	976	9:50	01:10:04.1	1175	11:03	01:12:28.2	10:26	02:16:55.9
1104	2061/3991	102/308	4556	Rachel Leise	F	24	Lincoln	NE	954	9:29	01:09:38.7	1306	11:25	01:14:48.6	10:26	02:16:56.0
1105	2063/3991	224/460	2020	Liza Baker	F	34	Waverly	NE	851	9:36	01:08:24.2	1267	11:17	01:13:59.5	10:26	02:16:57.5
1106	2064/3991	89/227	4991	Holly Luebbe	F	46	Bennington	NE	831	9:37	01:08:05.8	1263	11:17	01:13:54.9	10:26	02:16:57.9
1107	2066/3991	232/486	803	Lora Carpenter-Janike	F	37	Lincoln	NE	1358	10:09	01:15:37.6	1036	10:45	01:10:25.1	10:27	02:16:59.9
1108	2067/3991	142/342	398	Debra Lee Toth	F	44	Lincoln	NE	748	9:30	01:06:25.5	1302	11:24	01:14:40.8	10:27	02:17:00.5
1109	2070/3991	233/486	3359	Cristina Carrizales	F	37	Bellevue	NE	701	9:26	01:05:31.8	1340	11:29	01:15:14.7	10:27	02:17:07.1
1110	2072/3991	59/154	4850	Leslie Podliska	F	50	Ottumwa	IA	1485	10:21	01:17:20.2	958	10:35	01:09:20.4	10:28	02:17:12.5
1111	2073/3991	103/308	2865	Shelby Meier	F	24	Lincoln	NE	1237	9:56	01:13:47.7	1152	11:00	01:12:08.1	10:28	02:17:14.9
1112	2074/3991	234/486	5271	Angie Coufal	F	36	Aurora	NE	884	9:45	01:08:42.3	1241	11:12	01:13:22.4	10:28	02:17:15.1
1113	2075/3991	104/308	4562	Makayla Urban	F	24	Lincoln	NE	1305	10:05	01:14:44.5	1080	10:51	01:11:09.7	10:28	02:17:17.6
1114	2076/3991	235/486	2276	Cara Kimball	F	37	Papillion	NE	875	9:45	01:08:38.6	1242	11:12	01:13:23.7	10:28	02:17:19.0
1115	2077/3991	236/486	2248	Cheera Hibbard	F	36	Omaha	NE	874	9:45	01:08:38.2	1244	11:12	01:13:24.0	10:28	02:17:19.0
1116	2078/3991	39/79	2728	Kimberly Somarriba	F	19	Lincoln	NE	1498	10:29	01:17:31.6	904	10:28	01:08:38.3	10:28	02:17:22.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1117	2079/3991	143/342	4576	Steph Faust	F	41	Lincoln	NE	1175	9:57	01:12:49.3	1150	11:00	01:12:07.5	10:28	02:17:24.2
1118	2080/3991	177/435	6290	Jen Zielinski	F	25	Omaha	NE	1204	9:59	01:13:18.6	1148	10:59	01:12:02.6	10:29	02:17:28.0
1119	2081/3991	237/486	4531	Cheryl Chapman	F	38	Omaha	NE	1001	9:38	01:10:24.3	1286	11:20	01:14:19.4	10:29	02:17:28.0
1120	2082/3991	40/79	5760	Sarah Vonasek	F	19	Holdrege	NE	1348	10:12	01:15:31.1	1053	10:47	01:10:40.2	10:29	02:17:29.0
1121	2083/3991	105/308	3958	Maggie Clay	F	23	Fort Collins	CO	1030	9:50	01:10:48.8	1218	11:08	01:13:01.7	10:29	02:17:29.8
1122	2084/3991	90/227	2844	Theresa Guyer	F	49	Lincoln	NE	1053	9:49	01:10:59.6	1228	11:10	01:13:08.8	10:29	02:17:31.6
1123	2085/3991	106/308	2804	Claudia Schleppenbach	F	23	Lincoln	NE	1239	9:53	01:13:48.1	1194	11:06	01:12:45.1	10:29	02:17:33.4
1124	2086/3991	22/81	1257	Dawn Drey	F	55	Omaha	NE	1315	10:06	01:15:00.7	1089	10:53	01:11:18.9	10:29	02:17:34.1
1125	2088/3991	225/460	4365	Angie Stevens	F	30	Grand Island	NE	1427	10:09	01:16:23.3	1069	10:50	01:11:01.9	10:29	02:17:36.9
1126	2089/3991	107/308	3425	Allison Ortiz-Garcia	F	24	Lincoln	NE	1525	10:20	01:17:51.3	998	10:39	01:09:50.5	10:29	02:17:37.9
1127	2090/3991	226/460	4033	Marianne Toovey	F	31	Gretna	NE	1230	9:58	01:13:40.8	1161	11:02	01:12:16.5	10:30	02:17:38.7
1128	2091/3991	144/342	4693	Tricia Schmit	F	41	Elkhorn	NE	1247	10:09	01:13:53.6	1079	10:51	01:11:07.0	10:30	02:17:39.1
1129	2094/3991	145/342	6214	Denise Drake	F	43	Eagle	NE	1307	10:21	01:14:48.3	1000	10:40	01:09:52.7	10:30	02:17:42.6
1130	2095/3991	146/342	5517	Kari Anderson	F	41	Johnston	IA	809	9:45	01:07:38.1	1258	11:15	01:13:45.0	10:30	02:17:42.8
1131	2097/3991	108/308	6243	Caitlyn Beck	F	23	Columbia	MO	833	9:45	01:08:07.8	1261	11:16	01:13:53.3	10:30	02:17:45.5
1132	2098/3991	23/81	1427	Diana Drent	F	58	Lincoln	NE	1340	10:08	01:15:21.1	1097	10:53	01:11:21.3	10:30	02:17:47.0
1133	2101/3991	238/486	3287	Lora Hansen	F	39	Omaha	NE	1005	9:50	01:10:29.6	1247	11:12	01:13:25.0	10:31	02:17:52.0
1134	2102/3991	178/435	2402	Anna Jeseritz	F	29	Gretna	NE	1227	10:03	01:13:39.3	1143	10:59	01:12:00.2	10:31	02:17:52.7
1135	2103/3991	109/308	4289	Carly Faller	F	21	Lincoln	NE	1368	10:13	01:15:42.3	1064	10:49	01:10:54.7	10:31	02:17:52.7
1136	2105/3991	147/342	3823	Amber Stephens	F	40	Davey	NE	1383	10:23	01:15:57.6	996	10:39	01:09:48.1	10:31	02:17:55.0
1137	2106/3991	239/486	1888	Kelly Dewing	F	35	Eagle	NE	1107	9:31	01:11:53.2	1355	11:32	01:15:33.4	10:31	02:17:56.5
1138	2107/3991	148/342	5653	Shellie Farrell	F	41	Smithville	MO	1138	9:55	01:12:06.6	1211	11:08	01:12:57.2	10:31	02:17:56.9
1139	2108/3991	149/342	3693	Christi Stenger	F	41	Omaha	NE	1163	9:59	01:12:28.1	1185	11:04	01:12:34.6	10:31	02:17:58.2
1140	2109/3991	60/154	4066	Heather Schuette	F	52	Lincoln	NE	757	9:39	01:06:32.2	1304	11:24	01:14:43.0	10:31	02:17:59.3
1141	2110/3991	227/460	6231	Tedi Andrews	F	30	Waukee	IA	1083	9:56	01:11:28.9	1208	11:08	01:12:56.5	10:31	02:18:01.9
1142	2111/3991	150/342	3981	Sandy Brokaw	F	40	Des Moines	IA	1405	10:38	01:16:10.2	878	10:25	01:08:17.2	10:31	02:18:02.5
1143	2112/3991	240/486	1502	Tracy Long	F	38	Bellwood	NE	1458	10:20	01:16:58.8	1030	10:44	01:10:19.6	10:31	02:18:04.0
1144	2113/3991	13/49	670	Marlene Swanson	F	61	Lincoln	NE	1190	10:08	01:13:05.5	1118	10:56	01:11:39.6	10:32	02:18:05.0
1145	2114/3991	241/486	2963	Jill Teachout	F	39	Lincoln	NE	951	9:42	01:09:36.2	1294	11:22	01:14:28.6	10:32	02:18:05.7
1146	2115/3991	110/308	1798	Jillian Moravec	F	23	Lincoln	NE	1402	10:24	01:16:08.6	1008	10:40	01:09:58.0	10:32	02:18:06.7
1147	2117/3991	111/308	3912	Karin Gilgallon	F	24	Lincoln	NE	913	9:39	01:09:08.7	1309	11:25	01:14:49.9	10:32	02:18:07.3
1148	2118/3991	61/154	894	Barbara Mcphillips	F	50	York	NE	1410	10:13	01:16:13.1	1082	10:52	01:11:13.7	10:32	02:18:09.3
1149	2119/3991	179/435	4891	Katelyn Hemmeke	F	25	Lincoln	NE	1683	10:43	01:20:54.2	852	10:21	01:07:54.0	10:32	02:18:09.5
1150	2120/3991	228/460	1618	Holly Hopkins	F	31	Lincoln	NE	754	9:31	01:06:29.5	1378	11:34	01:15:47.1	10:32	02:18:10.1
1151	2121/3991	180/435	5028	Jessalyn Bolkema	F	26	Lincoln	NE	1682	10:43	01:20:53.2	856	10:22	01:07:57.3	10:32	02:18:11.6
1152	2122/3991	242/486	4859	Karla Hansen	F	38	Alta	IA	1155	10:02	01:12:22.1	1172	11:03	01:12:26.3	10:32	02:18:13.2



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1153	2124/3991	243/486	2854	Angela Schreiner	F	39	Lincoln	NE	1073	9:58	01:11:20.6	1212	11:08	01:12:57.2	10:32	02:18:14.3
1154	2125/3991	91/227	2460	Jennifer Roth	F	47	Ashland	NE	1515	10:29	01:17:41.3	974	10:37	01:09:34.4	10:32	02:18:14.6
1155	2126/3991	244/486	2730	Danielle Austin	F	39	Topeka	KS	1161	10:11	01:12:26.8	1101	10:54	01:11:28.6	10:32	02:18:15.5
1156	2127/3991	229/460	2528	Christine Caldwell	F	32	Lincoln	NE	1376	10:07	01:15:45.6	1140	10:59	01:11:58.9	10:32	02:18:15.8
1157	2128/3991	151/342	5319	Cary Osmera	F	42	Wahoo	NE	1283	10:05	01:14:34.1	1154	11:01	01:12:10.6	10:32	02:18:17.2
1158	2129/3991	112/308	1835	Olivia Leduc	F	20	Lincoln	NE	1006	10:06	01:10:29.6	1147	10:59	01:12:02.1	10:32	02:18:17.8
1159	2130/3991	245/486	4451	Lindsey Kowalke	F	38	Lincoln	NE	1397	10:01	01:16:06.3	1189	11:05	01:12:38.4	10:33	02:18:18.6
1160	2132/3991	181/435	3594	Jennifer Braun	F	29	Cedar Rapids	NE	1416	10:02	01:16:16.5	1186	11:04	01:12:35.7	10:33	02:18:21.1
1161	2134/3991	182/435	3917	Vicki Kennel	F	29	Gretna	NE	1638	10:37	01:20:13.7	913	10:30	01:08:46.6	10:33	02:18:25.2
1162	2135/3991	113/308	1364	Ashley Bykerk	F	20	Grand Island	NE	1112	9:34	01:11:55.7	1372	11:33	01:15:40.7	10:33	02:18:25.2
1163	2137/3991	183/435	2887	Emily Morlok	F	26	Lincoln	NE	1533	10:03	01:17:58.9	1184	11:04	01:12:32.9	10:33	02:18:26.0
1164	2139/3991	62/154	3905	Jackie Patterson	F	53	Lincoln	NE	1393	10:09	01:16:03.1	1136	10:58	01:11:55.7	10:33	02:18:26.8
1165	2140/3991	92/227	880	Stacie Higgins	F	45	Nebraska City	NE	912	9:36	01:09:07.9	1360	11:32	01:15:34.3	10:33	02:18:27.4
1166	2141/3991	93/227	2722	Amy Renard	F	46	Lincoln	NE	1470	10:22	01:17:10.4	1040	10:45	01:10:30.0	10:33	02:18:28.0
1167	2142/3991	152/342	1915	Jennifer Brown	F	41	Grand Island	NE	1117	9:56	01:11:59.3	1240	11:12	01:13:22.4	10:33	02:18:28.8
1168	2143/3991	246/486	3172	Emily Degraff	F	36	Lincoln	NE	1494	10:08	01:17:27.8	1144	10:59	01:12:01.5	10:33	02:18:29.4
1169	2144/3991	114/308	1916	Cassandra Casares	F	24	Grand Island	NE	1118	9:56	01:11:59.3	1245	11:12	01:13:24.2	10:33	02:18:30.7
1170	2145/3991	184/435	5000	Alyssa Cisneros	F	28	Lincoln	NE	1477	10:03	01:17:14.8	1195	11:06	01:12:45.7	10:34	02:18:36.0
1171	2147/3991	247/486	5638	B J Withrow	F	36	Burwell	NE	613	8:45	01:03:44.4	1689	12:24	01:21:17.4	10:34	02:18:38.9
1172	2148/3991	248/486	3326	Angela Redman	F	39	Burwell	NE	972	9:42	01:10:02.1	1327	11:27	01:15:06.2	10:34	02:18:39.4
1173	2150/3991	14/49	1709	Denise Terry	F	60	Lincoln	NE	694	9:37	01:05:17.3	1369	11:32	01:15:37.8	10:34	02:18:40.6
1174	2151/3991	185/435	2679	Alyssa McBride	F	25	Lincoln	NE	1229	10:06	01:13:39.8	1174	11:03	01:12:28.0	10:34	02:18:41.1
1175	2152/3991	230/460	2788	Andrea Woita	F	31	Ceresco	NE	1074	10:02	01:11:20.8	1210	11:08	01:12:56.9	10:34	02:18:41.4
1176	2156/3991	115/308	3562	Krista Gunder	F	23	Lincoln	NE	863	9:42	01:08:32.8	1336	11:28	01:15:08.9	10:35	02:18:45.8
1177	2158/3991	249/486	1098	Cindy Miller	F	37	Lincoln	NE	676	9:06	01:04:53.5	1562	12:04	01:19:05.2	10:35	02:18:46.3
1178	2159/3991	153/342	3942	Jen Consbruck	F	41	Lincoln	NE	722	9:22	01:05:51.3	1475	11:49	01:17:26.6	10:35	02:18:48.1
1179	2160/3991	186/435	3262	Kelsie Buckley	F	25	Omaha	NE	1335	10:18	01:15:19.3	1087	10:53	01:11:17.2	10:35	02:18:50.3
1180	2161/3991	250/486	3012	Thu Le	F	38	Lincoln	NE	1071	10:05	01:11:18.9	1196	11:06	01:12:46.8	10:35	02:18:54.4
1181	2162/3991	231/460	922	Katie Pekarek	F	31	Dwight	NE	1134	10:02	01:12:05.1	1232	11:10	01:13:10.3	10:35	02:18:56.5
1182	2163/3991	116/308	5663	Lindsay Connely	F	24	Mission	KS	1419	10:33	01:16:20.1	993	10:39	01:09:46.8	10:35	02:18:56.9
1183	2164/3991	117/308	5870	Katie Anthony	F	23	Lincoln	NE	1420	10:33	01:16:20.2	994	10:39	01:09:47.0	10:36	02:18:57.4
1184	2165/3991	15/49	3065	Harriette Lococo	F	63	Lincoln	NE	1179	9:59	01:12:53.9	1249	11:13	01:13:28.3	10:36	02:18:57.6
1185	2168/3991	94/227	5285	Tracey Areman	F	48	Lincoln	NE	877	9:50	01:08:39.4	1296	11:23	01:14:34.3	10:36	02:19:00.8
1186	2169/3991	232/460	1377	Whitney Kester	F	30	North Platte	NE	917	9:34	01:09:11.8	1407	11:39	01:16:20.7	10:36	02:19:03.4
1187	2170/3991	251/486	3761	Katie Tessin	F	37	Omaha	NE	990	9:55	01:10:12.7	1272	11:18	01:14:02.4	10:36	02:19:05.1
1188	2171/3991	95/227	1524	Connie Peterson	F	45	Lincoln	NE	800	9:51	01:07:30.8	1293	11:22	01:14:28.5	10:36	02:19:05.5

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1189	2172/3991	233/460	3986	Sydney Omo	F	33	Omaha	NE	989	9:55	01:10:12.7	1273	11:18	01:14:02.7	10:36	02:19:05.6
1190	2174/3991	96/227	4303	Kristina Miller	F	45	Kansas City	MO	953	9:46	01:09:38.5	1334	11:28	01:15:08.2	10:36	02:19:07.3
1191	2175/3991	118/308	2587	Kathleen Loach	F	21	Lincoln	NE	1379	10:17	01:15:51.3	1129	10:57	01:11:48.5	10:37	02:19:11.5
1192	2176/3991	97/227	1638	Marla Shaw	F	47	Lincoln	NE	1017	10:00	01:10:34.7	1254	11:14	01:13:36.0	10:37	02:19:11.8
1193	2177/3991	119/308	5427	Jayde Carstens	F	20	Pickrell	NE	1331	10:11	01:15:18.4	1176	11:04	01:12:29.3	10:37	02:19:14.6
1194	2178/3991	98/227	3360	Laurie Rolfsmeyer	F	45	Seward	NE	672	9:31	01:04:50.5	1450	11:44	01:16:56.0	10:37	02:19:16.7
1195	2179/3991	41/79	5166	Jannah Follett	F	15	Lincoln	NE	1364	10:00	01:15:38.8	1257	11:15	01:13:43.6	10:37	02:19:16.7
1196	2181/3991	154/342	2470	Amy Ruisinger	F	43	Bennet	NE	1346	10:08	01:15:28.3	1205	11:07	01:12:53.8	10:37	02:19:18.4
1197	2183/3991	234/460	4449	Rachelle Pumphrey	F	31	Hebron	NE	710	9:35	01:05:44.6	1424	11:41	01:16:36.7	10:38	02:19:24.0
1198	2184/3991	187/435	4732	Rebecca Lineweber	F	29	Lincoln	NE	1343	10:17	01:15:23.6	1146	10:59	01:12:01.6	10:38	02:19:24.3
1199	2186/3991	24/81	551	Patty Clausen	F	57	Beatrice	NE	1580	10:15	01:18:55.2	1159	11:01	01:12:15.9	10:38	02:19:25.4
1200	2187/3991	252/486	6221	April Omalley	F	37	Papillion	NE	780	9:27	01:07:02.5	1479	11:49	01:17:28.3	10:38	02:19:26.0
1201	2188/3991	63/154	5054	Leigh Heithoff	F	50	Raymond	NE	1426	10:21	01:16:22.6	1112	10:56	01:11:37.7	10:38	02:19:26.7
1202	2189/3991	253/486	5093	Kelly Snead	F	38	Derby	KS	764	9:51	01:06:45.6	1315	11:26	01:14:54.2	10:38	02:19:28.3
1203	2190/3991	188/435	4010	Kelsie Grgurich	F	25	Bellevue	NE	468	8:45	01:01:54.3	1718	12:32	01:22:05.6	10:38	02:19:28.5
1204	2191/3991	120/308	4454	Alexandra Anzai	F	21	Omaha	NE	1472	10:21	01:17:10.8	1108	10:55	01:11:35.3	10:38	02:19:29.0
1205	2192/3991	189/435	2205	Kelsey Anzai	F	26	Omaha	NE	1471	10:22	01:17:10.6	1110	10:55	01:11:35.6	10:38	02:19:29.9
1206	2194/3991	190/435	2179	Noelle Aden	F	26	Lincoln	NE	1487	10:08	01:17:21.6	1226	11:09	01:13:08.0	10:38	02:19:31.5
1207	2197/3991	235/460	5012	Jamie Read	F	32	Juniata	NE	1432	10:22	01:16:30.1	1107	10:55	01:11:35.0	10:38	02:19:32.1
1208	2199/3991	64/154	1234	Kathleen Phillips	F	54	Seward	NE	1067	10:08	01:11:16.7	1230	11:10	01:13:09.4	10:38	02:19:33.6
1209	2200/3991	254/486	1280	Michaela Harrison	F	37	Lincoln	NE	1102	9:53	01:11:46.9	1308	11:25	01:14:49.6	10:38	02:19:33.9
1210	2201/3991	255/486	3520	Katie Cords	F	36	Lincoln	NE	1253	10:10	01:13:58.9	1209	11:08	01:12:56.7	10:38	02:19:34.3
1211	2202/3991	65/154	1104	Jeanne Dryburgh	F	51	Seward	NE	1068	10:08	01:11:18.3	1227	11:09	01:13:08.2	10:38	02:19:34.8
1212	2204/3991	121/308	2943	Jennifer Kotulak	F	24	Omaha	NE	715	9:11	01:05:46.4	1582	12:07	01:19:27.3	10:39	02:19:39.3
1213	2205/3991	256/486	2618	Karen Bird	F	35	Omaha	NE	1209	10:08	01:13:26.3	1233	11:11	01:13:15.3	10:39	02:19:41.0
1214	2206/3991	257/486	4976	Deborah Miles	F	37	Hastings	NE	1347	10:14	01:15:29.9	1190	11:05	01:12:38.5	10:39	02:19:41.8
1215	2207/3991	99/227	6177	Julie Mcandrew	F	47	Lincoln	NE	1605	10:23	01:19:21.8	1119	10:56	01:11:41.9	10:39	02:19:42.7
1216	2209/3991	191/435	1918	Michaela Taylor	F	27	Elkhorn	NE	685	9:31	01:05:07.9	1473	11:48	01:17:23.4	10:39	02:19:43.9
1217	2210/3991	192/435	2736	Rebecca Post	F	29	Lincoln	NE	1865	11:13	01:24:19.5	742	10:06	01:06:15.7	10:39	02:19:44.1
1218	2211/3991	25/81	4176	Cathy Schnieders	F	59	Omaha	NE	1475	10:13	01:17:13.9	1198	11:06	01:12:47.9	10:39	02:19:44.3
1219	2212/3991	155/342	1306	Billie Burns	F	40	Bellevue	NE	1413	10:18	01:16:14.7	1160	11:01	01:12:15.9	10:39	02:19:44.4
1220	2214/3991	100/227	1026	Kim Nelson	F	49	Ceresco	NE	1606	10:23	01:19:21.9	1124	10:57	01:11:44.4	10:39	02:19:45.6
1221	2215/3991	122/308	3016	Katie O'brien	F	23	Lincoln	NE	1613	10:42	01:19:35.7	981	10:38	01:09:40.7	10:39	02:19:46.0
1222	2216/3991	66/154	6135	Susie Duncan	F	50	Omaha	NE	1444	10:25	01:16:47.5	1104	10:55	01:11:31.6	10:39	02:19:47.2
1223	2217/3991	193/435	6188	Raquel Chavez	F	28	Lincoln	NE	1535	10:29	01:17:59.1	1077	10:51	01:11:06.3	10:39	02:19:48.7
1224	2218/3991	123/308	6260	Laura Evans	F	22	Columbus	NE	1536	10:27	01:17:59.6	1095	10:53	01:11:20.3	10:39	02:19:49.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1225	2219/3991	194/435	4333	Stephanie Ferguson	F	27	Ashland	NE	1528	10:27	01:17:55.3	1094	10:53	01:11:20.3	10:40	02:19:50.3
1226	2220/3991	156/342	514	Jodie Valish	F	42	Lincoln	NE	771	9:38	01:06:57.4	1431	11:42	01:16:40.7	10:40	02:19:51.7
1227	2221/3991	258/486	5302	Bridget Olsen	F	39	Omaha	NE	1351	10:12	01:15:35.1	1215	11:08	01:13:00.5	10:40	02:19:53.0
1228	2222/3991	101/227	4005	Tammie Kruszczyk	F	48	Omaha	NE	1099	10:01	01:11:45.8	1280	11:20	01:14:14.3	10:40	02:19:54.2
1229	2225/3991	26/81	227	Christine Driscoll	F	57	Prospect	CT	1591	10:32	01:19:07.2	1061	10:49	01:10:51.2	10:40	02:19:55.8
1230	2226/3991	259/486	1281	Jeri Swanson	F	38	Kearney	NE	1404	10:25	01:16:09.8	1114	10:56	01:11:38.9	10:40	02:19:55.9
1231	2227/3991	124/308	5864	Katlyn Bailey	F	23	Lincoln	NE	1706	10:49	01:21:20.5	936	10:32	01:09:03.5	10:40	02:19:55.9
1232	2228/3991	236/460	1005	Erin Hussey	F	33	Lincoln	NE	1583	10:28	01:18:56.4	1086	10:52	01:11:16.6	10:40	02:19:56.0
1233	2230/3991	195/435	2876	Audrey Driscoll	F	28	Lincoln	NE	1587	10:32	01:19:02.1	1065	10:49	01:10:56.1	10:40	02:19:56.6
1234	2231/3991	260/486	1995	Cheryl Dietrich	F	36	Lincoln	NE	1736	10:55	01:21:50.3	888	10:26	01:08:22.1	10:40	02:19:58.2
1235	2233/3991	102/227	5438	Cindy Tate	F	48	Omaha	NE	1352	10:12	01:15:35.2	1223	11:09	01:13:06.5	10:40	02:19:59.0
1236	2234/3991	157/342	5684	Michele Shonka	F	41	Papillion	NE	1131	10:13	01:12:03.7	1217	11:08	01:13:01.3	10:40	02:19:59.4
1237	2235/3991	237/460	4959	Brenda Hamilton	F	30	Valentine	NE	1221	10:15	01:13:36.7	1199	11:07	01:12:50.1	10:40	02:19:59.8
1238	2236/3991	196/435	4320	Lisa Minnick	F	29	Lincoln	NE	1287	9:49	01:14:37.6	1375	11:33	01:15:43.2	10:40	02:20:02.1
1239	2237/3991	238/460	399	Ashley Egger	F	30	Lincoln	NE	726	9:36	01:05:58.6	1463	11:46	01:17:08.5	10:41	02:20:02.9
1240	2238/3991	261/486	1135	Stephanie Tomlinson	F	38	Lincoln	NE	882	9:46	01:08:41.8	1389	11:36	01:16:00.3	10:41	02:20:03.8
1241	2239/3991	158/342	2694	Shawnda Eggleston	F	41	Broken Bow	NE	1109	9:51	01:11:53.6	1350	11:31	01:15:28.3	10:41	02:20:04.7
1242	2241/3991	197/435	4990	Adrienne Schlake	F	27	Lincoln	NE	1236	10:22	01:13:47.3	1155	11:01	01:12:11.1	10:41	02:20:06.8
1243	2244/3991	262/486	1590	Season Epp	F	37	Lincoln	NE	1326	9:52	01:15:12.3	1352	11:31	01:15:30.5	10:41	02:20:08.7
1244	2246/3991	198/435	3436	Elizabeth Flood Grady	F	29	Lincoln	NE	1797	10:37	01:22:53.6	1049	10:47	01:10:38.5	10:41	02:20:14.2
1245	2247/3991	239/460	4221	Laura Granneman	F	30	Omaha	NE	907	9:54	01:09:00.5	1347	11:30	01:15:24.3	10:42	02:20:17.7
1246	2248/3991	159/342	4439	Shellie Sabata	F	44	Lincoln	NE	1436	10:24	01:16:34.6	1153	11:01	01:12:10.3	10:42	02:20:19.0
1247	2249/3991	103/227	6073	Paula Meeker	F	46	Logan	IA	1044	9:47	01:10:54.5	1397	11:37	01:16:11.7	10:42	02:20:19.3
1248	2250/3991	42/79	2575	Kristen Kuwitzky	F	19	Omaha	NE	1256	9:40	01:14:00.1	1449	11:44	01:16:55.9	10:42	02:20:20.4
1249	2251/3991	104/227	1643	Sheila Mccartney	F	45	Nelson	NE	1060	9:43	01:11:07.3	1423	11:41	01:16:36.4	10:42	02:20:20.5
1250	2252/3991	199/435	4749	Lauren Funk	F	26	Lincoln	NE	1222	10:09	01:13:37.7	1260	11:16	01:13:50.9	10:42	02:20:21.4
1251	2253/3991	105/227	919	Theresa Larson	F	48	Omaha	NE	1040	9:49	01:10:52.4	1391	11:36	01:16:01.8	10:42	02:20:22.1
1252	2254/3991	125/308	1455	Colbi Reetz	F	20	Lincoln	NE	975	9:58	01:10:03.1	1321	11:27	01:15:02.6	10:42	02:20:23.6
1253	2255/3991	263/486	1037	Jeni Lautenschlager	F	35	Lincoln	NE	1330	10:16	01:15:17.8	1225	11:09	01:13:07.4	10:42	02:20:25.0
1254	2256/3991	200/435	690	Kate Beranek	F	27	Ashland	NE	1146	9:49	01:12:14.2	1394	11:37	01:16:07.5	10:42	02:20:25.5
1255	2258/3991	126/308	3285	Sadie Thomassen	F	21	Lincoln	NE	1740	10:56	01:21:54.6	920	10:30	01:08:50.9	10:43	02:20:29.8
1256	2259/3991	106/227	3685	Jerilyn Wilkinson	F	48	Syracuse	NE	1137	9:48	01:12:05.9	1398	11:38	01:16:14.8	10:43	02:20:29.9
1257	2261/3991	201/435	4340	Mary Katherine Davis	F	27	Lincoln	NE	1869	10:49	01:24:23.6	982	10:38	01:09:41.5	10:43	02:20:32.6
1258	2262/3991	202/435	419	Lisa Watermeier	F	26	Omaha	NE	1635	10:18	01:20:11.1	1213	11:08	01:12:59.1	10:43	02:20:33.1
1259	2263/3991	43/79	4540	Haley Wilke	F	19	Lincoln	NE	1452	10:24	01:16:55.4	1171	11:03	01:12:25.1	10:43	02:20:33.4
1260	2264/3991	264/486	40	Michelle Adler	F	38	Lincoln	NE	1819	12:16	01:23:20.3	363	9:10	01:00:07.5	10:43	02:20:34.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1261	2265/3991	203/435	5556	Brittney Bills	F	29	Omaha	NE	1266	10:06	01:14:09.3	1289	11:21	01:14:21.5	10:43	02:20:34.9
1262	2266/3991	204/435	5880	Katie Nystrom	F	27	Lincoln	NE	1056	9:59	01:11:02.8	1339	11:29	01:15:13.9	10:43	02:20:40.1
1263	2267/3991	67/154	1467	Gayle Jasper	F	50	Lincoln	NE	1417	10:29	01:16:16.9	1135	10:58	01:11:55.3	10:43	02:20:41.1
1264	2269/3991	240/460	1510	Jennifer Goetsch	F	30	Lincoln	NE	986	9:58	01:10:10.8	1346	11:30	01:15:24.1	10:44	02:20:47.4
1265	2272/3991	241/460	4415	Amber Winter	F	33	North Loup	NE	1361	10:16	01:15:38.6	1253	11:14	01:13:34.7	10:44	02:20:51.6
1266	2273/3991	242/460	5489	Chere Stephen	F	33	Ainsworth	NE	819	10:03	01:07:48.8	1320	11:27	01:15:02.5	10:44	02:20:52.2
1267	2274/3991	27/81	908	Ann Hegstrom	F	59	De Soto	IA	1474	10:31	01:17:11.3	1133	10:58	01:11:53.4	10:44	02:20:52.9
1268	2277/3991	265/486	5725	Leanne Vetter	F	39	Gretna	NE	1063	9:45	01:11:12.2	1455	11:45	01:16:59.2	10:45	02:20:57.0
1269	2279/3991	266/486	4229	Sarah Cople	F	36	Norwalk	IA	1394	10:22	01:16:04.1	1220	11:09	01:13:03.4	10:45	02:20:58.6
1270	2281/3991	160/342	438	Christine Synowicki	F	43	Lincoln	NE	1434	10:24	01:16:34.1	1201	11:07	01:12:51.2	10:45	02:20:59.9
1271	2282/3991	267/486	6046	Lindsey Hess	F	37	Elkhorn	NE	1553	10:29	01:18:20.2	1164	11:02	01:12:19.4	10:45	02:21:03.6
1272	2286/3991	205/435	6306	Chelsea Kuchta	F	26	Randolph	NE	1050	9:45	01:10:57.6	1464	11:46	01:17:08.8	10:45	02:21:06.7
1273	2287/3991	243/460	4400	Angela Shull	F	32	Council Bluffs	IA	1338	10:14	01:15:20.7	1270	11:18	01:14:01.2	10:45	02:21:07.7
1274	2288/3991	206/435	5386	Melissa Hartman	F	28	Lincoln	NE	1036	9:58	01:10:51.8	1380	11:34	01:15:50.3	10:45	02:21:08.3
1275	2289/3991	161/342	361	Pam Whisenhunt	F	43	Lincoln	NE	1534	10:29	01:17:59.1	1173	11:03	01:12:26.7	10:46	02:21:09.1
1276	2291/3991	268/486	392	Nicole Barker	F	36	Lincoln	NE	1387	10:15	01:16:00.2	1268	11:18	01:14:00.9	10:46	02:21:10.2
1277	2296/3991	244/460	5105	Kelly Rathe	F	32	Lincoln	NE	1772	11:12	01:22:28.8	847	10:21	01:07:50.7	10:46	02:21:16.1
1278	2297/3991	207/435	3049	Megan Pick	F	29	Bellevue	NE	1272	10:06	01:14:18.6	1325	11:27	01:15:05.1	10:46	02:21:16.9
1279	2299/3991	208/435	435	Heather Strope	F	29	Lincoln	NE	1205	10:13	01:13:18.8	1285	11:20	01:14:18.4	10:46	02:21:17.9
1280	2300/3991	245/460	5675	Krystal Hernandez	F	30	Cozad	NE	1105		01:11:50.6	965	10:36	01:09:27.3	10:46	02:21:17.9
1281	2301/3991	44/79	6042	Allison Tietjen	F	19	Chester	NE	1333	10:11	01:15:18.6	1301	11:23	01:14:38.5	10:47	02:21:22.8
1282	2302/3991	269/486	902	Meghan Gibbons	F	38	Lincoln	NE	1359	10:09	01:15:38.3	1305	11:25	01:14:48.6	10:47	02:21:24.0
1283	2303/3991	68/154	2031	Laura Runge	F	50	Lincoln	NE	1633	10:45	01:20:07.8	1068	10:50	01:10:57.6	10:47	02:21:26.7
1284	2304/3991	270/486	2257	Laurie Harry	F	39	Lincoln	NE	1339	10:06	01:15:21.1	1338	11:28	01:15:12.2	10:47	02:21:26.7
1285	2305/3991	107/227	1623	Kelly Donahue	F	48	Golden	CO	1523	10:16	01:17:47.1	1278	11:19	01:14:12.5	10:47	02:21:27.4
1286	2306/3991	162/342	4035	Stephanie Swerczek	F	43	Ashland	NE	1408	10:03	01:16:11.6	1361	11:32	01:15:35.8	10:47	02:21:27.8
1287	2308/3991	69/154	2465	Marti Mueting	F	51	Lincoln	NE	1634	10:46	01:20:08.8	1066	10:49	01:10:56.5	10:47	02:21:27.9
1288	2309/3991	28/81	5068	Tammie Holley	F	56	Valparaiso	NE	1350	10:13	01:15:33.6	1295	11:22	01:14:29.2	10:47	02:21:28.9
1289	2310/3991	271/486	6228	Christina Davenport	F	39	Lincoln	NE	1607	10:39	01:19:23.1	1123	10:57	01:11:43.3	10:47	02:21:30.5
1290	2311/3991	209/435	4424	Karen Clinch	F	27	Fremont	NE	1510	10:57	01:17:38.7	990	10:38	01:09:45.0	10:47	02:21:30.8
1291	2312/3991	70/154	5537	Glenda Sturgis	F	52	Omaha	NE	1409	10:24	01:16:11.9	1239	11:12	01:13:22.3	10:47	02:21:31.3
1292	2313/3991	246/460	4125	Jessica Hill	F	30	Swarthmore	PA	946	10:08	01:09:31.9	1324	11:27	01:15:05.1	10:47	02:21:33.3
1293	2314/3991	108/227	4366	Brenda Weyers	F	46	Lincoln	NE	1685	10:55	01:20:54.8	1016	10:41	01:10:02.4	10:48	02:21:34.6
1294	2315/3991	71/154	5886	Susan Mcclaughry	F	53	Omaha	NE	1623	10:41	01:19:50.5	1105	10:55	01:11:32.2	10:48	02:21:35.3
1295	2316/3991	16/49	1139	Donna Thiellen	F	64	Lincoln	NE	1599	10:45	01:19:17.6	1081	10:51	01:11:10.2	10:48	02:21:37.1
1296	2317/3991	247/460	5262	Addie Lee	F	34	Lincoln	NE	1582	10:41	01:18:56.2	1117	10:56	01:11:39.5	10:48	02:21:39.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1297	2320/3991	272/486	4810	Cori Beetison	F	39	Eagle	NE	926	9:44	01:09:20.9	1510	11:54	01:17:57.7	10:48	02:21:43.3
1298	2321/3991	248/460	4166	Latava Sanders	F	34	Lincoln	NE	1774	11:07	01:22:29.5	922	10:30	01:08:52.2	10:48	02:21:43.5
1299	2323/3991	163/342	4668	Pam Long	F	43	Bertrand	NE	1595	10:34	01:19:12.7	1181	11:04	01:12:30.4	10:48	02:21:45.6
1300	2324/3991	249/460	4713	Kristin Paben	F	31	Kearney	NE	1594	10:34	01:19:12.5	1180	11:04	01:12:30.2	10:48	02:21:45.8
1301	2325/3991	250/460	5995	Melinda Bergmann	F	31	Beattie	KS	1449	10:29	01:16:51.3	1216	11:08	01:13:00.8	10:48	02:21:46.7
1302	2326/3991	164/342	3999	Michelle Claycomb	F	40	Lincoln	NE	978	10:03	01:10:05.6	1383	11:35	01:15:53.9	10:48	02:21:46.7
1303	2327/3991	251/460	455	Lindsay Day	F	34	Lincoln	NE	949	9:54	01:09:34.2	1452	11:44	01:16:56.7	10:49	02:21:49.3
1304	2328/3991	2/2	3946	Anne Medeuiros	F	71	Bellevue	NE	1189	10:13	01:13:04.3	1316	11:26	01:14:54.4	10:49	02:21:50.0
1305	2329/3991	72/154	3074	Ramona Daryani	F	51	Elkhorn	NE	1182	10:00	01:12:56.8	1409	11:39	01:16:22.4	10:49	02:21:54.4
1306	2330/3991	210/435	4728	Cheyenne Bice	F	27	Lincoln	NE	1167	10:02	01:12:34.6	1396	11:37	01:16:11.6	10:49	02:21:55.8
1307	2331/3991	73/154	877	Carol Jenkins	F	54	Lincoln	NE	820	10:07	01:07:49.8	1367	11:32	01:15:37.6	10:49	02:21:56.3
1308	2332/3991	211/435	3691	Lindsey Moran	F	25	Lincoln	NE	1573	10:55	01:18:46.5	1033	10:44	01:10:21.1	10:49	02:21:56.4
1309	2335/3991	252/460	1636	Andrea Nitz	F	31	Seward	NE	963	10:05	01:09:53.5	1385	11:35	01:15:56.9	10:50	02:22:00.8
1310	2336/3991	212/435	1909	Rachel Hughes	F	26	Grand Island	NE	1139	10:12	01:12:07.5	1331	11:28	01:15:07.7	10:50	02:22:01.0
1311	2337/3991	74/154	1896	Darcy Hughes	F	52	Grand Island	NE	1140	10:12	01:12:07.8	1332	11:28	01:15:07.9	10:50	02:22:01.1
1312	2338/3991	17/49	4057	Shelley Ness	F	60	Burwell	NE	1075	10:08	01:11:24.7	1366	11:32	01:15:37.5	10:50	02:22:04.4
1313	2339/3991	253/460	1894	Angie Weichert	F	33	Algona	IA	1619	11:08	01:19:42.5	950	10:34	01:09:14.3	10:50	02:22:09.8
1314	2340/3991	127/308	206	Meghan Petersen	F	20	Omaha	NE	1609	10:43	01:19:23.7	1138	10:59	01:11:58.4	10:50	02:22:10.5
1315	2341/3991	165/342	2661	Lora Sypal	F	41	Lincoln	NE	1153	10:03	01:12:20.6	1404	11:39	01:16:20.2	10:50	02:22:10.5
1316	2342/3991	2/5	654	Alica Helmink	F	65	Lincoln	NE	1249	10:14	01:13:54.8	1323	11:27	01:15:04.3	10:50	02:22:10.7
1317	2343/3991	128/308	3411	Michelle Hickey	F	21	Longmont	CO	1608	10:43	01:19:23.5	1139	10:59	01:11:58.6	10:50	02:22:10.7
1318	2344/3991	129/308	4647	Meghan Lawver	F	22	Lincoln	NE	1557	10:00	01:18:22.9	1421	11:41	01:16:34.8	10:50	02:22:11.2
1319	2345/3991	109/227	2104	Sheri Wieser	F	48	Columbus	NE	960	9:42	01:09:46.8	1533	11:59	01:18:34.3	10:50	02:22:12.0
1320	2346/3991	213/435	2462	Madison Barry	F	27	Lincoln	NE	744	9:42	01:06:23.5	1540	12:00	01:18:36.6	10:51	02:22:14.1
1321	2347/3991	273/486	5337	Kristin Sandstede	F	39	Malmo	NE	1624	10:41	01:19:50.7	1156	11:01	01:12:12.1	10:51	02:22:15.3
1322	2348/3991	274/486	590	Angela Coniglio	F	37	Lincoln	NE	1101	9:57	01:11:46.8	1460	11:46	01:17:05.0	10:51	02:22:16.0
1323	2349/3991	45/79	4126	April Maschmann	F	19	Deshler	NE	1506	10:15	01:17:37.5	1330	11:28	01:15:06.7	10:51	02:22:17.4
1324	2350/3991	254/460	5754	Crystal Shoemaker	F	32	O'Neill	NE	1278	10:11	01:14:26.1	1357	11:32	01:15:33.4	10:51	02:22:18.1
1325	2351/3991	255/460	5717	Melissa Kasselder	F	31	Ewing	NE	1277	10:11	01:14:26.1	1356	11:32	01:15:33.4	10:51	02:22:18.4
1326	2353/3991	166/342	3619	Jamie Fields	F	40	Seward	NE	1465	10:35	01:17:04.5	1204	11:07	01:12:53.7	10:51	02:22:19.1
1327	2355/3991	256/460	2502	Erin Stokke	F	32	Lincoln	NE	1380	10:08	01:15:53.5	1390	11:36	01:16:00.4	10:51	02:22:25.3
1328	2356/3991	130/308	2743	Sydney Vanderveen	F	23	Lincoln	NE	1403	10:23	01:16:09.1	1287	11:21	01:14:21.2	10:51	02:22:25.7
1329	2357/3991	275/486	730	Stacey Walsh	F	37	Lincoln	NE	1357	10:35	01:15:37.6	1222	11:09	01:13:05.2	10:52	02:22:27.1
1330	2358/3991	167/342	1010	Amy Johnson	F	40	Springview	NE	1521	10:03	01:17:45.6	1420	11:41	01:16:32.5	10:52	02:22:27.7
1331	2359/3991	214/435	5629	Nicole Skolnick	F	26	Lincoln	NE	1484	10:24	01:17:19.8	1282	11:20	01:14:16.2	10:52	02:22:29.1
1332	2361/3991	75/154	3799	Barbara Carlson	F	50	Lincoln	NE	1086	9:42	01:11:30.4	1550	12:02	01:18:54.0	10:52	02:22:31.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1333	2362/3991	131/308	5929	Charlene Schrock	F	21	Lincoln	NE	1450	10:28	01:16:52.1	1265	11:17	01:13:57.7	10:52	02:22:32.1
1334	2363/3991	215/435	4730	Callie Watson	F	27	Papillion	NE	1313	10:13	01:14:59.5	1365	11:32	01:15:36.7	10:52	02:22:33.9
1335	2364/3991	132/308	1752	Kellie Vajgrt	F	24	Seward	NE	1022	10:10	01:10:40.2	1382	11:35	01:15:53.2	10:52	02:22:35.1
1336	2367/3991	46/79	4789	Olivia Miller	F	17	Lincoln	NE	1186	9:48	01:13:01.3	1528	11:58	01:18:24.0	10:52	02:22:39.5
1337	2368/3991	29/81	910	Karen Knap	F	58	Lincoln	NE	1544	10:31	01:18:10.8	1256	11:15	01:13:41.4	10:52	02:22:39.9
1338	2369/3991	110/227	756	Jodi McGill	F	48	Lincoln	NE	1392	10:21	01:16:03.1	1311	11:25	01:14:51.3	10:53	02:22:42.6
1339	2371/3991	216/435	1799	Erin Buse	F	28	Omaha	NE	774	9:58	01:06:58.3	1480	11:49	01:17:29.4	10:53	02:22:47.4
1340	2372/3991	276/486	5394	Debi Sundermann	F	38	Lincoln	NE	1031	9:54	01:10:48.8	1509	11:54	01:17:57.4	10:53	02:22:48.8
1341	2373/3991	277/486	4000	Susan Urban	F	36	Omaha	NE	1370	10:19	01:15:43.9	1335	11:28	01:15:08.8	10:53	02:22:49.4
1342	2374/3991	217/435	3897	Justine Smidt	F	26	West Point	NE	1496	10:30	01:17:29.3	1269	11:18	01:14:01.1	10:53	02:22:49.9
1343	2375/3991	278/486	3396	Krista Odbert	F	38	Lincoln	NE	1183	10:06	01:12:56.8	1425	11:41	01:16:36.9	10:53	02:22:50.1
1344	2376/3991	279/486	3898	Erica Paus	F	39	West Point	NE	1497	10:30	01:17:29.9	1271	11:18	01:14:01.4	10:53	02:22:51.4
1345	2377/3991	257/460	2706	Jodi Wallace	F	33	Lincoln	NE	964	9:48	01:09:56.8	1535	11:59	01:18:35.4	10:53	02:22:52.6
1346	2378/3991	168/342	5499	Cindy Kosch	F	44	Columbus	NE	1255	10:00	01:13:59.3	1471	11:48	01:17:22.1	10:54	02:22:55.8
1347	2379/3991	111/227	5789	Julie Rudd	F	45	Bloomfield	IA	969	9:53	01:09:59.6	1521	11:56	01:18:10.9	10:54	02:22:57.1
1348	2381/3991	280/486	5291	Jill Redmond	F	35	West Point	NE	1802	10:37	01:23:00.3	1243	11:12	01:13:23.9	10:54	02:23:01.0
1349	2382/3991	281/486	5289	Shannon Wakeley	F	37	Lincoln	NE	1803	10:37	01:23:00.4	1246	11:12	01:13:24.2	10:54	02:23:01.7
1350	2384/3991	133/308	5396	Karlye Machado	F	22	Lincoln	NE	1875	10:48	01:24:29.6	1163	11:02	01:12:18.6	10:54	02:23:04.2
1351	2385/3991	218/435	6017	Kelley Mason	F	29	Lincoln	NE	1057	9:55	01:11:04.1	1518	11:55	01:18:09.4	10:55	02:23:07.3
1352	2386/3991	258/460	4113	Kim Borrell	F	30	Hastings	NE	1177	10:10	01:12:52.9	1418	11:40	01:16:30.7	10:55	02:23:07.4
1353	2388/3991	112/227	417	Lisa Farmer	F	46	Lincoln	NE	958	9:52	01:09:43.3	1531	11:59	01:18:30.0	10:55	02:23:08.7
1354	2389/3991	219/435	3159	Aimee Naber	F	28	Omaha	NE	959	9:55	01:09:43.6	1517	11:55	01:18:08.7	10:55	02:23:09.3
1355	2390/3991	113/227	5797	Megan Filipi	F	45	Omaha	NE	1100	10:06	01:11:46.3	1453	11:45	01:16:57.9	10:55	02:23:12.3
1356	2391/3991	282/486	627	Kathryn Keuck	F	35	Omaha	NE	1271	10:07	01:14:17.8	1443	11:43	01:16:50.6	10:55	02:23:12.5
1357	2392/3991	220/435	2934	Dani Breitbarth	F	27	Kansas City	MO	1857	11:13	01:24:15.1	986	10:38	01:09:42.4	10:55	02:23:14.2
1358	2393/3991	283/486	6056	Marie Hoenig	F	35	Omaha	NE	1589	10:42	01:19:05.4	1224	11:09	01:13:06.8	10:55	02:23:14.6
1359	2395/3991	169/342	1444	Julie Yuhas	F	40	Lincoln	NE	1517	10:23	01:17:42.8	1341	11:29	01:15:15.4	10:56	02:23:20.5
1360	2396/3991	134/308	5398	Erin Gaare	F	24	Lincoln	NE	824	9:41	01:07:55.8	1611	12:11	01:19:54.1	10:56	02:23:21.3
1361	2397/3991	135/308	2783	Carley Warner	F	22	Lincoln	NE	1796	10:51	01:22:53.6	1162	11:02	01:12:17.1	10:56	02:23:22.6
1362	2399/3991	30/81	5812	Phyllis Burnett	F	57	Oxord	FL	1213	10:17	01:13:29.3	1388	11:36	01:15:59.8	10:56	02:23:26.6
1363	2400/3991	136/308	1883	Riley Linder	F	20	Lincoln	NE	1115	9:52	01:11:57.7	1543	12:01	01:18:43.1	10:56	02:23:27.2
1364	2401/3991	170/342	5219	Michele Jaixen	F	43	Omaha	NE	1625	10:41	01:19:50.9	1248	11:12	01:13:25.6	10:56	02:23:27.4
1365	2402/3991	171/342	3735	Susan Crocker	F	41	Lincoln	NE	1259	9:59	01:14:02.1	1513	11:54	01:18:00.6	10:56	02:23:27.5
1366	2404/3991	172/342	2982	Karen Foster	F	44	Lincoln	NE	1681	10:54	01:20:53.1	1149	11:00	01:12:03.1	10:56	02:23:30.8
1367	2405/3991	284/486	2683	Elizabeth Ciavarella	F	35	Papillion	NE	1773	11:12	01:22:29.2	1019	10:42	01:10:07.0	10:56	02:23:32.0
1368	2407/3991	285/486	2953	Megan Johnson	F	39	Lincoln	NE	1295	10:05	01:14:40.4	1478	11:49	01:17:28.3	10:57	02:23:33.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1369	2408/3991	259/460	1166	Tasha Riggins	F	33	Concordia	KS	1181	10:28	01:12:54.8	1314	11:26	01:14:54.1	10:57	02:23:33.2
1370	2409/3991	286/486	5875	Andrea Springer	F	35	Sewaes	NE	1678	10:52	01:20:52.4	1166	11:02	01:12:21.9	10:57	02:23:34.6
1371	2410/3991	31/81	4797	Renee Coufal	F	56	Seward	NE	1677	10:52	01:20:51.8	1169	11:03	01:12:23.0	10:57	02:23:35.0
1372	2412/3991	173/342	4081	Kelle Thompson	F	44	Winfield	KS	1456	10:40	01:16:57.8	1255	11:14	01:13:37.9	10:57	02:23:35.9
1373	2413/3991	47/79	4796	Lynsey Coufal	F	19	Seward	NE	1676	10:52	01:20:51.8	1168	11:02	01:12:22.3	10:57	02:23:36.4
1374	2414/3991	260/460	2495	Anne Newton	F	31	Lincoln	NE	1603	10:39	01:19:21.3	1259	11:16	01:13:48.9	10:57	02:23:37.0
1375	2415/3991	287/486	4593	Renee Faber	F	36	Lincoln	NE	1166	10:01	01:12:33.6	1506	11:53	01:17:56.3	10:57	02:23:38.0
1376	2416/3991	221/435	3337	Claire Green	F	27	Lincoln	NE	992	9:45	01:10:15.2	1601	12:10	01:19:46.6	10:57	02:23:39.7
1377	2417/3991	222/435	5330	Chelsea Schernikau	F	27	York	NE	1130	9:50	01:12:03.6	1570	12:05	01:19:13.9	10:57	02:23:40.3
1378	2419/3991	76/154	624	Steph Morrison	F	54	Lincoln	NE	1592	10:49	01:19:10.8	1206	11:07	01:12:53.8	10:57	02:23:45.0
1379	2420/3991	174/342	6033	Melissa Landis	F	42	Lincoln	NE	1556	10:25	01:18:22.3	1354	11:32	01:15:33.0	10:58	02:23:48.6
1380	2421/3991	137/308	6239	Alexa Meeker	F	22	Woodbine	IA	1043	9:47	01:10:53.7	1597	12:10	01:19:43.7	10:58	02:23:51.3
1381	2422/3991	175/342	2494	Niki Henkel	F	44	Beatrice	NE	1106	10:26	01:11:51.8	1351	11:31	01:15:30.1	10:58	02:23:52.8
1382	2423/3991	114/227	4967	Renae Henrich	F	46	Hastings	NE	1679	10:49	01:20:52.5	1214	11:08	01:13:00.1	10:58	02:23:53.3
1383	2425/3991	223/435	3046	Rebecca Nelson	F	25	Omaha	NE	1578	10:24	01:18:52.2	1377	11:33	01:15:44.2	10:58	02:23:55.5
1384	2426/3991	224/435	4511	Emilie Monter	F	25	Lexington	NE	1164	9:59	01:12:30.1	1532	11:59	01:18:30.6	10:58	02:23:56.9
1385	2427/3991	115/227	3299	Robin Kelsay	F	48	Council Bluffs	IA	786	9:56	01:07:10.8	1549	12:02	01:18:50.9	10:58	02:23:57.5
1386	2428/3991	138/308	4371	Emma Rashilla	F	20	Lincoln	NE	1119	9:53	01:12:00.1	1566	12:05	01:19:09.4	10:59	02:23:59.4
1387	2430/3991	261/460	6160	Megan Schaefer	F	30	Lincoln	NE	1373	10:07	01:15:44.5	1494	11:51	01:17:42.1	10:59	02:24:03.0
1388	2431/3991	139/308	1333	Laura Smith	F	24	Lincoln	NE	961	9:38	01:09:47.4	1669	12:21	01:20:58.3	10:59	02:24:05.4
1389	2432/3991	262/460	4204	Luciana Jarzynka	F	31	Lincoln	NE	1288	10:19	01:14:38.1	1415	11:40	01:16:29.7	10:59	02:24:06.5
1390	2435/3991	263/460	4691	Ashley Mcdaniel	F	34	Lincoln	NE	1478	10:24	01:17:14.9	1393	11:37	01:16:05.5	11:00	02:24:12.7
1391	2438/3991	225/435	3694	Katie Paul	F	28	Lincoln	NE	1422	10:19	01:16:21.2	1436	11:42	01:16:44.1	11:00	02:24:20.4
1392	2440/3991	288/486	1446	Carie Bruss	F	37	Lincoln	NE	1344	10:23	01:15:24.6	1401	11:39	01:16:18.9	11:00	02:24:24.0
1393	2442/3991	18/49	481	Lisa Huff	F	61	Lincoln	NE	1211	10:17	01:13:28.8	1462	11:46	01:17:06.4	11:01	02:24:28.5
1394	2443/3991	289/486	4082	Ashlee Alley	F	39	Lincoln	NE	1276	10:17	01:14:23.8	1458	11:45	01:17:03.7	11:01	02:24:30.2
1395	2444/3991	140/308	5470	Ashley Tabor	F	21	Hemingford	NE	1675	10:44	01:20:50.5	1277	11:19	01:14:11.9	11:01	02:24:30.2
1396	2446/3991	290/486	1225	Amy Schmidt	F	38	Lincoln	NE	1286	10:12	01:14:37.1	1492	11:51	01:17:39.7	11:01	02:24:32.7
1397	2448/3991	141/308	4597	Molly Kilduff	F	23	Lincoln	NE	943	10:00	01:09:29.9	1558	12:04	01:19:03.3	11:01	02:24:34.7
1398	2450/3991	142/308	4534	Kacie Giesmann	F	22	Bennett	NE	1378	10:16	01:15:50.5	1470	11:48	01:17:19.1	11:02	02:24:39.2
1399	2451/3991	176/342	6270	Holly Smith	F	41	Lincoln	NE	1499	10:47	01:17:32.8	1266	11:17	01:13:58.5	11:02	02:24:40.9
1400	2452/3991	143/308	4989	Kristen Vogler	F	24	Lincoln	NE	1184	9:58	01:12:56.8	1576	12:06	01:19:21.4	11:02	02:24:44.3
1401	2454/3991	144/308	5871	Elizabeth Merrett	F	21	Lincoln	NE	1696	10:55	01:21:04.3	1234	11:11	01:13:16.4	11:02	02:24:50.1
1402	2455/3991	264/460	2360	Jennifer Swanson	F	33	Pickrell	NE	1250	10:24	01:13:56.1	1433	11:42	01:16:41.4	11:02	02:24:50.3
1403	2456/3991	177/342	1255	Amber Springer	F	44	Axtell	NE	1597	10:35	01:19:16.3	1359	11:32	01:15:34.3	11:03	02:24:54.4
1404	2457/3991	145/308	4039	Mckenzie Buettner	F	24	Norfolk	NE	1273	9:58	01:14:19.6	1589	12:08	01:19:33.1	11:03	02:24:55.1

# The Good Life Haltsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1405	2460/3991	178/342	5815	Lisa Chandler	F	40	Lincoln	NE	1577	10:37	01:18:51.4	1345	11:30	01:15:22.8	11:03	02:24:58.3
1406	2462/3991	77/154	431	Gina Heath	F	50	Lincoln	NE	1304	10:16	01:14:43.6	1495	11:52	01:17:44.6	11:03	02:25:01.5
1407	2463/3991	265/460	5750	Chelsea Andrews	F	30	Omaha	NE	1224	9:56	01:13:38.5	1618	12:12	01:19:59.1	11:03	02:25:03.2
1408	2464/3991	78/154	5911	Kathleen Klein	F	51	Kearney	NE	1805	11:09	01:23:01.6	1137	10:59	01:11:57.6	11:04	02:25:04.5
1409	2465/3991	48/79	5722	Alyssa James	F	18	Brooklyn	IA	1744	10:50	01:22:01.8	1275	11:19	01:14:07.8	11:04	02:25:08.4
1410	2466/3991	146/308	4300	Taylor Mcdaniel	F	21	Brooklyn	IA	1743	10:50	01:22:01.6	1274	11:19	01:14:07.8	11:04	02:25:08.8
1411	2467/3991	116/227	743	Chris Stungis	F	47	Omaha	NE	1289	10:22	01:14:38.8	1466	11:47	01:17:13.9	11:04	02:25:09.0
1412	2468/3991	291/486	3267	Michelle Braun	F	39	Norfolk	NE	1628	10:32	01:19:56.6	1395	11:37	01:16:08.1	11:04	02:25:10.1
1413	2469/3991	226/435	1174	Heidi Thompson	F	28	Lincoln	NE	1880	11:44	01:24:35.4	885	10:26	01:08:21.0	11:04	02:25:16.6
1414	2470/3991	79/154	2765	Sandy Placzek	F	54	Lincoln	NE	1159	9:53	01:12:25.5	1644	12:16	01:20:27.3	11:05	02:25:17.6
1415	2471/3991	227/435	5157	Mallory Gibreal	F	27	Lincoln	NE	1584	10:43	01:18:58.8	1326	11:27	01:15:05.7	11:05	02:25:18.1
1416	2472/3991	266/460	209	Andrea Weare	F	31	Iowa City	IA	2262	12:27	01:33:37.6	572	9:43	01:03:44.2	11:05	02:25:19.9
1417	2473/3991	228/435	1570	Erin Sorensen	F	28	Omaha	NE	1732	10:54	01:21:46.3	1262	11:17	01:13:54.9	11:05	02:25:20.6
1418	2475/3991	229/435	4715	Shannon Winkler	F	25	Lincoln	NE	1777	10:46	01:22:33.1	1313	11:26	01:14:54.1	11:05	02:25:26.4
1419	2477/3991	117/227	3405	Maureen Dreith	F	46	Lincoln	NE	1377	10:30	01:15:47.3	1430	11:42	01:16:40.4	11:05	02:25:29.8
1420	2478/3991	292/486	3806	Shannon Vetrovsky	F	35	Beatrice	NE	1033	9:58	01:10:49.3	1630	12:14	01:20:13.5	11:06	02:25:30.6
1421	2480/3991	293/486	5840	Jennifer Krafels	F	36	Omaha	NE	1656	10:50	01:20:36.1	1292	11:22	01:14:27.4	11:06	02:25:31.0
1422	2483/3991	230/435	5957	Virginia Deck	F	25	Chicago	IL	1316	10:05	01:15:01.8	1584	12:08	01:19:29.4	11:06	02:25:37.1
1423	2485/3991	118/227	2984	Blanca Timmermann	F	49	Lincoln	NE	670	9:33	01:04:49.7	1781	12:41	01:23:06.7	11:06	02:25:40.0
1424	2486/3991	231/435	5477	Lindsay Pickinpaugh	F	28	Aurora	NE	1258	10:33	01:14:01.6	1417	11:40	01:16:30.7	11:06	02:25:41.9
1425	2487/3991	267/460	4742	Alesha Hintz	F	33	Omaha	NE	1555	10:51	01:18:20.8	1297	11:23	01:14:35.7	11:07	02:25:44.6
1426	2488/3991	294/486	2098	Rebecca Ross	F	36	Omaha	NE	1438	10:17	01:16:41.8	1526	11:57	01:18:22.0	11:07	02:25:48.9
1427	2489/3991	295/486	1186	Holly Baker	F	36	Omaha	NE	1439	10:17	01:16:42.4	1525	11:57	01:18:21.4	11:07	02:25:49.1
1428	2490/3991	268/460	6028	Amanda Young	F	34	Falls City	NE	834	9:52	01:08:08.4	1680	12:23	01:21:07.8	11:07	02:25:49.5
1429	2491/3991	179/342	513	Kristi Puls	F	43	Lincoln	NE	1593	10:31	01:19:12.1	1445	11:44	01:16:51.6	11:07	02:25:51.2
1430	2492/3991	232/435	1955	Kate Little	F	27	Ralston	NE	1574	10:26	01:18:47.6	1476	11:49	01:17:26.9	11:07	02:25:53.2
1431	2494/3991	180/342	3616	Jacque Lee	F	43	Lincoln	NE	894	9:51	01:08:49.6	1694	12:25	01:21:23.6	11:07	02:25:56.3
1432	2495/3991	269/460	5368	Alicia Julian	F	34	Papillion	NE	1832	11:11	01:23:34.2	1191	11:05	01:12:38.6	11:08	02:25:58.6
1433	2496/3991	233/435	4986	Ashlyn Border	F	25	Lincoln	NE	997	9:46	01:10:18.2	1716	12:30	01:21:55.5	11:08	02:25:58.8
1434	2497/3991	270/460	703	Kristin Syde	F	30	Lincoln	NE	1084	10:20	01:11:29.3	1522	11:56	01:18:13.5	11:08	02:25:59.4
1435	2500/3991	119/227	3458	Paula Buhrmann	F	46	Lincoln	NE	1765	10:51	01:22:15.8	1312	11:26	01:14:53.3	11:08	02:26:03.7
1436	2501/3991	234/435	1425	Rachel Wachter	F	28	Fremont	NE	1538	10:24	01:18:01.5	1501	11:53	01:17:52.8	11:08	02:26:04.4
1437	2502/3991	181/342	3417	Amy Decker	F	42	Lincoln	NE	1269	10:13	01:14:16.4	1561	12:04	01:19:05.1	11:08	02:26:04.4
1438	2503/3991	271/460	5763	Jolene Jungling	F	33	Des Moines	IA	1430	10:34	01:16:26.9	1442	11:43	01:16:49.6	11:08	02:26:04.8
1439	2504/3991	182/342	5672	Ladonna Naiberk	F	44	David City	NE	1726	10:35	01:21:41.3	1438	11:43	01:16:45.5	11:08	02:26:04.9
1440	2505/3991	80/154	5737	Rhonda Zavodny	F	52	David City	NE	1727	10:34	01:21:41.3	1439	11:43	01:16:45.9	11:08	02:26:05.0



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1441	2507/3991	49/79	5265	Erica Castillo	F	15	Lincoln	NE	1327	10:17	01:15:13.6	1544	12:01	01:18:45.7	11:08	02:26:08.8
1442	2508/3991	50/79	5801	Shaye Terrano	F	17	Lincoln	NE	1329	10:08	01:15:16.8	1605	12:11	01:19:49.2	11:09	02:26:11.7
1443	2509/3991	272/460	3734	Caroline Burberry	F	32	Odell	NE	1588	10:33	01:19:02.3	1457	11:45	01:17:01.9	11:09	02:26:11.8
1444	2510/3991	183/342	4407	Jennifer Blankenship	F	43	Lincoln	NE	1433	10:33	01:16:30.3	1459	11:46	01:17:04.4	11:09	02:26:12.6
1445	2511/3991	51/79	5579	Lilly Barnett	F	17	Lincoln	NE	1334	10:08	01:15:18.9	1603	12:10	01:19:47.7	11:09	02:26:13.0
1446	2512/3991	184/342	695	Andi Wernke	F	42	Lincoln	NE	1545	10:46	01:18:13.5	1368	11:32	01:15:37.6	11:09	02:26:13.0
1447	2514/3991	296/486	735	Wendi Ground	F	36	Lincoln	NE	991	9:58	01:10:13.5	1670	12:21	01:20:59.0	11:09	02:26:18.8
1448	2515/3991	297/486	5080	Erin Leahy	F	35	Omaha	NE	1366	10:39	01:15:39.7	1419	11:41	01:16:31.6	11:09	02:26:19.1
1449	2516/3991	147/308	6249	Jeri Cornell	F	24	Omaha	NE	1187	9:56	01:13:02.9	1683	12:23	01:21:11.0	11:09	02:26:20.6
1450	2517/3991	298/486	5575	Jessica Heller	F	37	Omaha	NE	1715	10:55	01:21:30.5	1310	11:25	01:14:50.1	11:09	02:26:20.8
1451	2518/3991	235/435	5402	Amanda Reppert	F	25	Lincoln	NE	1564	10:40	01:18:27.1	1411	11:39	01:16:24.3	11:09	02:26:21.6
1452	2519/3991	236/435	3311	Karen Badeer	F	25	Lincoln	NE	966	10:09	01:09:57.5	1607	12:11	01:19:50.9	11:10	02:26:25.0
1453	2522/3991	273/460	4231	Andrea Krueger	F	33	Valentine	NE	1072		01:11:20.2	1328	11:28	01:15:06.7	11:10	02:26:26.9
1454	2523/3991	185/342	2607	Michelle Zuroske	F	41	Omaha	NE	1372	10:41	01:15:44.1	1412	11:40	01:16:25.5	11:10	02:26:27.2
1455	2524/3991	19/49	875	Susan Macquiddy	F	60	Omaha	NE	1371	10:41	01:15:44.1	1413	11:40	01:16:28.2	11:10	02:26:29.4
1456	2525/3991	186/342	1224	Sheila Johnsen	F	41	Lincoln	NE	1172	10:18	01:12:43.6	1556	12:04	01:19:02.2	11:10	02:26:31.3
1457	2526/3991	120/227	2571	Janine Marker	F	46	Seward	NE	1467	10:36	01:17:05.1	1461	11:46	01:17:05.6	11:10	02:26:31.9
1458	2529/3991	237/435	6024	Audrey Lehn	F	27	Lincoln	NE	1235	10:24	01:13:45.8	1524	11:57	01:18:20.4	11:10	02:26:32.5
1459	2530/3991	274/460	3392	Anita Wilson	F	33	Lees Summit	MO	1790	10:58	01:22:44.3	1303	11:24	01:14:42.2	11:10	02:26:33.3
1460	2532/3991	148/308	2834	Giselle Nevarez	F	21	Lincoln	NE	1657	10:40	01:20:37.5	1428	11:42	01:16:39.0	11:10	02:26:35.6
1461	2533/3991	238/435	6266	Kristen Nieto	F	26	Lexington	NE	870	10:05	01:08:37.3	1654	12:17	01:20:32.4	11:10	02:26:35.9
1462	2534/3991	299/486	6271	Malinda Jacob	F	36	Lexington	NE	872	10:05	01:08:37.6	1652	12:17	01:20:32.1	11:11	02:26:36.1
1463	2535/3991	300/486	376	Angela Hogan	F	39	Lincoln	NE	1604	10:39	01:19:21.5	1441	11:43	01:16:47.6	11:11	02:26:37.7
1464	2536/3991	81/154	4605	Teresa Hofer	F	50	Seward	NE	923	10:05	01:09:19.1	1653	12:17	01:20:32.1	11:11	02:26:38.7
1465	2537/3991	301/486	1043	Amy Golter	F	36	Lincoln	NE	1636	10:51	01:20:13.3	1353	11:31	01:15:32.5	11:11	02:26:40.7
1466	2538/3991	275/460	4904	Evita Adams	F	33	Gibbon	NE	1154	10:04	01:12:21.8	1661	12:18	01:20:39.4	11:11	02:26:41.8
1467	2540/3991	82/154	1121	Patricia Peterson	F	53	Lincoln	NE	1620	10:47	01:19:46.1	1387	11:36	01:15:59.6	11:11	02:26:42.8
1468	2541/3991	302/486	909	Jennifer Eloge	F	39	Lincoln	NE	1089	10:14	01:11:32.4	1594	12:09	01:19:39.9	11:11	02:26:43.0
1469	2542/3991	303/486	5776	Teresa Sloboth	F	37	Lakeway	TX	1194	10:24	01:13:14.7	1539	12:00	01:18:36.3	11:11	02:26:43.9
1470	2543/3991	239/435	5769	Jenifer Sloboth	F	27	Lincoln	NE	1195	10:24	01:13:14.9	1538	12:00	01:18:36.2	11:11	02:26:44.2
1471	2544/3991	187/342	2591	Michon Morrow	F	40	Lincoln	NE	985	9:42	01:10:09.8	1782	12:41	01:23:06.9	11:11	02:26:45.2
1472	2545/3991	188/342	2346	Angie Hilsabeck	F	41	Lincoln	NE	1654	10:54	01:20:34.4	1342	11:29	01:15:17.6	11:11	02:26:47.0
1473	2548/3991	83/154	2828	Rebecka Schafer	F	52	Lincoln	NE	1262	10:28	01:14:05.8	1520	11:56	01:18:10.9	11:11	02:26:48.4
1474	2549/3991	240/435	4833	Kendra Kapels	F	27	Columbus	NE	1579	10:33	01:18:53.8	1491	11:51	01:17:38.5	11:12	02:26:50.5
1475	2550/3991	32/81	1602	Martha Stoddard	F	58	Lincoln	NE	1543	10:31	01:18:10.5	1502	11:53	01:17:53.7	11:12	02:26:53.1
1476	2551/3991	189/342	4109	Michelle Chastain	F	40	Blair	NE	864	10:09	01:08:33.3	1640	12:16	01:20:22.0	11:12	02:26:53.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1477	2552/3991	84/154	1615	Mary Siahpush	F	50	Omaha	NE	924	10:10	01:09:20.1	1629	12:14	01:20:13.1	11:12	02:26:54.1
1478	2553/3991	121/227	4957	Elise Allen	F	45	Omaha	NE	925	10:10	01:09:20.1	1631	12:14	01:20:13.6	11:12	02:26:54.4
1479	2554/3991	122/227	4373	Ann Devries	F	45	Lincoln	NE	1766	10:53	01:22:20.8	1358	11:32	01:15:34.3	11:12	02:26:56.5
1480	2555/3991	276/460	4414	Mary Navratil	F	32	Omaha	NE	947	10:11	01:09:33.3	1636	12:15	01:20:17.2	11:13	02:27:03.2
1481	2556/3991	277/460	744	Michelle Langley	F	32	Lincoln	NE	660	9:35	01:04:40.5	1826	12:52	01:24:18.3	11:13	02:27:06.5
1482	2559/3991	190/342	1967	Kelly Sheen	F	40	Wilcox	NE	1598	10:35	01:19:17.4	1499	11:52	01:17:48.4	11:13	02:27:08.5
1483	2561/3991	191/342	3544	Julie Williams	F	42	Bellevue	NE	1451	10:37	01:16:55.2	1483	11:50	01:17:33.2	11:13	02:27:11.5
1484	2562/3991	304/486	791	Tatum Tonniges	F	39	Seward	NE	1673	11:00	01:20:49.6	1333	11:28	01:15:08.0	11:13	02:27:14.5
1485	2563/3991	305/486	5339	Renee Fishler	F	39	Omaha	NE	1664	10:38	01:20:43.8	1486	11:50	01:17:34.5	11:13	02:27:14.6
1486	2564/3991	306/486	6131	Michaela Wragge	F	36	Omaha	NE	1663	10:38	01:20:43.6	1487	11:50	01:17:34.7	11:13	02:27:15.2
1487	2566/3991	307/486	4087	Crystal Krause	F	35	Omaha	NE	1784	11:01	01:22:39.8	1329	11:28	01:15:06.7	11:14	02:27:16.6
1488	2567/3991	308/486	3816	Jenny Flanders	F	38	Lincoln	NE	1737	11:01	01:21:51.1	1319	11:27	01:15:01.7	11:14	02:27:17.7
1489	2568/3991	241/435	896	Rachael Middleton	F	26	Lincoln	NE	1745	11:02	01:22:02.4	1317	11:26	01:14:56.8	11:14	02:27:18.9
1490	2569/3991	242/435	5790	Molly Manning	F	26	Burbank	SD	1274	10:25	01:14:20.8	1554	12:03	01:18:59.9	11:14	02:27:20.1
1491	2571/3991	192/342	3825	Jennifer Filbert	F	40	Panama	NE	1738	11:02	01:21:51.3	1322	11:27	01:15:03.1	11:14	02:27:20.8
1492	2573/3991	52/79	5182	Rebecca Brooks	F	18	Lincoln	NE	1162	10:02	01:12:27.2	1703	12:27	01:21:37.3	11:14	02:27:22.2
1493	2574/3991	278/460	5147	Jillian Carson	F	33	Omaha	NE	1860	11:03	01:24:15.8	1318	11:27	01:15:01.0	11:14	02:27:28.1
1494	2575/3991	309/486	568	Irada Ibrahimova	F	36	Lincoln	NE	1065	10:18	01:11:13.5	1620	12:12	01:20:00.3	11:15	02:27:28.9
1495	2576/3991	310/486	572	Nailya Yadullayeva	F	39	Lincoln	NE	1064	10:18	01:11:12.6	1622	12:13	01:20:01.1	11:15	02:27:29.3
1496	2577/3991	149/308	3781	Mary Kinney	F	24	Omaha	NE	1199	10:04	01:13:16.2	1701	12:27	01:21:33.4	11:15	02:27:29.6
1497	2578/3991	150/308	3783	Allison Rockey	F	24	Norfolk	NE	1742	10:58	01:22:00.3	1363	11:32	01:15:36.3	11:15	02:27:32.2
1498	2579/3991	311/486	4069	Terim Dortch	F	35	Papillion	NE	1226	10:29	01:13:38.9	1551	12:03	01:18:56.7	11:15	02:27:38.6
1499	2580/3991	243/435	2604	Sadie Houck	F	28	Henderson	NE	1128	10:22	01:12:02.4	1595	12:09	01:19:40.3	11:15	02:27:38.6
1500	2582/3991	8/13	4363	Addison Earnest	F	12	Lincoln	NE	1321	10:27	01:15:06.3	1565	12:05	01:19:08.8	11:15	02:27:41.6
1501	2583/3991	193/342	5661	Tonya Beach	F	41	Lincoln	NE	1320	10:27	01:15:06.1	1567	12:05	01:19:09.5	11:16	02:27:42.8
1502	2585/3991	20/49	892	Pat Golden	F	63	Lincoln	NE	1414	10:42	01:16:15.9	1484	11:50	01:17:33.4	11:16	02:27:43.7
1503	2587/3991	279/460	4060	Katie Mcdonnell	F	31	Omaha	NE	965	10:19	01:09:57.1	1624	12:14	01:20:08.2	11:16	02:27:44.8
1504	2588/3991	194/342	2272	Jen Verzal	F	41	Lincoln	NE	1791	11:10	01:22:46.3	1299	11:23	01:14:36.4	11:16	02:27:46.3
1505	2589/3991	195/342	2533	Janel Andreasen	F	43	Lincoln	NE	1658	10:50	01:20:39.9	1435	11:42	01:16:42.7	11:16	02:27:46.3
1506	2590/3991	196/342	1922	Lisa Butler	F	41	Lincoln	NE	1659	10:50	01:20:40.1	1434	11:42	01:16:42.5	11:16	02:27:46.4
1507	2591/3991	123/227	4977	Julie Boydston	F	48	Hastings	NE	1680	10:49	01:20:52.6	1448	11:44	01:16:53.0	11:16	02:27:46.5
1508	2593/3991	151/308	1443	Brandy Pappas	F	22	Lincoln	NE	1519	10:39	01:17:45.2	1505	11:53	01:17:56.1	11:16	02:27:47.2
1509	2594/3991	124/227	1296	Anne Kitten	F	45	Lincoln	NE	1520	10:39	01:17:45.6	1504	11:53	01:17:55.9	11:16	02:27:47.7
1510	2595/3991	312/486	4097	Julie Schoolmeester	F	38	Sioux Falls	SD	1355	10:33	01:15:37.2	1536	11:59	01:18:35.9	11:16	02:27:48.2
1511	2596/3991	313/486	3698	Jennifer Adams	F	38	Omaha	NE	1859	11:03	01:24:15.8	1344	11:30	01:15:22.4	11:16	02:27:50.9
1512	2597/3991	21/49	3695	Patricia Mommsen	F	62	Yutan	NE	1862	11:03	01:24:16.5	1343	11:30	01:15:22.0	11:16	02:27:51.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1513	2598/3991	244/435	3530	Bethany Hays	F	26	Lincoln	NE	996		01:10:17.2	1485	11:50	01:17:34.3	11:16	02:27:51.6
1514	2599/3991	152/308	4056	Alexandra Meyerhoeffer	F	24	Lincoln	NE	1531	10:40	01:17:57.9	1508	11:54	01:17:57.3	11:16	02:27:52.0
1515	2601/3991	280/460	4690	Julie Mcdaniel	F	32	Lincoln	NE	1476	10:23	01:17:14.7	1600	12:10	01:19:46.5	11:16	02:27:53.0
1516	2602/3991	53/79	4438	Miranda Johnson	F	19	Lincoln	NE	1460	10:22	01:16:59.7	1615	12:12	01:19:55.8	11:16	02:27:54.0
1517	2603/3991	197/342	5498	Mandy Bosak	F	40	Sumner	NE	1263	10:02	01:14:07.3	1721	12:32	01:22:07.2	11:17	02:27:55.8
1518	2604/3991	281/460	2785	Courtney Mccarville	F	33	Lincoln	NE	1264	10:03	01:14:07.9	1719	12:32	01:22:06.5	11:17	02:27:56.6
1519	2605/3991	282/460	2656	Lisabeth Moore	F	32	Lincoln	NE	1268	10:21	01:14:12.7	1623	12:13	01:20:02.9	11:17	02:27:56.7
1520	2607/3991	283/460	2109	Brandy Johnson	F	33	Lincoln	NE	1763	10:59	01:22:13.5	1386	11:36	01:15:58.8	11:17	02:27:57.9
1521	2609/3991	245/435	5201	Jessica Heidebrecht	F	27	Omaha	NE	1303	10:14	01:14:43.4	1676	12:22	01:21:04.6	11:17	02:28:07.5
1522	2610/3991	33/81	235	Karleen Stutzman	F	55	Raymond	NE	1328	10:07	01:15:16.2	1712	12:29	01:21:50.6	11:17	02:28:07.5
1523	2611/3991	153/308	6302	Jacy Ludwig	F	24	Waverly	NE	1667	10:41	01:20:46.8	1515	11:55	01:18:03.3	11:17	02:28:07.6
1524	2612/3991	154/308	3199	Jessica Strehle	F	24	Lincoln	NE	1830	11:11	01:23:31.7	1307	11:25	01:14:49.4	11:18	02:28:10.6
1525	2613/3991	246/435	5842	Michelle Bergman	F	25	Lincoln	NE	1267	10:26	01:14:11.8	1599	12:10	01:19:45.4	11:18	02:28:11.4
1526	2614/3991	284/460	3235	Jennifer Morrnick	F	33	Grand Island	NE	1547	10:40	01:18:17.8	1523	11:57	01:18:16.3	11:18	02:28:14.0
1527	2615/3991	247/435	4870	Alicia Kenealy	F	28	La Vista	NE	1785	10:57	01:22:41.4	1416	11:40	01:16:30.1	11:18	02:28:14.5
1528	2616/3991	285/460	6241	Andrea Guzzo	F	31	Omaha	NE	1703	10:53	01:21:12.6	1451	11:44	01:16:56.2	11:18	02:28:16.1
1529	2617/3991	54/79	5599	Morgan Hamling	F	19	Holdrege	NE	1526	10:33	01:17:51.7	1564	12:04	01:19:07.8	11:18	02:28:16.6
1530	2618/3991	9/13	1365	Emma Buda	F	12	Lincoln	NE	1374	10:23	01:15:45.3	1633	12:15	01:20:15.3	11:18	02:28:18.9
1531	2619/3991	155/308	2686	Lexie Deahn	F	24	Lincoln	NE	1722	10:59	01:21:34.1	1414	11:40	01:16:28.7	11:19	02:28:28.7
1532	2620/3991	248/435	3784	Erin Hurley	F	28	Omaha	NE	1687	10:54	01:20:55.6	1456	11:45	01:17:01.8	11:19	02:28:31.1
1533	2621/3991	314/486	5276	Michaela Kumke	F	36	Lincoln	NE	1746	10:52	01:22:03.3	1469	11:48	01:17:18.0	11:19	02:28:31.2
1534	2622/3991	249/435	4603	Claudia Garcia	F	28	Lincoln	NE	1479	10:58	01:17:18.1	1429	11:42	01:16:39.6	11:19	02:28:32.5
1535	2623/3991	198/342	3068	Mary Carstens	F	42	Lincoln	NE	1940	11:20	01:25:38.7	1281	11:20	01:14:14.3	11:19	02:28:32.6
1536	2624/3991	315/486	3892	Jen Bonzheim -Lattig	F	36	Lincoln	NE	1537	10:36	01:18:00.8	1563	12:04	01:19:06.0	11:19	02:28:33.5
1537	2625/3991	250/435	1670	Vanessa Urbach	F	28	Omaha	NE	1219	10:37	01:13:35.8	1557	12:04	01:19:02.4	11:20	02:28:35.3
1538	2626/3991	156/308	4130	Emma Hansen	F	22	Omaha	NE	1468	10:30	01:17:05.7	1604	12:10	01:19:47.8	11:20	02:28:40.1
1539	2627/3991	251/435	886	Emily Anderson	F	29	Omaha	NE	1688	10:54	01:20:55.6	1465	11:46	01:17:10.1	11:20	02:28:40.2
1540	2628/3991	34/81	2980	Julia Alfors	F	56	Axtell	KS	1490	10:31	01:17:24.6	1598	12:10	01:19:44.6	11:20	02:28:40.3
1541	2629/3991	199/342	1648	Heather Hansen	F	41	Omaha	NE	1463	10:30	01:17:03.5	1606	12:11	01:19:49.4	11:20	02:28:40.5
1542	2630/3991	286/460	1550	Melissa Soester	F	34	Seward	NE	1558	10:48	01:18:23.1	1503	11:53	01:17:55.0	11:20	02:28:41.0
1543	2631/3991	287/460	4973	Miranda Kliment	F	32	Valparaiso	NE	1716	10:40	01:21:31.1	1546	12:01	01:18:47.7	11:20	02:28:41.0
1544	2633/3991	200/342	2337	Anitra Lechtenberger	F	40	Lincoln	NE	1481	10:32	01:17:19.2	1596	12:10	01:19:42.6	11:20	02:28:42.4
1545	2634/3991	252/435	5891	Chelsea Hayes	F	25	Lincoln	NE	1895	11:20	01:24:52.9	1290	11:21	01:14:23.8	11:20	02:28:42.6
1546	2635/3991	316/486	1686	Jodi Roan	F	38	Saint Paul	NE	1482	10:32	01:17:19.3	1592	12:09	01:19:38.5	11:20	02:28:43.4
1547	2636/3991	288/460	1806	Audrey Mcdonald	F	30	Lincoln	NE	1171	9:59	01:12:42.3	1784	12:42	01:23:14.0	11:20	02:28:43.4
1548	2640/3991	85/154	1711	Anne Emler	F	51	Lincoln	NE	2156	11:49	01:30:29.2	1099	10:53	01:11:21.6	11:20	02:28:46.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1549	2641/3991	289/460	1381	Stefanie Dick	F	31	Lincoln	NE	1532	10:37	01:17:58.3	1571	12:05	01:19:14.0	11:20	02:28:47.2
1550	2642/3991	253/435	1460	Lesley Stangl	F	29	Blair	NE	1662	10:50	01:20:41.6	1500	11:52	01:17:48.9	11:21	02:28:47.5
1551	2643/3991	201/342	2480	Sarah Balcom	F	41	Lincoln	NE	1778	11:06	01:22:33.6	1392	11:36	01:16:02.2	11:21	02:28:49.0
1552	2645/3991	202/342	2826	Molly Corey	F	41	Elkhorn	NE	1694	10:55	01:21:01.9	1467	11:48	01:17:17.6	11:21	02:28:52.6
1553	2647/3991	254/435	2986	Emily Hesse	F	28	Blair	NE	1695	10:55	01:21:01.9	1468	11:48	01:17:17.8	11:21	02:28:53.1
1554	2648/3991	125/227	1288	Margaret Zier	F	46	Omaha	NE	1955	11:13	01:25:49.3	1348	11:30	01:15:24.8	11:21	02:28:56.3
1555	2649/3991	255/435	4418	Amanda Easterly	F	27	Lincoln	NE	1698	10:52	01:21:04.8	1496	11:52	01:17:45.6	11:21	02:28:56.8
1556	2650/3991	35/81	5592	Karen Richards	F	59	Omaha	NE	1714	10:54	01:21:29.6	1477	11:49	01:17:28.3	11:21	02:28:58.5
1557	2651/3991	317/486	3072	Kristine Placek	F	35	Lincoln	NE	1956	11:21	01:25:51.1	1298	11:23	01:14:36.3	11:21	02:28:58.6
1558	2652/3991	157/308	3887	Kylee Pernicek	F	23	Lincoln	NE	1721	10:59	01:21:33.7	1454	11:45	01:16:58.8	11:21	02:28:58.6
1559	2654/3991	36/81	679	Cyndi Mains Schaer	F	55	Waverly	NE	1143	10:08	01:12:10.3	1746	12:36	01:22:34.4	11:21	02:28:59.9
1560	2657/3991	256/435	2220	Megan Carder	F	28	The Colony	TX	1602	10:36	01:19:20.9	1586	12:08	01:19:31.5	11:22	02:29:01.2
1561	2658/3991	158/308	5808	Jourden Casey	F	23	Omaha	NE	665	9:30	01:04:46.5	1937	13:15	01:26:47.7	11:22	02:29:01.5
1562	2659/3991	203/342	5576	Patricia Wheeler	F	41	Omaha	NE	1717	10:55	01:21:31.3	1474	11:49	01:17:26.6	11:22	02:29:01.6
1563	2660/3991	290/460	2936	Kimberly Groeper	F	34	Papillion	NE	1982	11:24	01:26:17.2	1284	11:20	01:14:16.9	11:22	02:29:01.8
1564	2661/3991	204/342	1676	Serena Chester	F	42	Plattsmouth	NE	1983	11:24	01:26:17.4	1283	11:20	01:14:16.8	11:22	02:29:02.1
1565	2662/3991	291/460	1497	Jennifer Wallin	F	30	Lincoln	NE	1473	10:26	01:17:11.2	1659	12:18	01:20:37.8	11:22	02:29:04.4
1566	2663/3991	86/154	685	Lori Pracheil	F	51	Dorchester	NE	1622	10:37	01:19:49.7	1585	12:08	01:19:30.5	11:22	02:29:04.4
1567	2664/3991	55/79	2403	Cassidy Whitney	F	15	Lincoln	NE	1500	10:33	01:17:34.2	1612	12:12	01:19:54.9	11:22	02:29:05.2
1568	2665/3991	205/342	1373	Erin Buda	F	44	Lincoln	NE	1375	10:23	01:15:45.3	1674	12:22	01:21:02.2	11:22	02:29:05.4
1569	2666/3991	10/13	2877	Sophia Olson	F	14	Lincoln	NE	1501	10:33	01:17:34.2	1613	12:12	01:19:55.3	11:22	02:29:05.5
1570	2667/3991	257/435	6224	Kim Hubert	F	27	Omaha	NE	1480	10:18	01:17:18.8	1702	12:27	01:21:37.0	11:22	02:29:06.4
1571	2668/3991	56/79	5037	Leah Egeberg	F	16	Waverly	NE	1412	10:09	01:16:14.5	1749	12:36	01:22:37.3	11:22	02:29:06.9
1572	2669/3991	206/342	3969	Lori Straight	F	41	Des Moines	IA	1406	10:39	01:16:10.3	1575	12:06	01:19:20.9	11:22	02:29:07.4
1573	2670/3991	258/435	1551	Ashley Hoover	F	29	Lincoln	NE	1661	10:50	01:20:41.3	1516	11:55	01:18:08.4	11:22	02:29:09.1
1574	2671/3991	292/460	264	Savanna Groteluschen	F	32	Ashland	NE	1551	10:31	01:18:19.9	1635	12:15	01:20:16.3	11:22	02:29:11.0
1575	2674/3991	207/342	1450	Becky Boyer	F	42	Sioux City	IA	1684	10:45	01:20:54.8	1545	12:01	01:18:47.5	11:23	02:29:13.4
1576	2675/3991	318/486	1819	Amanda Luedders	F	37	Cambridg	NE	1887	11:11	01:24:44.6	1384	11:35	01:15:54.6	11:23	02:29:15.5
1577	2677/3991	259/435	4972	Allison Botsford	F	25	Lincoln	NE	1712	10:41	01:21:22.3	1573	12:06	01:19:16.7	11:23	02:29:15.8
1578	2678/3991	159/308	2969	Jordyn Lechtenberg	F	24	Lincoln	NE	1614		01:19:35.9	980	10:38	01:09:40.3	11:23	02:29:16.2
1579	2679/3991	37/81	1391	Carol Kelly	F	55	Lincoln	NE	1720	10:54	01:21:33.7	1498	11:52	01:17:47.2	11:23	02:29:17.1
1580	2681/3991	260/435	3740	Samantha Menard	F	25	Kearney	NE	1576	10:56	01:18:49.8	1493	11:51	01:17:40.3	11:23	02:29:19.4
1581	2682/3991	38/81	5984	Helena Duerksen	F	56	Wichita	KS	1890	11:24	01:24:50.3	1300	11:23	01:14:38.4	11:23	02:29:19.8
1582	2683/3991	39/81	1498	Catherine Mccarthy Tussey	F	56	Omaha	NE	1809	10:56	01:23:04.5	1490	11:51	01:17:38.0	11:23	02:29:20.4
1583	2684/3991	293/460	1963	Megan Hill	F	33	Lincoln	NE	1948	11:30	01:25:43.6	1264	11:17	01:13:57.6	11:23	02:29:20.7
1584	2686/3991	208/342	5388	Jill Fuhrman	F	41	Omaha	NE	1783	11:03	01:22:37.6	1447	11:44	01:16:52.9	11:23	02:29:21.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1585	2688/3991	57/79	3551	Madison Egeberg	F	19	Waverly	NE	1411	10:09	01:16:14.3	1767	12:39	01:22:55.9	11:23	02:29:25.6
1586	2690/3991	261/435	1592	Alicia Buller	F	28	Lincoln	NE	1495	10:29	01:17:29.3	1662	12:19	01:20:40.4	11:24	02:29:26.5
1587	2691/3991	209/342	5380	Jennifer Andrews	F	41	Omaha	NE	1666	10:54	01:20:45.8	1512	11:54	01:17:58.8	11:24	02:29:26.8
1588	2692/3991	294/460	4726	Erin Marple	F	33	Papillion	NE	1314	10:13	01:14:59.7	1747	12:36	01:22:34.9	11:24	02:29:30.7
1589	2693/3991	126/227	5867	Kristie Locke	F	49	Malcolm	NE	1707	10:55	01:21:20.9	1511	11:54	01:17:58.8	11:24	02:29:31.0
1590	2694/3991	160/308	3379	Erin Hathhorn	F	20	Omaha	NE	1232	10:41	01:13:42.8	1587	12:08	01:19:32.7	11:24	02:29:33.3
1591	2695/3991	262/435	4279	Melisa Clark	F	27	Lincoln	NE	1904	11:17	01:24:58.5	1370	11:33	01:15:39.2	11:24	02:29:38.6
1592	2697/3991	87/154	3741	Sally Grandick	F	53	Council Bluffs	IA	1442	10:47	01:16:44.4	1552	12:03	01:18:57.3	11:25	02:29:40.9
1593	2698/3991	263/435	4245	Jenna Epley	F	25	Kearney	NE	1701	10:45	01:21:09.8	1569	12:05	01:19:13.1	11:25	02:29:42.5
1594	2702/3991	210/342	2997	Belinda Schroder	F	43	Taylor	NE	1787	11:10	01:22:43.5	1422	11:41	01:16:36.3	11:25	02:29:46.1
1595	2703/3991	295/460	1697	Jackie Freeman	F	34	Bloomfield	NE	1337	10:18	01:15:19.6	1729	12:33	01:22:15.9	11:25	02:29:46.1
1596	2705/3991	319/486	3565	Megan Elliott	F	35	Wahoo	NE	1671	10:55	01:20:48.8	1519	11:56	01:18:09.9	11:25	02:29:46.3
1597	2707/3991	320/486	2966	Vickie Neilly	F	37	Lincoln	NE	1789	11:10	01:22:43.8	1427	11:41	01:16:37.6	11:25	02:29:46.7
1598	2708/3991	161/308	2613	Olivia Monaghan	F	20	Crofton	NE	1336	10:18	01:15:19.5	1730	12:33	01:22:16.6	11:25	02:29:46.9
1599	2709/3991	321/486	2843	Susie O'grady	F	39	Lincoln	NE	1788	11:10	01:22:43.7	1426	11:41	01:16:37.5	11:25	02:29:47.5
1600	2710/3991	296/460	937	Ashley Garey	F	31	Lincoln	NE	1569	10:44	01:18:36.4	1577	12:07	01:19:23.4	11:25	02:29:48.0
1601	2712/3991	162/308	1832	Lauren Hoover	F	22	Eagle	NE	1007	10:07	01:10:30.6	1796	12:45	01:23:35.6	11:25	02:29:52.1
1602	2713/3991	322/486	4923	Chitra Thapa	F	37	Bennington	NE	1825	11:04	01:23:28.8	1472	11:48	01:17:22.3	11:26	02:29:56.0
1603	2714/3991	211/342	4206	Kathryn Langenberg	F	43	Lincoln	NE	1812	11:09	01:23:08.9	1444	11:44	01:16:51.3	11:26	02:29:57.0
1604	2716/3991	163/308	1250	Kayla Kallenbach	F	21	Lincoln	NE	1231	10:14	01:13:42.4	1775	12:40	01:23:00.0	11:26	02:30:03.1
1605	2717/3991	297/460	4575	Katie Thompson	F	32	Lincoln	NE	1469	10:33	01:17:08.8	1668	12:21	01:20:56.9	11:26	02:30:04.8
1606	2718/3991	164/308	4995	Anna Hower	F	23	Lincoln	NE	1225	10:38	01:13:38.8	1645	12:17	01:20:28.0	11:27	02:30:07.8
1607	2719/3991	264/435	3257	Ariana Brocious	F	29	Lincoln	NE	1631	11:00	01:20:00.7	1514	11:54	01:18:02.7	11:27	02:30:08.9
1608	2720/3991	265/435	2535	Whitney Villines	F	27	Lincoln	NE	1729	10:30	01:21:43.2	1691	12:25	01:21:21.1	11:27	02:30:09.7
1609	2721/3991	266/435	641	Kayla Torske	F	26	Lincoln	NE	1751	11:04	01:22:06.6	1488	11:51	01:17:37.0	11:27	02:30:11.4
1610	2722/3991	267/435	3566	Tara Dudycha	F	25	Lincoln	NE	1282	10:27	01:14:33.5	1708	12:28	01:21:42.7	11:27	02:30:14.8
1611	2724/3991	298/460	1923	Laura-Leigh Norris	F	33	Beatrice	NE	1916	11:23	01:25:12.1	1371	11:33	01:15:40.7	11:27	02:30:15.6
1612	2725/3991	165/308	2216	Grace Manthey	F	21	Omaha	NE	968	9:46	01:09:59.1	1912	13:09	01:26:13.7	11:27	02:30:16.9
1613	2730/3991	88/154	6222	Colleen Warder	F	50	Omaha	NE	1342	10:38	01:15:22.3	1657	12:18	01:20:37.1	11:28	02:30:22.3
1614	2731/3991	127/227	5332	Marsha Graesser	F	46	Bellevue	NE	2062	11:43	01:28:14.1	1251	11:13	01:13:34.3	11:28	02:30:23.6
1615	2733/3991	166/308	4681	Courtney Dubay	F	24	La Vista	NE	1415	10:16	01:16:16.1	1785	12:42	01:23:16.8	11:29	02:30:32.7
1616	2734/3991	212/342	4258	Dusty Decker	F	42	Lincoln	NE	1483	10:24	01:17:19.6	1732	12:34	01:22:20.0	11:29	02:30:32.9
1617	2735/3991	128/227	442	Von Villarreal	F	49	Lincoln	NE	1627	10:40	01:19:52.8	1660	12:18	01:20:39.0	11:29	02:30:36.3
1618	2736/3991	323/486	4277	Kimberly Simmons	F	38	Omaha	NE	1562	10:29	01:18:25.9	1717	12:30	01:21:56.8	11:29	02:30:38.0
1619	2737/3991	324/486	3587	Jayne Robbins	F	37	Lincoln	NE	1539	10:26	01:18:01.5	1727	12:33	01:22:15.9	11:29	02:30:38.0
1620	2740/3991	268/435	1986	Allison Crook	F	29	Lincoln	NE	1752	10:57	01:22:07.2	1555	12:03	01:19:00.9	11:30	02:30:49.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1621	2741/3991	167/308	3377	Katie Muirhead	F	21	Mankato	KS	1002	10:00	01:10:24.7	1868	13:01	01:25:15.7	11:30	02:30:49.8
1622	2742/3991	89/154	5004	Abby Clutter	F	53	Lincoln	NE	1621	10:42	01:19:46.4	1663	12:19	01:20:43.4	11:30	02:30:53.6
1623	2743/3991	129/227	3097	Christine Niemann	F	48	Lincoln	NE	1581	10:40	01:18:55.6	1671	12:21	01:20:59.2	11:30	02:30:53.6
1624	2744/3991	213/342	1029	Kris Humphrey	F	44	Lincoln	NE	1571	10:44	01:18:42.4	1655	12:17	01:20:33.1	11:30	02:30:54.4
1625	2745/3991	168/308	4290	Rachel Bormann	F	21	Omaha	NE	1939	11:28	01:25:38.1	1376	11:33	01:15:44.1	11:30	02:30:56.0
1626	2746/3991	90/154	5654	Rita Shuck	F	52	Edgar	NE	1931	11:23	01:25:33.8	1406	11:39	01:16:20.5	11:30	02:30:56.5
1627	2747/3991	269/435	4460	Jordyn Kuhnel	F	25	Omaha	NE	1540	10:39	01:18:03.6	1682	12:23	01:21:10.2	11:30	02:30:56.9
1628	2748/3991	299/460	5772	Abby Schendt	F	31	Edgar	NE	1932	11:23	01:25:34.3	1405	11:39	01:16:20.5	11:30	02:30:57.7
1629	2749/3991	270/435	5247	Ashley Wergin	F	28	Lincoln	NE	1505	10:36	01:17:37.3	1700	12:26	01:21:32.6	11:31	02:31:00.6
1630	2750/3991	214/342	2181	Nichole Arth	F	40	Omaha	NE	1929	11:29	01:25:29.3	1379	11:34	01:15:48.2	11:31	02:31:01.7
1631	2751/3991	169/308	3511	Alyxandra Wurster	F	22	Lincoln	NE	1423	10:19	01:16:21.4	1790	12:44	01:23:25.1	11:31	02:31:02.0
1632	2752/3991	91/154	1807	Peg Coover	F	51	Cairo	NE	1541	10:49	01:18:07.6	1628	12:14	01:20:10.1	11:31	02:31:02.0
1633	2753/3991	170/308	4348	Kelsey Boesiger	F	22	Lincoln	NE	1281	10:55	01:14:31.7	1580	12:07	01:19:25.8	11:31	02:31:02.2
1634	2754/3991	171/308	3523	Shelley Erickson	F	22	Lincoln	NE	1421	10:19	01:16:21.2	1792	12:44	01:23:25.3	11:31	02:31:02.4
1635	2755/3991	325/486	2688	Elizabeth Lucas	F	37	Lincoln	NE	1704	11:03	01:21:17.3	1537	12:00	01:18:36.1	11:31	02:31:05.1
1636	2756/3991	271/435	4217	Megan Flory	F	28	Omaha	NE	1091	10:08	01:11:34.9	1848	12:56	01:24:48.7	11:32	02:31:12.6
1637	2757/3991	326/486	3101	Charity Moody	F	36	Palmyra	NE	1098	10:08	01:11:45.1	1853	12:57	01:24:55.1	11:32	02:31:18.1
1638	2758/3991	272/435	2882	Danelle Warner	F	28	Lincoln	NE	1649	10:53	01:20:29.3	1625	12:14	01:20:08.5	11:33	02:31:26.5
1639	2761/3991	92/154	936	Tamera Schlueter	F	54	Hastings	NE	1384	10:43	01:15:59.6	1687	12:24	01:21:16.8	11:33	02:31:28.9
1640	2762/3991	300/460	5081	Jessica Siegel	F	33	North Platte	NE	1689	10:52	01:20:56.4	1637	12:15	01:20:18.4	11:33	02:31:32.1
1641	2763/3991	301/460	6232	Melissa Carder	F	30	Omaha	NE	1265	10:32	01:14:09.3	1741	12:35	01:22:29.3	11:33	02:31:32.7
1642	2764/3991	215/342	810	Becky Schroeder	F	40	Eagle	NE	1509	10:43	01:17:38.5	1686	12:24	01:21:16.3	11:33	02:31:33.6
1643	2765/3991	216/342	4500	Nola Derby-Bennett	F	41	Lincoln	NE	1669	10:55	01:20:47.5	1621	12:12	01:20:00.8	11:33	02:31:35.9
1644	2766/3991	327/486	3993	Lisa Lindau	F	36	Garland	NE	1933	11:24	01:25:35.5	1446	11:44	01:16:52.1	11:33	02:31:36.1
1645	2767/3991	302/460	4660	Jenny Kleinsasser	F	34	Omaha	NE	1739	10:58	01:21:52.6	1602	12:10	01:19:46.7	11:33	02:31:37.4
1646	2768/3991	273/435	5473	Rebecca Brown	F	29	La Vista	NE	1700	10:54	01:21:08.7	1632	12:15	01:20:15.2	11:34	02:31:39.2
1647	2769/3991	274/435	5099	Sally Chartier	F	28	Omaha	NE	1699	10:54	01:21:08.3	1634	12:15	01:20:15.3	11:34	02:31:39.2
1648	2770/3991	303/460	1558	Sarah Digman	F	34	Lincoln	NE	1527	10:51	01:17:54.8	1650	12:17	01:20:30.9	11:34	02:31:40.0
1649	2771/3991	304/460	1715	Ashley Pfeifer	F	30	Lincoln	NE	1915	11:09	01:25:09.3	1541	12:00	01:18:37.3	11:34	02:31:44.5
1650	2773/3991	217/342	3009	Kimberly Cooper	F	41	Hickman	NE	1881	11:17	01:24:35.4	1497	11:52	01:17:46.0	11:34	02:31:45.6
1651	2774/3991	328/486	4088	Erica Krauss	F	39	Saint Paul	NE	1260	10:13	01:14:02.1	1850	12:57	01:24:52.5	11:35	02:31:52.3
1652	2776/3991	329/486	2759	Nicole Balus	F	35	Omaha	NE	1297	10:32	01:14:40.8	1765	12:39	01:22:55.0	11:35	02:31:54.9
1653	2777/3991	305/460	604	Lisa Haffey	F	32	Lincoln	NE	1798	10:55	01:22:55.3	1643	12:16	01:20:27.1	11:35	02:31:59.0
1654	2778/3991	58/79	3768	Aliyah White	F	15	Omaha	NE	1989	11:22	01:26:20.8	1482	11:50	01:17:32.3	11:35	02:31:59.5
1655	2779/3991	59/79	3186	Hailey Tierra	F	15	Omaha	NE	1988	11:22	01:26:20.8	1481	11:50	01:17:32.3	11:35	02:31:59.8
1656	2781/3991	218/342	2194	Julia Hoffman	F	40	Denver	CO	1977	12:08	01:26:10.1	1183	11:04	01:12:32.7	11:35	02:32:02.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1657	2783/3991	330/486	5716	Erin Draft	F	38	Bellevue	NE	1800	11:03	01:22:59.6	1593	12:09	01:19:38.6	11:36	02:32:06.8
1658	2784/3991	306/460	6126	Meghan Vesper	F	30	Lincoln	NE	2007	11:40	01:26:47.4	1373	11:33	01:15:41.8	11:36	02:32:07.7
1659	2785/3991	130/227	5066	Kandace Adams	F	47	Lincoln	NE	1568	10:57	01:18:36.1	1639	12:15	01:20:20.7	11:36	02:32:10.3
1660	2787/3991	172/308	2366	Susana Balderas	F	21	Lincoln	NE	850	10:20	01:08:23.3	1835	12:54	01:24:30.0	11:36	02:32:16.8
1661	2788/3991	331/486	1847	Darcy Meinke	F	39	Crete	NE	1831	11:18	01:23:34.1	1527	11:58	01:18:23.4	11:37	02:32:24.4
1662	2789/3991	275/435	3778	Brianna Bass	F	27	Lincoln	NE	1522	10:53	01:17:45.8	1678	12:23	01:21:06.8	11:37	02:32:30.0
1663	2790/3991	131/227	952	Ronda Buchanan	F	48	Hickman	NE	1872	11:04	01:24:28.6	1617	12:12	01:19:59.0	11:38	02:32:30.1
1664	2792/3991	132/227	805	Justina Ziemann	F	49	Hickman	NE	1874	11:04	01:24:28.8	1616	12:12	01:19:58.6	11:38	02:32:31.1
1665	2793/3991	219/342	824	Nicole Schmidt	F	43	Lincoln	NE	1441	10:52	01:16:43.4	1688	12:24	01:21:17.0	11:38	02:32:32.5
1666	2794/3991	276/435	1531	Danielle Young	F	27	Lincoln	NE	1454	10:47	01:16:56.4	1715	12:30	01:21:53.1	11:38	02:32:33.4
1667	2795/3991	332/486	1557	Christina Arney	F	35	Lincoln	NE	1453	10:47	01:16:56.4	1714	12:30	01:21:52.7	11:38	02:32:33.7
1668	2796/3991	277/435	4629	Paige Fellers	F	29	Lincoln	NE	1709	10:55	01:21:21.5	1675	12:22	01:21:02.8	11:38	02:32:34.0
1669	2797/3991	93/154	4018	Kay Merkel	F	52	Omaha	NE	1381	10:33	01:15:57.2	1791	12:44	01:23:25.1	11:38	02:32:35.2
1670	2798/3991	333/486	2419	Melissa Croom	F	35	Omaha	NE	1643	10:52	01:20:16.7	1695	12:25	01:21:24.5	11:38	02:32:35.6
1671	2799/3991	307/460	2412	Jenn Totic	F	32	Omaha	NE	1644	10:52	01:20:16.7	1696	12:25	01:21:24.7	11:38	02:32:36.9
1672	2800/3991	94/154	2552	Amy Francis	F	50	Lincoln	NE	2179	11:59	01:31:02.8	1276	11:19	01:14:08.8	11:39	02:32:43.5
1673	2801/3991	60/79	3662	Carissa Carlin	F	19	Humboldt	NE	1542	10:46	01:18:10.3	1725	12:33	01:22:13.4	11:39	02:32:50.8
1674	2802/3991	220/342	4080	Jennifer Everett	F	41	Winfield	KS	1457	10:41	01:16:58.7	1761	12:39	01:22:51.7	11:39	02:32:51.5
1675	2803/3991	173/308	4291	Michaela Griffen	F	23	Lincoln	NE	1867	11:11	01:24:21.8	1590	12:09	01:19:35.9	11:39	02:32:52.7
1676	2804/3991	334/486	4584	Emily Belau	F	37	Lincoln	NE	1776	10:58	01:22:32.3	1672	12:21	01:20:59.3	11:39	02:32:53.5
1677	2805/3991	278/435	3369	Anelle Strauss	F	29	Lincoln	NE	1461	10:48	01:17:02.1	1720	12:32	01:22:06.7	11:39	02:32:56.1
1678	2806/3991	279/435	4425	Chelsea Schlecht	F	26	Scribner	NE	1511	10:57	01:17:38.7	1685	12:24	01:21:15.9	11:40	02:33:01.0
1679	2807/3991	221/342	5560	Amy Vrbka	F	43	Omaha	NE	1429	10:52	01:16:25.5	1711	12:29	01:21:46.7	11:40	02:33:03.4
1680	2808/3991	308/460	4659	Joey Plihal	F	30	Blue Springs	NE	1616	10:44	01:19:37.8	1755	12:38	01:22:46.6	11:40	02:33:04.9
1681	2809/3991	335/486	4807	Tami Lier	F	38	Lincoln	NE	1507	10:42	01:17:37.5	1769	12:39	01:22:56.2	11:40	02:33:05.9
1682	2810/3991	336/486	4803	Sarah Vander Pol	F	37	Walton	NE	1504	10:42	01:17:37.3	1770	12:39	01:22:56.6	11:40	02:33:06.2
1683	2811/3991	174/308	5108	Caroline Barber	F	24	Lincoln	NE	1285	10:34	01:14:36.1	1813	12:48	01:23:55.4	11:40	02:33:09.1
1684	2813/3991	337/486	4200	Mary Carter	F	39	Omaha	NE	1863	11:18	01:24:17.7	1560	12:04	01:19:04.5	11:41	02:33:10.5
1685	2814/3991	338/486	3297	Peggy Jones	F	37	Papillion	NE	1864	11:18	01:24:18.1	1559	12:04	01:19:03.7	11:41	02:33:10.8
1686	2815/3991	280/435	4577	Jessica Meyer	F	28	Syracuse	NE	1754	11:05	01:22:09.3	1651	12:17	01:20:30.9	11:41	02:33:11.0
1687	2816/3991	61/79	981	Grace Larsen	F	16	Lincoln	NE	1418	10:59	01:16:18.6	1684	12:24	01:21:14.9	11:41	02:33:11.4
1688	2818/3991	222/342	3888	Julie Fedderson	F	42	Papillion	NE	1630	10:43	01:19:59.6	1773	12:40	01:22:59.7	11:41	02:33:12.8
1689	2819/3991	223/342	4880	Lori Mayberry	F	44	Omaha	NE	2175	12:46	01:30:49.6	971	10:36	01:09:31.3	11:41	02:33:13.0
1690	2820/3991	133/227	2599	Sara Kosmicki	F	47	Lincoln	NE	1176	10:11	01:12:49.8	1927	13:12	01:26:28.0	11:41	02:33:14.9
1691	2821/3991	95/154	3242	Julie Kruckeberg	F	51	South Bend	NE	2150	12:02	01:30:26.3	1291	11:21	01:14:26.4	11:41	02:33:15.6
1692	2822/3991	224/342	6006	Janis Winterhof	F	42	Omaha	NE	1927	11:14	01:25:28.7	1591	12:09	01:19:36.0	11:41	02:33:15.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1693	2823/3991	134/227	2012	Tanya Kiesling Christensen	F	46	Lincoln	NE	2053	11:49	01:27:50.3	1381	11:35	01:15:53.1	11:41	02:33:17.6
1694	2824/3991	175/308	4595	Mary Leduc	F	24	Lincoln	NE	1530	10:37	01:17:55.8	1805	12:47	01:23:44.2	11:41	02:33:19.5
1695	2825/3991	309/460	3230	Carly Dittenber	F	31	Lincoln	NE	1561	10:34	01:18:25.8	1817	12:49	01:24:02.5	11:41	02:33:21.6
1696	2826/3991	225/342	2878	Heather Pederson	F	40	Lincoln	NE	1563	10:35	01:18:26.2	1816	12:49	01:24:02.3	11:41	02:33:21.8
1697	2827/3991	339/486	1160	Jaimi Riley	F	39	Gothenburg	NE	1514	10:38	01:17:39.8	1801	12:46	01:23:38.5	11:42	02:33:23.7
1698	2828/3991	96/154	5411	Liz Rhodes	F	52	Gretna	NE	2056	11:25	01:27:56.6	1542	12:01	01:18:42.6	11:42	02:33:33.3
1699	2829/3991	281/435	5401	Christina Harrison	F	25	Lincoln	NE	1565	10:40	01:18:27.3	1798	12:45	01:23:35.9	11:42	02:33:33.6
1700	2830/3991	282/435	4014	Jessica Peeks	F	28	Utica	NE	2010	11:21	01:26:49.3	1568	12:05	01:19:12.4	11:42	02:33:34.4
1701	2831/3991	310/460	6185	Lina Traslavia Stover	F	33	Omaha	NE	1301	10:29	01:14:42.6	1851	12:57	01:24:53.9	11:43	02:33:38.1
1702	2832/3991	135/227	5071	Melissa Tierney	F	47	Altoona	IA	1217	10:30	01:13:34.4	1849	12:57	01:24:50.1	11:43	02:33:40.5
1703	2833/3991	311/460	1783	Courtney Hillebrecht	F	33	Lincoln	NE	1918	11:19	01:25:16.8	1588	12:08	01:19:32.7	11:43	02:33:40.8
1704	2834/3991	312/460	6263	Jen Luke	F	32	Lincoln	NE	1963	11:33	01:25:56.2	1507	11:54	01:17:57.2	11:43	02:33:41.1
1705	2835/3991	136/227	3149	Carmen Kime	F	49	Lincoln	NE	1424	10:39	01:16:22.2	1810	12:48	01:23:53.3	11:43	02:33:41.6
1706	2837/3991	340/486	3191	Amy Holdcroft	F	37	Bellevue	NE	1942	11:20	01:25:39.8	1578	12:07	01:19:25.2	11:43	02:33:43.8
1707	2838/3991	176/308	2886	Olivia Brown	F	20	Dakota Dunes	SD	1396	10:22	01:16:05.7	1898	13:06	01:25:50.4	11:43	02:33:44.5
1708	2839/3991	97/154	2443	Dorothy Endacott	F	50	Lincoln	NE	1971	11:17	01:26:03.8	1608	12:11	01:19:51.1	11:43	02:33:46.7
1709	2840/3991	341/486	5993	Tracy Pfligler	F	35	Wahoo	NE	1876	11:12	01:24:30.3	1641	12:16	01:20:24.2	11:43	02:33:48.1
1710	2841/3991	283/435	3420	Kelley Marshall	F	25	Lincoln	NE	1991	11:37	01:26:21.1	1489	11:51	01:17:37.2	11:43	02:33:48.4
1711	2842/3991	313/460	378	Stephanie Johnson	F	31	Lincoln	NE	1486	10:37	01:17:21.4	1825	12:51	01:24:15.8	11:44	02:33:49.2
1712	2843/3991	22/49	726	Sue Bace	F	60	Omaha	NE	1769	11:03	01:22:25.3	1692	12:25	01:21:22.8	11:44	02:33:50.0
1713	2844/3991	342/486	900	Jennifer Peters	F	36	Lincoln	NE	1711	11:00	01:21:22.1	1709	12:28	01:21:43.3	11:44	02:33:51.6
1714	2845/3991	314/460	705	Carly Morse	F	34	Lincoln	NE	1489	11:09	01:17:23.8	1666	12:20	01:20:47.6	11:44	02:33:55.0
1715	2846/3991	284/435	6103	Shay Birge	F	25	Johnstown	CO	1702	10:45	01:21:10.1	1794	12:44	01:23:30.1	11:44	02:33:59.3
1716	2847/3991	177/308	3558	Elizabeth Gibbens	F	23	Lincoln	NE	1910	11:13	01:25:04.6	1648	12:17	01:20:29.9	11:44	02:33:59.6
1717	2848/3991	98/154	1790	Mary Mcglade	F	51	Council Bluffs	IA	1967	11:23	01:25:59.9	1579	12:07	01:19:25.4	11:44	02:34:00.7
1718	2849/3991	343/486	3142	Jenny Young	F	39	Council Bluffs	IA	1966	11:23	01:25:59.8	1581	12:07	01:19:26.0	11:44	02:34:01.5
1719	2850/3991	285/435	6092	Allison Jonasen	F	26	Mccoook	NE	1617	11:11	01:19:39.8	1665	12:19	01:20:46.7	11:45	02:34:01.8
1720	2851/3991	40/81	5720	Brenda Jenny	F	55	Blair	NE	2083	12:19	01:28:48.7	1237	11:11	01:13:20.0	11:45	02:34:04.7
1721	2853/3991	178/308	6213	Nicole Bourke	F	20	Omaha	NE							11:45	02:34:04.9
1722	2854/3991	286/435	6148	Natalie Nelson	F	28	Blair	NC	2084	12:19	01:28:48.9	1236	11:11	01:13:19.8	11:45	02:34:04.9
1723	2855/3991	41/81	1036	Karen Fischer	F	55	Lincoln	NE	1356	10:16	01:15:37.4	1934	13:14	01:26:43.9	11:45	02:34:05.1
1724	2856/3991	42/81	5331	Georgia Stibor	F	55	North Bend	NE	1637	10:44	01:20:13.3	1807	12:47	01:23:48.1	11:45	02:34:08.0
1725	2858/3991	137/227	1162	Valerie Anderson	F	46	Omaha	NE	1596	10:51	01:19:15.4	1778	12:41	01:23:04.5	11:45	02:34:09.6
1726	2861/3991	344/486	2922	Stacia Palser	F	38	Lincoln	NE	1464	10:40	01:17:03.5	1823	12:51	01:24:13.7	11:45	02:34:11.1
1727	2862/3991	226/342	4979	Kim Rice	F	44	Gretna	NE	2126	11:53	01:29:46.6	1408	11:39	01:16:21.2	11:45	02:34:13.5
1728	2863/3991	179/308	2277	Ashlee Miller	F	21	Omaha	NE	1642	10:55	01:20:15.5	1753	12:37	01:22:44.7	11:46	02:34:17.1



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1729	2864/3991	315/460	3932	Maureen Eck	F	33	Lincoln	NE	1552	10:43	01:18:20.1	1814	12:49	01:24:00.6	11:46	02:34:17.6
1730	2866/3991	227/342	5085	Becky Grant	F	44	Weston	NE	1719	10:40	01:21:33.5	1828	12:53	01:24:25.0	11:46	02:34:19.2
1731	2867/3991	345/486	1515	Erica Duncan	F	39	Lincoln	NE	1466	10:47	01:17:05.1	1800	12:46	01:23:38.1	11:46	02:34:19.8
1732	2868/3991	99/154	510	Peg Niedbalski	F	53	Columbus	NE	1964	11:31	01:25:57.3	1548	12:01	01:18:48.4	11:46	02:34:20.1
1733	2869/3991	228/342	4180	Karen Snyder	F	41	Richland	MO	1843	11:16	01:23:56.7	1656	12:18	01:20:35.5	11:46	02:34:26.4
1734	2870/3991	229/342	3204	Maureen Hoppe	F	44	Papillion	NE	1838	11:02	01:23:49.7	1722	12:32	01:22:07.5	11:47	02:34:29.7
1735	2871/3991	230/342	203	Carolina Sabatka	F	40	Ceresco	NE	2114	11:56	01:29:35.6	1400	11:38	01:16:17.6	11:47	02:34:32.5
1736	2872/3991	346/486	5944	Brandie Misiag Beckler	F	35	Dubuque	IA	1692	11:20	01:20:59.5	1638	12:15	01:20:18.7	11:47	02:34:33.3
1737	2873/3991	287/435	1312	Kelsey Homolka	F	26	Dorchester	NE	1858	11:10	01:24:15.7	1690	12:24	01:21:19.4	11:47	02:34:34.4
1738	2874/3991	100/154	5500	Lisa Paczosa	F	50	Bellwood	NE	1640	10:57	01:20:14.6	1756	12:38	01:22:46.7	11:47	02:34:34.6
1739	2875/3991	288/435	5426	Andria Vetick	F	27	Lincoln	NE	1431	10:15	01:16:28.3	1970	13:21	01:27:28.1	11:47	02:34:36.8
1740	2877/3991	347/486	5707	Kristi Ageson	F	35	Lester	IA	1811	11:01	01:23:08.1	1739	12:35	01:22:27.0	11:48	02:34:43.0
1741	2878/3991	289/435	4513	Grace Spomer	F	26	Omaha	NE	1804	11:14	01:23:01.6	1679	12:23	01:21:07.7	11:48	02:34:43.2
1742	2880/3991	348/486	4853	Jennifer Schlueter	F	39	Lincoln	NE	1972	11:30	01:26:04.3	1574	12:06	01:19:20.3	11:48	02:34:43.7
1743	2881/3991	180/308	3818	Katey Pflanz	F	23	Lincoln	NE	1193	10:25	01:13:13.1	1926	13:11	01:26:26.8	11:48	02:34:45.0
1744	2882/3991	231/342	3880	Shayla Red	F	43	Lincoln	NE	2158	11:58	01:30:30.4	1402	11:39	01:16:20.0	11:48	02:34:45.7
1745	2883/3991	349/486	3886	Tami Frank	F	36	Lincoln	NE	2157	11:58	01:30:30.2	1403	11:39	01:16:20.2	11:48	02:34:46.2
1746	2885/3991	350/486	5239	Crystal James	F	35	Lincoln	NE	2027	11:31	01:27:20.3	1572	12:06	01:19:15.8	11:48	02:34:46.8
1747	2886/3991	290/435	3752	Dana Didde	F	29	Lincoln	NE	1516	10:35	01:17:42.6	1877	13:02	01:25:23.9	11:48	02:34:47.2
1748	2891/3991	23/49	2888	Lynette Broderick	F	60	Seward	NE	1548	11:12	01:18:17.8	1697	12:26	01:21:27.7	11:49	02:34:54.3
1749	2893/3991	291/435	1482	Jamie Weiss	F	26	Omaha	NE	1398	10:30	01:16:06.6	1909	13:09	01:26:08.9	11:49	02:34:58.1
1750	2894/3991	232/342	2228	Jolene Blehm	F	40	Adams	NE	1735	11:28	01:21:49.5	1610	12:11	01:19:53.2	11:49	02:35:02.6
1751	2895/3991	233/342	2127	Tanya Martin-Dick	F	42	Lincoln	NE	1734	11:28	01:21:49.3	1609	12:11	01:19:53.1	11:49	02:35:03.1
1752	2896/3991	316/460	895	Dara Manning	F	34	Elkhorn	NE	1586	10:39	01:19:01.3	1873	13:01	01:25:19.6	11:49	02:35:05.4
1753	2897/3991	351/486	3342	Tracy Atwood	F	35	Grand Island	NE	1566	10:36	01:18:30.8	1889	13:04	01:25:36.7	11:49	02:35:05.6
1754	2898/3991	352/486	1256	Nancy Ozenbaugh	F	37	Hallam	NE	1909	11:13	01:25:04.6	1699	12:26	01:21:31.4	11:49	02:35:05.9
1755	2899/3991	353/486	1181	Sarah Maxson	F	39	Lincoln	NE	1911	11:14	01:25:05.6	1698	12:26	01:21:30.9	11:49	02:35:06.1
1756	2900/3991	234/342	869	Darla Berks	F	41	Lincoln	NE	1585	10:38	01:19:00.9	1876	13:01	01:25:21.8	11:49	02:35:06.8
1757	2901/3991	138/227	5678	Lourdes Herling	F	49	Clarkson	NE	1713	11:02	01:21:24.3	1764	12:39	01:22:52.2	11:50	02:35:10.2
1758	2903/3991	181/308	2699	Amanda Hanlin	F	23	Pierce	NE	1572	10:55	01:18:46.3	1799	12:45	01:23:36.0	11:50	02:35:11.1
1759	2904/3991	101/154	2112	Sandra Babcock	F	53	Lincoln	NE	1575	10:40	01:18:47.8	1867	13:00	01:25:14.9	11:50	02:35:12.3
1760	2905/3991	182/308	6027	Ali Roth	F	22	Lincoln	NE	1234	10:26	01:13:44.4	1941	13:16	01:26:54.9	11:50	02:35:18.6
1761	2906/3991	183/308	1776	Rebecca Lang	F	22	Lincoln	NE	1294	10:41	01:14:40.3	1869	13:01	01:25:15.8	11:50	02:35:20.2
1762	2907/3991	317/460	1406	Ashley Gillick	F	31	Omaha	NE	1293	10:41	01:14:39.8	1871	13:01	01:25:16.3	11:50	02:35:20.4
1763	2910/3991	318/460	4932	Christy Kriegler	F	32	Omaha	NE	1388	10:34	01:16:00.8	1908	13:08	01:26:07.3	11:51	02:35:26.0
1764	2911/3991	139/227	5735	Sonja Hubka	F	46	Omaha	NE	1718	11:09	01:21:31.7	1734	12:34	01:22:23.0	11:51	02:35:26.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1765	2914/3991	292/435	2281	Stephanie Cutler	F	28	Omaha	NE	1829	10:56	01:23:31.3	1808	12:48	01:23:51.1	11:51	02:35:29.1
1766	2915/3991	102/154	5607	Kathryn Goertzen	F	54	Henderson	NE	2109	11:47	01:29:30.1	1529	11:58	01:18:25.3	11:52	02:35:39.0
1767	2916/3991	354/486	1155	Molly Holloway	F	36	Cortland	NE	1690	10:53	01:20:57.8	1827	12:52	01:24:19.3	11:52	02:35:39.5
1768	2917/3991	319/460	2525	Valerie Hunt	F	33	Lincoln	NE	1900	11:18	01:24:54.2	1704	12:28	01:21:39.9	11:52	02:35:40.9
1769	2918/3991	24/49	5609	Barbara Voth	F	63	Henderson	NE	2108	11:47	01:29:29.7	1530	11:58	01:18:25.7	11:52	02:35:42.0
1770	2919/3991	355/486	3018	Heidi Tast	F	39	Lincoln	NE	2039	12:03	01:27:33.1	1432	11:42	01:16:41.1	11:52	02:35:42.9
1771	2920/3991	235/342	4800	Tara Hill	F	40	Omaha	NE	1554	10:51	01:18:20.8	1837	12:54	01:24:34.7	11:52	02:35:43.2
1772	2922/3991	293/435	4049	Caroline Kahnk	F	25	Papillion	NE	1503	10:15	01:17:36.3	2012	13:31	01:28:34.4	11:53	02:35:48.4
1773	2923/3991	294/435	4040	Cait Kathol	F	25	Crete	NE	1502	10:15	01:17:36.1	2016	13:31	01:28:35.0	11:53	02:35:48.5
1774	2925/3991	356/486	4912	Dipta Rai	F	37	Omaha	NE	1908	11:19	01:25:04.4	1706	12:28	01:21:41.5	11:53	02:35:50.4
1775	2926/3991	184/308	4988	Nicole Wendeln	F	23	Lincoln	NE	1309		01:14:50.6	1673	12:22	01:21:00.8	11:53	02:35:51.4
1776	2928/3991	185/308	4598	Sarah Davis	F	23	Lincoln	NE	1302	10:47	01:14:42.8	1870	13:01	01:25:15.9	11:53	02:35:59.2
1777	2931/3991	357/486	6052	Barbara Boustead	F	38	Omaha	NE	2051	11:47	01:27:47.6	1547	12:01	01:18:47.9	11:54	02:36:04.6
1778	2932/3991	295/435	4219	Alyssa Wewel	F	29	Lee's Summit	MO	1615	10:39	01:19:37.7	1917	13:10	01:26:19.2	11:54	02:36:05.2
1779	2933/3991	320/460	6064	Laura Tvrdy	F	34	Omaha	NE	1906	11:27	01:25:00.3	1677	12:22	01:21:05.1	11:54	02:36:06.9
1780	2934/3991	140/227	3789	Amy Anderson	F	49	Omaha	NE	1770	11:03	01:22:25.3	1803	12:46	01:23:41.7	11:54	02:36:09.3
1781	2935/3991	296/435	4866	Kelsey Lambley	F	26	Lincoln	NE	1061	10:08	01:11:08.4	2061	13:41	01:29:40.8	11:54	02:36:09.4
1782	2936/3991	358/486	5620	Kiley Maddux	F	35	Omaha	NE	1724	11:09	01:21:35.6	1780	12:41	01:23:05.9	11:54	02:36:12.4
1783	2937/3991	186/308	4542	Katie Ochsner	F	23	Lincoln	NE	1810	11:14	01:23:07.1	1748	12:36	01:22:37.1	11:55	02:36:13.7
1784	2938/3991	321/460	1244	Jill Brown	F	34	Lincoln	NE	1655	10:57	01:20:34.8	1831	12:53	01:24:26.9	11:55	02:36:14.8
1785	2940/3991	187/308	3202	Lucy Barie	F	21	Lincoln	NE	1879	11:06	01:24:34.4	1793	12:44	01:23:29.4	11:55	02:36:16.1
1786	2942/3991	62/79	3837	Megan Hoppe	F	16	Papillion	NE	1244	10:22	01:13:52.6	2007	13:29	01:28:23.1	11:55	02:36:20.3
1787	2943/3991	188/308	1610	Amanda Benes	F	23	Lincoln	NE	1903	11:15	01:24:55.8	1751	12:37	01:22:39.3	11:55	02:36:21.2
1788	2944/3991	63/79	3879	Kate Shewchuk	F	16	Bellevue	NE	1245	10:22	01:13:52.6	2008	13:29	01:28:24.2	11:55	02:36:21.2
1789	2945/3991	297/435	3335	Emily Foster	F	29	Lincoln	NE	1668	10:44	01:20:47.3	1906	13:08	01:26:03.5	11:55	02:36:22.1
1790	2946/3991	298/435	5295	Lauren Becwar	F	26	Lincoln	NE	1888	11:06	01:24:45.3	1804	12:46	01:23:43.1	11:56	02:36:26.0
1791	2948/3991	299/435	5523	Jackie Moore	F	26	Gretna	NE	1508	10:49	01:17:38.5	1886	13:03	01:25:33.1	11:56	02:36:29.8
1792	2949/3991	322/460	2208	Sarah Huenink	F	33	Firth	NE	1905	11:19	01:25:00.3	1731	12:34	01:22:19.9	11:56	02:36:30.5
1793	2950/3991	189/308	6141	Amy Miller	F	20	Norfolk	NE	1747	11:09	01:22:05.4	1789	12:44	01:23:24.9	11:56	02:36:30.7
1794	2951/3991	190/308	6289	Morgan Molacek	F	20	Norfolk	NE	1750	11:09	01:22:06.2	1788	12:44	01:23:24.3	11:56	02:36:30.9
1795	2952/3991	359/486	2111	Jeanne Stover	F	36	Omaha	NE	1296	10:31	01:14:40.6	1978	13:22	01:27:35.2	11:56	02:36:34.6
1796	2954/3991	141/227	2093	Kirsten Mills	F	47	Omaha	NE	1299	10:32	01:14:41.4	1976	13:22	01:27:33.3	11:56	02:36:35.6
1797	2955/3991	191/308	2124	Whitney Olson Jenich	F	23	Omaha	NE	1298	10:32	01:14:41.3	1977	13:22	01:27:33.9	11:56	02:36:37.1
1798	2956/3991	103/154	1045	Diane Lichty	F	50	Seward	NE	1898	11:08	01:24:54.2	1797	12:45	01:23:35.7	11:56	02:36:37.2
1799	2957/3991	142/227	1429	Jeanne Schroeder	F	47	Malcolm	NE	1786	11:12	01:22:42.8	1783	12:41	01:23:10.6	11:56	02:36:38.2
1800	2958/3991	300/435	4162	Allison Bonander	F	27	Lincoln	NE	1934	11:19	01:25:35.7	1740	12:35	01:22:29.2	11:57	02:36:39.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1801	2959/3991	323/460	5062	Courtney Pinard	F	32	Omaha	NE	1705	10:55	01:21:19.8	1861	12:59	01:25:07.6	11:57	02:36:42.2
1802	2960/3991	301/435	5471	Sarah Jenness	F	27	Sheldon	IA	1708	10:52	01:21:21.3	1881	13:02	01:25:27.9	11:57	02:36:44.6
1803	2962/3991	324/460	5899	Kim Raney	F	34	Wahoo	NE	1893	11:15	01:24:52.5	1774	12:40	01:22:59.7	11:57	02:36:47.1
1804	2963/3991	360/486	1265	Rebecca Bayne	F	36	Lincoln	NE	1792	10:48	01:22:46.9	1904	13:08	01:26:02.0	11:57	02:36:50.0
1805	2965/3991	104/154	5612	Joan Hansen	F	51	Chappell	NE	2035	11:40	01:27:28.3	1646	12:17	01:20:28.3	11:58	02:36:55.0
1806	2966/3991	361/486	4195	Chris Mish	F	36	Stillwater	MN	1639	11:19	01:20:14.1	1754	12:38	01:22:46.1	11:58	02:36:57.0
1807	2967/3991	236/342	3700	Stephanie Kissler	F	42	Grand Island	NE	1560	10:53	01:18:25.3	1894	13:05	01:25:42.8	11:58	02:37:01.4
1808	2968/3991	143/227	2028	Lee Heflebower	F	49	Lincoln	NE	1899	11:08	01:24:54.2	1815	12:49	01:24:01.3	11:58	02:37:02.9
1809	2969/3991	362/486	4239	Samantha Scott	F	37	Gretna	NE	1842	11:20	01:23:52.5	1763	12:39	01:22:52.2	11:59	02:37:06.7
1810	2970/3991	192/308	2944	Keasha Zadina	F	22	Seward	NE	1559	11:05	01:18:24.7	1832	12:53	01:24:28.0	11:59	02:37:07.5
1811	2973/3991	43/81	4051	Sondra Jay-Grote	F	55	Filley	NE	1807	11:20	01:23:02.8	1776	12:40	01:23:00.7	11:59	02:37:16.4
1812	2974/3991	325/460	2556	Amy Myers	F	30	Lincoln	NE	1917	11:22	01:25:13.8	1758	12:38	01:22:48.7	11:59	02:37:16.9
1813	2975/3991	44/81	2355	Pam Staples	F	59	Lincoln	NE	1923	11:21	01:25:24.1	1768	12:39	01:22:56.0	12:00	02:37:18.7
1814	2976/3991	105/154	2223	Cindy Caudill	F	53	Lincoln	NE	1924	11:21	01:25:24.1	1771	12:39	01:22:56.7	12:00	02:37:19.2
1815	2977/3991	326/460	2710	Jamie Maier	F	34	Springfield	NE	1391	10:51	01:16:02.5	1916	13:10	01:26:15.4	12:00	02:37:20.7
1816	2978/3991	363/486	2608	Erin Schoening	F	37	Underwood	IA	1611	11:03	01:19:28.6	1852	12:57	01:24:54.3	12:00	02:37:22.0
1817	2979/3991	64/79	3607	Destiny Worthey	F	19	Humboldt	NE	1567	10:39	01:18:33.5	1979	13:22	01:27:36.0	12:00	02:37:22.7
1818	2980/3991	193/308	5483	Ashton Albers	F	23	Lincoln	NE	1949	11:47	01:25:44.3	1627	12:14	01:20:09.2	12:00	02:37:23.0
1819	2981/3991	194/308	4535	Kate Blank	F	23	Lincoln	NE	1951	11:47	01:25:44.7	1626	12:14	01:20:08.8	12:00	02:37:23.0
1820	2982/3991	195/308	5740	Julie Novotny	F	24	Omaha	NE	1981	11:37	01:26:16.8	1693	12:25	01:21:23.4	12:00	02:37:29.0
1821	2983/3991	302/435	3817	Lisa Mintling	F	29	Imperial	NE	1985	11:27	01:26:19.1	1737	12:35	01:22:25.3	12:00	02:37:29.1
1822	2985/3991	364/486	5863	Kendra Ely	F	35	Omaha	NE	1626	10:51	01:19:52.3	1920	13:11	01:26:22.5	12:01	02:37:33.0
1823	2986/3991	303/435	4735	Allison Lex	F	25	La Vista	NE	1353	10:18	01:15:35.3	2077	13:44	01:30:03.3	12:01	02:37:35.3
1824	2988/3991	196/308	4529	Chelsea Cook	F	24	Kearney	NE	1462	10:40	01:17:02.1	1982	13:22	01:27:39.1	12:01	02:37:37.4
1825	2992/3991	144/227	2038	Pamala Burger	F	49	Kearney	NE	2032	11:36	01:27:24.9	1705	12:28	01:21:41.2	12:02	02:37:46.3
1826	2993/3991	365/486	2845	Erin Vanboening	F	38	Orleans	NE	1710	10:54	01:21:21.7	1919	13:11	01:26:22.4	12:02	02:37:47.7
1827	2994/3991	197/308	2409	Taylor Schulz	F	21	Lincoln	NE	1941	11:33	01:25:39.2	1723	12:32	01:22:09.5	12:02	02:37:48.7
1828	2995/3991	45/81	5444	Pat Littrell	F	59	Roca	NE	1524	10:29	01:17:48.7	2042	13:36	01:29:07.8	12:02	02:37:49.3
1829	2997/3991	327/460	6159	Bridget Brevik	F	33	Lincoln	NE	1780	11:09	01:22:36.1	1845	12:56	01:24:47.7	12:02	02:37:50.1
1830	2998/3991	198/308	4397	Ashley M Harry	F	24	Omaha	NE	1641	10:44	01:20:14.8	1972	13:21	01:27:30.6	12:02	02:37:52.0
1831	2999/3991	304/435	5992	Lindsay Stoll	F	26	Lakewood	CO	1455	10:32	01:16:56.8	2030	13:34	01:28:52.3	12:02	02:37:53.5
1832	3000/3991	199/308	5096	Sarah Wheeler	F	24	Lincoln	NE	1310	10:40	01:14:52.3	1990	13:25	01:27:58.5	12:02	02:37:56.7
1833	3001/3991	145/227	4354	Kimberly Remmereid	F	46	Bennington	NE	1901	11:30	01:24:55.3	1743	12:36	01:22:33.1	12:02	02:37:57.1
1834	3002/3991	200/308	2143	Mikalsh Mertlik	F	20	Lincoln	NE	2152	11:54	01:30:27.4	1614	12:12	01:19:55.4	12:02	02:37:57.6
1835	3003/3991	201/308	4783	Kelsey Graumann	F	23	Omaha	NE	1748	11:10	01:22:05.6	1844	12:56	01:24:45.7	12:03	02:37:58.2
1836	3004/3991	328/460	1156	Julie Schiltz	F	33	Lincoln	NE	1618	11:07	01:19:41.8	1859	12:59	01:25:06.0	12:03	02:38:00.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1837	3007/3991	366/486	3053	Jaci Baxa	F	37	Beatrice	NE	1846	11:18	01:24:01.2	1818	12:49	01:24:03.2	12:03	02:38:04.3
1838	3008/3991	367/486	3001	Jessica Cullison	F	37	Beatrice	NE	1847	11:18	01:24:01.6	1819	12:50	01:24:03.8	12:03	02:38:05.7
1839	3009/3991	329/460	5657	Cassidy Pflanz	F	30	Lincoln	NE	2131	11:49	01:29:49.6	1658	12:18	01:20:37.6	12:03	02:38:05.8
1840	3011/3991	305/435	3114	Taylor Montgomery	F	26	Kearney	NE	1768	11:15	01:22:24.9	1829	12:53	01:24:25.3	12:03	02:38:06.9
1841	3012/3991	368/486	3254	Desiree Walsh Spencer	F	36	Papillion	NE	1894	11:28	01:24:52.5	1766	12:39	01:22:55.5	12:03	02:38:08.2
1842	3013/3991	106/154	3465	Larinda Fandrich	F	52	Lincoln	NE	2213	12:05	01:31:39.1	1553	12:03	01:18:59.6	12:04	02:38:12.2
1843	3014/3991	306/435	1984	Amanda Barker	F	27	Lincoln	NE	1753	10:57	01:22:07.4	1922	13:11	01:26:25.6	12:04	02:38:12.5
1844	3016/3991	107/154	2386	Margaret Churchill-Black	F	53	Papillion	NE							12:04	02:38:13.4
1845	3017/3991	108/154	718	Angela Penner	F	50	Lincoln	NE	1816	11:10	01:23:14.2	1858	12:59	01:25:04.0	12:04	02:38:17.5
1846	3018/3991	369/486	1175	Jessica Lafollette	F	39	Syracuse	NE	1488	10:36	01:17:22.4	2026	13:33	01:28:47.3	12:04	02:38:18.2
1847	3020/3991	330/460	1693	Stephanie Jeannette	F	30	Omaha	NE	2129	11:53	01:29:48.3	1647	12:17	01:20:29.4	12:04	02:38:20.5
1848	3021/3991	370/486	4919	Becky Mcelhose	F	38	Waverly	NE	1943	11:31	01:25:40.3	1760	12:39	01:22:51.7	12:04	02:38:22.1
1849	3022/3991	371/486	1372	Nicole Gross	F	37	Waverly	NE	1944	11:31	01:25:40.4	1759	12:38	01:22:51.4	12:04	02:38:22.6
1850	3023/3991	307/435	5322	Jean Welborn	F	25	Blair	NE	2142	11:42	01:30:13.3	1707	12:28	01:21:42.4	12:04	02:38:22.6
1851	3024/3991	237/342	4628	Justina Brisco	F	44	Omaha	NE	1652	11:12	01:20:33.2	1857	12:58	01:25:00.9	12:05	02:38:25.7
1852	3025/3991	372/486	815	Allison Boltz	F	35	Lincoln	NE	1980	11:35	01:26:16.2	1745	12:36	01:22:33.9	12:05	02:38:28.2
1853	3026/3991	373/486	5494	Jordan Pirtle	F	35	Omaha	NE	1822	11:11	01:23:24.2	1866	13:00	01:25:10.8	12:05	02:38:31.9
1854	3027/3991	331/460	5936	Blair Humphrey	F	31	Omaha	NE	1823	11:11	01:23:24.6	1865	13:00	01:25:10.5	12:05	02:38:31.9
1855	3029/3991	109/154	1130	Lonnie Gibson	F	50	Omaha	NE	1950	11:39	01:25:44.6	1728	12:33	01:22:15.9	12:05	02:38:34.4
1856	3030/3991	374/486	4042	Rebecca Brown	F	37	Lincoln	NE	1697	10:55	01:21:04.3	1945	13:17	01:27:02.1	12:05	02:38:34.5
1857	3031/3991	110/154	1246	Stacey Carey	F	52	Lincoln	NE	2036	11:51	01:27:29.5	1667	12:20	01:20:53.2	12:05	02:38:35.4
1858	3033/3991	308/435	3268	Allison Moritz	F	26	Lincoln	NE	1855	11:24	01:24:08.6	1812	12:48	01:23:54.9	12:06	02:38:39.4
1859	3034/3991	332/460	289	Holly Kranker	F	31	Omaha	NE	1896	10:57	01:24:53.1	1943	13:16	01:26:59.1	12:06	02:38:45.6
1860	3035/3991	333/460	3086	Jennifer Burrows	F	30	Omaha	NE	1897	10:57	01:24:53.3	1942	13:16	01:26:58.7	12:06	02:38:46.1
1861	3036/3991	238/342	5744	Holly Langemeier	F	40	Wahoo	NE	1653	11:00	01:20:33.5	1930	13:13	01:26:40.4	12:06	02:38:46.3
1862	3038/3991	309/435	1064	Jenna Rhodes	F	26	Kansas City	MO	1238	10:35	01:13:48.1	2059	13:40	01:29:34.4	12:07	02:38:55.1
1863	3039/3991	310/435	2961	Katelin Bergmeier	F	25	Lincoln	NE	2477	13:51	01:44:14.6	870	10:24	01:08:07.6	12:07	02:38:56.8
1864	3040/3991	202/308	5257	Samantha Moravec	F	20	Lincoln	NE	1425		01:16:22.4	1750	12:37	01:22:39.1	12:07	02:39:01.6
1865	3041/3991	146/227	4028	Kellye Buettner	F	49	Norfolk	NE	1693	10:59	01:21:00.7	1944	13:16	01:27:00.2	12:07	02:39:02.5
1866	3042/3991	311/435	5806	Rebecca Schademann	F	28	Lincoln	NE	1762	11:12	01:22:13.3	1888	13:03	01:25:34.8	12:07	02:39:02.8
1867	3043/3991	11/13	4689	Anna Bryant	F	14	Lincoln	NE	803	10:02	01:07:32.8	2163	14:14	01:33:14.8	12:08	02:39:03.9
1868	3045/3991	147/227	4740	Terri Jo Goldsmith	F	49	Beatrice	NE	2110	12:09	01:29:30.7	1583	12:08	01:19:28.8	12:08	02:39:07.7
1869	3046/3991	375/486	4889	Erica Moyer	F	35	Hamburg	IA	1907	11:10	01:25:02.1	1901	13:07	01:25:56.4	12:08	02:39:08.1
1870	3047/3991	376/486	6010	Michelle Dale	F	36	Lincoln	NE	1407	10:57	01:16:11.2	1965	13:20	01:27:23.0	12:08	02:39:08.8
1871	3048/3991	312/435	4338	Mollie Topil	F	25	Lincoln	NE	2064	12:00	01:28:17.3	1649	12:17	01:20:30.9	12:08	02:39:10.9
1872	3049/3991	46/81	579	Carol Muthersbaugh	F	55	Lincoln	NE	1767	11:22	01:22:24.3	1839	12:55	01:24:39.4	12:08	02:39:11.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1873	3051/3991	377/486	1247	Amber Fader	F	39	Lincoln	NE	1306	10:46	01:14:45.9	2019	13:31	01:28:38.0	12:08	02:39:12.5
1874	3052/3991	313/435	3686	Lauren Harrison	F	26	Omaha	NE	1827	11:18	01:23:29.8	1864	13:00	01:25:10.4	12:08	02:39:14.1
1875	3055/3991	111/154	1148	Karen Barnard	F	50	Lincoln	NE	1691	11:19	01:20:58.3	1862	12:59	01:25:08.4	12:09	02:39:16.7
1876	3056/3991	378/486	1529	Kara Priess	F	35	Lincoln	NE	2066	11:40	01:28:29.6	1757	12:38	01:22:46.9	12:09	02:39:16.9
1877	3057/3991	25/49	1454	Laurie Peate	F	60	Lincoln	NE	1886	11:03	01:24:42.5	1939	13:15	01:26:50.6	12:09	02:39:18.3
1878	3058/3991	379/486	6114	Erin Piatt	F	35	Omaha	NE	1856	11:16	01:24:12.8	1885	13:03	01:25:29.6	12:09	02:39:20.1
1879	3059/3991	380/486	5225	Darci Cain	F	39	Ellis	KS	1760	11:51	01:22:12.3	1710	12:28	01:21:44.0	12:09	02:39:23.2
1880	3060/3991	334/460	3973	Melissa Omar	F	31	Beatrice	NE	1861	11:11	01:24:16.1	1911	13:09	01:26:10.2	12:09	02:39:26.1
1881	3061/3991	239/342	580	Anitha Jwalanaiah	F	41	Lincoln	NE	1755	11:47	01:22:09.5	1724	12:32	01:22:11.4	12:09	02:39:27.0
1882	3062/3991	381/486	2044	Meghan Bailey	F	36	Lincoln	NE	2030	11:40	01:27:23.2	1772	12:39	01:22:57.6	12:09	02:39:28.2
1883	3064/3991	314/435	2521	Amber Lubben	F	29	Hebron	NE	1660	11:29	01:20:40.8	1824	12:51	01:24:15.5	12:10	02:39:30.3
1884	3066/3991	240/342	1500	Tonya Wagner	F	41	Lincoln	NE	1728	11:18	01:21:42.2	1884	13:03	01:25:29.5	12:10	02:39:33.9
1885	3067/3991	65/79	4725	Makensie Blum	F	15	Nebraska City	NE	1992	11:22	01:26:21.3	1860	12:59	01:25:06.5	12:10	02:39:34.6
1886	3069/3991	241/342	3157	Lisa Vanschoiack	F	43	Beatrice	NE	1795	11:26	01:22:53.2	1842	12:56	01:24:42.8	12:10	02:39:38.1
1887	3070/3991	12/13	5770	Sydni Springer	F	14	Lincoln	NE	1345	10:39	01:15:27.6	2068	13:42	01:29:49.9	12:10	02:39:40.0
1888	3071/3991	148/227	5535	Latrice Martinez	F	45	Desoto	KS	1958	11:12	01:25:53.6	1914	13:09	01:26:13.9	12:10	02:39:40.3
1889	3072/3991	335/460	5679	Jacquelyn Dinvaut	F	34	Olathe	KS	1959	11:12	01:25:53.8	1913	13:09	01:26:13.8	12:10	02:39:41.1
1890	3073/3991	112/154	2559	Rene Meister	F	53	Lincoln	NE	2148	12:04	01:30:24.1	1664	12:19	01:20:44.0	12:11	02:39:50.0
1891	3074/3991	242/342	5476	Roya Attaie	F	42	Lincoln	NE	1492	11:17	01:17:27.1	1900	13:06	01:25:52.3	12:11	02:39:52.8
1892	3075/3991	243/342	5467	Debra Andrews	F	41	Salina	KS	1984	11:22	01:26:17.8	1875	13:01	01:25:20.8	12:11	02:39:53.7
1893	3077/3991	47/81	5686	Marcia Raymer	F	55	Omaha	NE	1185	10:26	01:13:00.9	2120	13:58	01:31:29.6	12:12	02:39:56.3
1894	3078/3991	149/227	3228	Amy Hintz	F	46	Gretna	NE	2151	12:02	01:30:26.8	1681	12:23	01:21:07.9	12:12	02:39:57.8
1895	3080/3991	26/49	628	Sue Bollwitt	F	63	Seward	NE	1884	11:28	01:24:40.1	1855	12:58	01:24:56.3	12:12	02:40:07.7
1896	3081/3991	315/435	1688	Annaliese Cloeter	F	26	Lincoln	NE	1733	11:18	01:21:46.9	1910	13:09	01:26:09.6	12:13	02:40:12.3
1897	3082/3991	203/308	5029	Samantha Ketteler	F	21	Lincoln	NE	2120	11:51	01:29:38.1	1742	12:35	01:22:29.7	12:13	02:40:12.5
1898	3083/3991	204/308	3854	Mckenzie Marshall	F	24	Omaha	NE	2127	11:53	01:29:46.6	1736	12:34	01:22:24.6	12:13	02:40:16.5
1899	3084/3991	336/460	5084	Jeannie Kliment	F	33	Valparaiso	NE	1892	11:10	01:24:51.3	1947	13:17	01:27:04.5	12:13	02:40:16.6
1900	3086/3991	66/79	5997	Shayla Cox	F	17	Louisville	NE	1891	11:23	01:24:50.3	1891	13:04	01:25:38.6	12:13	02:40:17.4
1901	3087/3991	337/460	4821	Michelle Mcknight	F	34	Plattsmouth	NE	1445	11:16	01:16:48.5	1928	13:12	01:26:30.1	12:13	02:40:20.1
1902	3089/3991	316/435	3484	Molly Krolikowski	F	29	Lincoln	NE	2339	12:45	01:37:06.8	1440	11:43	01:16:47.6	12:14	02:40:23.6
1903	3090/3991	382/486	1302	Amy Forsythe	F	35	Council Bluffs	IA	2090	11:46	01:28:56.1	1787	12:43	01:23:20.0	12:14	02:40:26.3
1904	3091/3991	383/486	1477	Amanda Brewer	F	36	Omaha	NE	1794	11:10	01:22:52.6	1961	13:20	01:27:20.8	12:14	02:40:29.9
1905	3092/3991	338/460	4165	Megan Montrie	F	32	Toledo	OH	1793	11:10	01:22:52.4	1962	13:20	01:27:20.8	12:14	02:40:30.0
1906	3093/3991	384/486	4169	Jessica Stanton	F	37	Liberty	MO	2024	11:33	01:27:16.1	1847	12:56	01:24:48.4	12:14	02:40:31.3
1907	3095/3991	244/342	1439	Marina Carter	F	42	Lincoln	NE	2082	11:48	01:28:47.1	1786	12:43	01:23:18.7	12:15	02:40:39.3
1908	3097/3991	317/435	400	Kelsie O'neill	F	26	Lincoln	NE	1493	10:59	01:17:27.7	2021	13:32	01:28:42.8	12:15	02:40:42.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1909	3098/3991	318/435	3867	Mary Beth Butterfield	F	28	Plattsmouth	NE	1945	11:40	01:25:41.6	1821	12:51	01:24:11.4	12:15	02:40:42.2
1910	3099/3991	245/342	4343	Lori Bonwell	F	44	Omaha	NE	2017	11:36	01:27:09.2	1838	12:55	01:24:37.7	12:15	02:40:42.5
1911	3100/3991	319/435	3665	Sarah Hotovy	F	25	Lincoln	NE	2076	11:46	01:28:36.5	1795	12:45	01:23:32.9	12:15	02:40:42.8
1912	3102/3991	385/486	4561	Beth Larson	F	35	Stanton	NE	1815	11:18	01:23:12.2	1931	13:14	01:26:41.7	12:15	02:40:43.3
1913	3103/3991	150/227	3281	Stacey Centarri	F	45	Omaha	NE	2168	11:56	01:30:43.5	1744	12:36	01:22:33.9	12:15	02:40:45.8
1914	3105/3991	205/308	1870	Alyssa Kenkel	F	22	Arlington	NE	1817	10:59	01:23:14.6	2027	13:33	01:28:48.7	12:15	02:40:46.4
1915	3106/3991	27/49	649	Patricia A Franks	F	63	Lincoln	NE	1629	11:30	01:19:59.3	1880	13:02	01:25:27.6	12:16	02:40:50.3
1916	3107/3991	113/154	1879	Alicia Chapelle	F	51	Lincoln	NE	2189	12:03	01:31:16.9	1713	12:29	01:21:51.1	12:16	02:40:50.7
1917	3108/3991	320/435	2135	April Urkevich	F	29	Lincoln	NE	1440	10:52	01:16:43.3	2060	13:40	01:29:36.9	12:16	02:40:52.6
1918	3109/3991	386/486	5988	Megan Miller	F	37	Lincoln	NE	2115	11:54	01:29:36.2	1762	12:39	01:22:51.9	12:16	02:40:54.6
1919	3110/3991	321/435	4379	Alyssa Walton	F	25	Lincoln	NE	1764	11:06	01:22:14.6	1998	13:27	01:28:06.7	12:16	02:40:55.4
1920	3114/3991	339/460	1555	Larissa Nelson	F	34	Omaha	NE	1650	11:08	01:20:29.5	1993	13:26	01:28:03.6	12:17	02:41:02.1
1921	3115/3991	322/435	5383	Marie Hall	F	27	Lincoln	NE	1808	11:03	01:23:03.9	2020	13:32	01:28:41.3	12:17	02:41:04.9
1922	3116/3991	48/81	3990	Marilyn Tabor	F	59	Raymond	NE	1758	11:00	01:22:11.3	2037	13:35	01:29:03.5	12:17	02:41:07.8
1923	3117/3991	387/486	2164	Amy Hendricks	F	38	Defiance	IA	2358	13:03	01:37:59.8	1364	11:32	01:15:36.4	12:17	02:41:10.1
1924	3118/3991	323/435	5030	Seara Johnson	F	27	Lincoln	NE	2137	11:55	01:30:02.7	1779	12:41	01:23:05.5	12:17	02:41:13.2
1925	3119/3991	246/342	6132	Heather Foetisch	F	42	Norwalk	IA	1922	11:19	01:25:23.3	1946	13:17	01:27:03.4	12:18	02:41:14.5
1926	3120/3991	206/308	2879	Kara Marvin	F	23	Holdrege	NE	1674	10:41	01:20:49.8	2109	13:56	01:31:16.4	12:18	02:41:17.2
1927	3121/3991	207/308	2862	Brianna Riesen	F	20	Beatrice	NE	1672	10:41	01:20:49.6	2110	13:56	01:31:16.7	12:18	02:41:17.2
1928	3123/3991	208/308	4251	Taylor Buhr	F	20	Filley	NE	1970	11:35	01:26:03.3	1878	13:02	01:25:24.1	12:18	02:41:17.9
1929	3124/3991	247/342	3679	Julie Brittenham	F	43	Lincoln	NE	1844	11:12	01:24:00.6	1988	13:25	01:27:52.8	12:18	02:41:18.1
1930	3125/3991	248/342	3678	Kia Hulvershorn	F	43	Lincoln	NE	1845	11:12	01:24:00.8	1987	13:24	01:27:52.6	12:18	02:41:18.2
1931	3126/3991	324/435	3224	Katie Ortmeier	F	25	Lincoln	NE	1990	11:37	01:26:20.9	1863	13:00	01:25:10.2	12:18	02:41:20.5
1932	3127/3991	325/435	5125	Alycia Schuler	F	25	Omaha	NE	1968	11:29	01:26:00.3	1905	13:08	01:26:02.8	12:18	02:41:21.6
1933	3128/3991	249/342	1911	Carmen Hinman	F	42	Fairbury	NE	1912	11:02	01:25:05.8	2038	13:35	01:29:04.6	12:18	02:41:23.7
1934	3130/3991	250/342	2626	Amy Kobza Deutsch	F	41	Lincoln	NE	1954	12:26	01:25:49.1	1619	12:12	01:19:59.1	12:19	02:41:28.5
1935	3131/3991	326/435	3992	Beth Schroeder	F	28	Garland	NE	1935	11:24	01:25:35.8	1935	13:14	01:26:45.5	12:19	02:41:29.5
1936	3134/3991	251/342	1080	Kim Bultsma	F	40	Omaha	NE	1928	11:29	01:25:29.3	1918	13:10	01:26:20.4	12:19	02:41:33.5
1937	3136/3991	388/486	1383	Heidi Proskocil	F	36	Ord	NE	2009	11:38	01:26:48.6	1882	13:02	01:25:28.2	12:19	02:41:40.1
1938	3137/3991	340/460	2742	Stacy Kutzli	F	34	Stanton	IA	2008	11:37	01:26:48.4	1883	13:03	01:25:29.4	12:20	02:41:41.2
1939	3138/3991	341/460	1530	Stacy Duncan	F	33	Lincoln	NE	2145	11:55	01:30:20.9	1802	12:46	01:23:40.0	12:20	02:41:46.4
1940	3140/3991	209/308	1595	Sara Beins	F	22	Lincoln	NE	1323	10:44	01:15:09.1	2117	13:57	01:31:26.0	12:20	02:41:46.7
1941	3143/3991	151/227	6265	Babs Moore	F	46	Omaha	NE	2054	11:49	01:27:52.3	1830	12:53	01:24:26.3	12:20	02:41:52.3
1942	3144/3991	252/342	5713	Tracy Poppe	F	41	Lincoln	NE	1914	11:20	01:25:08.8	1983	13:23	01:27:41.9	12:21	02:42:00.1
1943	3145/3991	210/308	6084	Rachel Schloss	F	20	Omaha	NE	1651	11:01	01:20:31.8	2067	13:42	01:29:49.7	12:21	02:42:04.1
1944	3146/3991	342/460	2974	Becky Corum	F	30	Omaha	NE	2117	12:28	01:29:37.2	1642	12:16	01:20:24.5	12:21	02:42:04.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1945	3149/3991	211/308	4786	Taylor Behmer	F	23	Lincoln	NE	1749	11:10	01:22:05.8	2034	13:35	01:28:58.8	12:22	02:42:11.6
1946	3150/3991	343/460	1050	Erin Dickey	F	31	Stromsburg	NE	1645	11:08	01:20:25.1	2047	13:37	01:29:16.4	12:22	02:42:16.0
1947	3151/3991	327/435	1708	Lauren Turner	F	28	Lincoln	NE	1902	11:20	01:24:55.4	1992	13:26	01:28:02.1	12:22	02:42:18.4
1948	3152/3991	212/308	4252	Kaci Hixson	F	23	Lincoln	NE	2001	11:27	01:26:36.8	1956	13:19	01:27:19.4	12:23	02:42:20.3
1949	3153/3991	213/308	4499	Beth Mcveigh	F	23	Lincoln	NE	1936	11:35	01:25:36.5	1924	13:11	01:26:26.7	12:23	02:42:22.0
1950	3156/3991	253/342	2351	Cari Campbell	F	43	Lincoln	NE	2133	11:42	01:29:53.6	1897	13:05	01:25:46.6	12:23	02:42:30.7
1951	3157/3991	389/486	232	Kinsey Greene	F	37	Omaha	NE	1839	11:09	01:23:49.8	2050	13:39	01:29:24.6	12:23	02:42:32.8
1952	3160/3991	344/460	1426	Stacy Williams	F	30	Lincoln	NE	1826	11:31	01:23:29.5	1948	13:18	01:27:07.6	12:24	02:42:37.3
1953	3161/3991	254/342	1974	Misti Smith	F	42	Tobias	NE	1610	11:37	01:19:27.8	1925	13:11	01:26:26.8	12:24	02:42:37.8
1954	3165/3991	328/435	5613	Danielle Molle	F	25	Omaha	NE	2121	11:48	01:29:38.2	1872	13:01	01:25:19.0	12:24	02:42:40.8
1955	3166/3991	345/460	2466	Sara Berglund	F	30	Lincoln	NE	2097	11:52	01:29:08.3	1856	12:58	01:25:00.4	12:24	02:42:45.8
1956	3167/3991	346/460	5226	Mandy Evert	F	33	Omaha	NE	2026	11:44	01:27:20.1	1902	13:07	01:25:57.7	12:25	02:42:50.0
1957	3168/3991	329/435	3832	Megan Lee	F	25	Lincoln	NE	1965	11:29	01:25:58.1	1980	13:22	01:27:36.6	12:25	02:42:50.7
1958	3169/3991	390/486	4818	Heather Noerrlinger	F	39	Syracuse	NE	1850	11:06	01:24:06.5	2082	13:46	01:30:14.0	12:26	02:43:00.8
1959	3170/3991	330/435	5615	Jenna Preusker	F	27	Battle Creek	NE	2335	12:54	01:36:56.9	1534	11:59	01:18:34.9	12:26	02:43:10.8
1960	3172/3991	152/227	1505	Michelle Moeller	F	47	Lincoln	NE	1938	11:26	01:25:37.7	2003	13:28	01:28:15.0	12:27	02:43:13.0
1961	3173/3991	153/227	4855	Christine Vu	F	49	Omaha	NE	1761	11:23	01:22:12.9	2015	13:31	01:28:34.7	12:27	02:43:13.7
1962	3175/3991	255/342	3139	Kristel Hall	F	41	Columbus	NE	1806	11:23	01:23:02.4	2022	13:32	01:28:42.8	12:27	02:43:18.4
1963	3176/3991	214/308	3826	Bailey Nelson	F	23	Lincoln	NE	1978	11:29	01:26:12.5	1994	13:26	01:28:04.5	12:27	02:43:18.4
1964	3177/3991	256/342	2641	Amy Weber	F	40	Lincoln	NE	2014	11:41	01:27:04.1	1936	13:14	01:26:47.2	12:27	02:43:19.7
1965	3178/3991	391/486	6191	Melissa Reinsch	F	39	Lincoln	NE	2181	12:05	01:31:04.2	1820	12:51	01:24:11.0	12:27	02:43:20.1
1966	3179/3991	347/460	6190	Hannah Kring	F	31	Raymond	NE	2180	12:05	01:31:03.8	1822	12:51	01:24:11.4	12:27	02:43:20.6
1967	3180/3991	348/460	3058	Courtney Hurd	F	30	Omaha	NE	1757	11:26	01:22:11.3	2010	13:29	01:28:24.6	12:27	02:43:21.0
1968	3182/3991	154/227	1962	Sherry Lawton	F	49	Lincoln	NE	2119	11:48	01:29:37.6	1903	13:07	01:25:58.6	12:27	02:43:21.6
1969	3183/3991	49/81	1177	Kimberly Thompson	F	55	Raymond	NE	1883	11:44	01:24:35.9	1923	13:11	01:26:26.6	12:27	02:43:22.6
1970	3184/3991	349/460	2748	Laura Samson	F	33	Omaha	NE	2171	11:51	01:30:47.8	1895	13:05	01:25:43.0	12:27	02:43:22.9
1971	3185/3991	392/486	2171	Melanie Mangers	F	39	Lincoln	NE	1979	11:32	01:26:12.8	1989	13:25	01:27:53.7	12:28	02:43:28.3
1972	3186/3991	257/342	822	Amy Holst	F	44	Lincoln	NE	2273	12:24	01:34:28.8	1726	12:33	01:22:14.8	12:28	02:43:29.0
1973	3187/3991	331/435	1739	Anita Schinstock	F	26	Lincoln	NE	1818	11:28	01:23:19.3	2005	13:29	01:28:21.9	12:28	02:43:32.0
1974	3188/3991	215/308	3161	Rachael Johnson	F	24	Ithaca	NE	2143	12:11	01:30:14.3	1806	12:47	01:23:45.2	12:28	02:43:36.8
1975	3189/3991	216/308	3868	Kelsi Rinke	F	24	Lincoln	NE	1670	11:02	01:20:48.3	2113	13:56	01:31:18.9	12:28	02:43:38.3
1976	3190/3991	217/308	5484	Mikaela Balfany	F	22	Lincoln	NE	1686	11:03	01:20:55.4	2111	13:56	01:31:18.5	12:29	02:43:45.0
1977	3191/3991	350/460	2617	Shannon Painter	F	32	Ainsworth	NE	1976	11:32	01:26:07.8	1999	13:27	01:28:11.6	12:29	02:43:46.2
1978	3192/3991	393/486	1465	Ginger Willson	F	39	Lincoln	NE	2224	12:02	01:31:53.1	1854	12:57	01:24:55.8	12:29	02:43:46.4
1979	3193/3991	50/81	1506	Kitsy Hage	F	56	Plattsmouth	NE	1600	11:27	01:19:18.8	2023	13:32	01:28:43.4	12:29	02:43:48.3
1980	3194/3991	258/342	694	Mary Lea Free	F	44	Hickman	NE	2006	11:39	01:26:46.6	1971	13:21	01:27:28.7	12:30	02:43:52.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1981	3195/3991	155/227	6057	Theresa Bozarth	F	47	Omaha	NE	2099	11:37	01:29:10.6	1985	13:24	01:27:47.5	12:30	02:43:57.4
1982	3196/3991	332/435	6117	Ally Little	F	25	Omaha	NE	2034	11:48	01:27:27.3	1929	13:13	01:26:40.2	12:30	02:44:00.9
1983	3198/3991	394/486	1424	Toni Cordes	F	39	Waverly	NE	1756	11:18	01:22:10.7	2072	13:44	01:29:59.5	12:30	02:44:02.8
1984	3199/3991	351/460	4943	Andrea Heiden	F	34	Lincoln	NE	2033	11:44	01:27:26.3	1949	13:18	01:27:08.6	12:30	02:44:03.5
1985	3200/3991	259/342	3684	Laila Alemzadeh	F	41	Lincoln	NE	2172	11:57	01:30:48.8	1896	13:05	01:25:43.0	12:30	02:44:03.9
1986	3202/3991	260/342	3467	Jonene Lee	F	43	Omaha	NE	2166	12:09	01:30:41.8	1833	12:53	01:24:28.8	12:31	02:44:08.9
1987	3203/3991	156/227	3510	Christine Parker	F	46	Omaha	NE	2167	12:09	01:30:42.1	1834	12:54	01:24:29.9	12:31	02:44:09.5
1988	3204/3991	333/435	2483	Katie Brown	F	27	Lincoln	NE	1300		01:14:42.2	2057	13:39	01:29:30.5	12:31	02:44:12.7
1989	3205/3991	334/435	4196	Candace Dowling	F	29	Seward	NE	1518	10:40	01:17:44.6	2201	14:24	01:34:22.1	12:31	02:44:15.6
1990	3206/3991	352/460	3640	Laura Schulz	F	30	Seward	NE	1814	11:18	01:23:09.7	2079	13:46	01:30:11.0	12:31	02:44:17.3
1991	3207/3991	335/435	3210	Sarah Kugler	F	27	Lincoln	NE	1779	11:35	01:22:33.7	2009	13:29	01:28:24.5	12:31	02:44:17.4
1992	3208/3991	353/460	3639	Ashley Siebert	F	31	Lincoln	NE	1813	11:18	01:23:09.5	2081	13:46	01:30:11.5	12:31	02:44:17.6
1993	3209/3991	354/460	6227	Tabbitha Bell	F	34	Lincoln	NE	1849	11:18	01:24:02.8	2083	13:46	01:30:16.4	12:32	02:44:23.3
1994	3211/3991	395/486	4013	Anne Fargen	F	35	Lincoln	NE	2069	11:55	01:28:31.8	1921	13:11	01:26:24.9	12:32	02:44:29.1
1995	3213/3991	261/342	3032	Tanya Roberts-Connick	F	40	North Platte	NE	2045	11:30	01:27:38.7	2043	13:36	01:29:07.8	12:33	02:44:32.8
1996	3214/3991	262/342	233	Rena Ferguson	F	43	Sioux City	IA	2067	12:12	01:28:29.8	1836	12:54	01:24:32.8	12:33	02:44:32.9
1997	3216/3991	355/460	2358	Katie Bossung	F	30	Lincoln	NE	1962	11:45	01:25:55.8	1981	13:22	01:27:38.6	12:33	02:44:37.5
1998	3217/3991	396/486	2857	Abi Henke	F	38	Lincoln	NE	2144	12:03	01:30:20.6	1893	13:04	01:25:39.9	12:33	02:44:37.8
1999	3218/3991	356/460	5126	Lauren Ruby	F	34	Omaha	NE	2102	12:12	01:29:17.9	1840	12:55	01:24:41.7	12:33	02:44:40.0
2000	3219/3991	157/227	5847	Jenny Lapoint	F	45	Omaha	NE	2103	12:12	01:29:18.1	1841	12:56	01:24:42.8	12:33	02:44:40.5
2001	3220/3991	218/308	3333	Sarah Carothers	F	24	Lincoln	NE	1781	11:11	01:22:36.1	2116	13:57	01:31:25.1	12:33	02:44:41.0
2002	3221/3991	114/154	3393	Barbara Perry	F	51	Lincoln	NE	2218	12:06	01:31:41.3	1874	13:01	01:25:19.9	12:33	02:44:41.7
2003	3222/3991	158/227	6087	Cordelia Hytrek	F	46	Omaha	NE	2170	11:54	01:30:45.7	1933	13:14	01:26:43.1	12:34	02:44:46.3
2004	3223/3991	357/460	5367	Amanda Wiegert	F	34	Lincoln	NE	2292	12:34	01:35:10.3	1735	12:34	01:22:23.7	12:34	02:44:46.5
2005	3224/3991	115/154	5206	Donna Bernhardt	F	51	Marion	KS	1920	11:33	01:25:21.6	2045	13:36	01:29:10.3	12:34	02:44:50.1
2006	3226/3991	336/435	5288	Jordan Wagner	F	28	Lincoln	NE	2092	11:45	01:29:00.3	1984	13:24	01:27:47.5	12:34	02:44:51.0
2007	3228/3991	397/486	3605	Donna Ramsey	F	37	Lincoln	NE	2298	12:37	01:35:21.9	1733	12:34	01:22:22.1	12:35	02:45:03.4
2008	3229/3991	159/227	4589	Kari Baker	F	46	Stromsburg	NE	1953	11:52	01:25:48.7	1954	13:19	01:27:17.1	12:35	02:45:04.5
2009	3230/3991	263/342	3858	Sharla Yates	F	43	Lincoln	NE	1961	11:45	01:25:55.6	2000	13:28	01:28:12.6	12:36	02:45:11.3
2010	3231/3991	337/435	4563	Amber Novotny	F	27	Lincoln	NE	1775	11:16	01:22:30.6	2112	13:56	01:31:18.9	12:36	02:45:12.2
2011	3232/3991	338/435	4223	Jessica Sorensen	F	25	Lincoln	NE	2042	11:54	01:27:35.4	1952	13:19	01:27:14.9	12:36	02:45:12.8
2012	3233/3991	339/435	4222	Cara Beaty	F	25	Lincoln	NE	2041	11:54	01:27:35.2	1955	13:19	01:27:17.9	12:36	02:45:15.8
2013	3234/3991	160/227	1640	Susan Townsend	F	49	Lincoln	NE	2002	11:53	01:26:41.1	1963	13:20	01:27:21.2	12:36	02:45:16.3
2014	3235/3991	358/460	5199	Nicole Pischel	F	34	Lincoln	NE	2087	12:10	01:28:52.8	1887	13:03	01:25:34.4	12:36	02:45:18.7
2015	3236/3991	161/227	3324	Christine Neighbors	F	49	Lincoln	NE	2052	11:32	01:27:48.3	2065	13:42	01:29:46.2	12:37	02:45:23.6
2016	3237/3991	264/342	4265	Ayn Eklund	F	41	Webster City	IA	2188	11:59	01:31:14.4	1940	13:16	01:26:54.1	12:37	02:45:29.4



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2017	3238/3991	398/486	1514	Keely Rennie-Tucker	F	37	Lincoln	NE	2234	12:11	01:32:10.1	1890	13:04	01:25:37.0	12:37	02:45:30.7
2018	3239/3991	399/486	2000	Jamie Barrett	F	35	Lincoln	NE	1987	11:47	01:26:20.8	2002	13:28	01:28:14.3	12:37	02:45:30.9
2019	3240/3991	400/486	2825	Sarah Landretti	F	36	Lincoln	NE	2111	11:49	01:29:32.1	1996	13:26	01:28:04.6	12:37	02:45:31.1
2020	3241/3991	401/486	5963	Julie Lauritzen	F	38	Lincoln	NE	2112	11:49	01:29:32.1	1995	13:26	01:28:04.6	12:37	02:45:31.3
2021	3242/3991	28/49	1852	Sandi Baehr	F	62	Adams	NE	2138	11:57	01:30:09.4	1951	13:18	01:27:12.3	12:37	02:45:31.5
2022	3243/3991	402/486	2052	Brandy Stolle	F	39	Lincoln	NE	2058	11:44	01:28:05.3	2018	13:31	01:28:35.8	12:37	02:45:33.0
2023	3245/3991	340/435	5061	Kati Kilcoin	F	27	Omaha	NE	1799	11:16	01:22:57.1	2130	14:00	01:31:45.7	12:38	02:45:37.3
2024	3246/3991	219/308	4367	Britta Robinson	F	24	Ithaca	NE	1837	11:00	01:23:48.6	2175	14:16	01:33:28.2	12:38	02:45:37.6
2025	3247/3991	116/154	3611	Sharon Mulder	F	54	Firth	NE	1836	11:00	01:23:46.3	2177	14:16	01:33:30.1	12:38	02:45:38.2
2026	3248/3991	162/227	2582	Crystal Bowman	F	45	Firth	NE	1835	11:00	01:23:46.3	2178	14:16	01:33:30.2	12:38	02:45:38.5
2027	3249/3991	163/227	5264	Mary Ann Castillo	F	45	Lincoln	NE	1801	11:28	01:23:00.1	2092	13:49	01:30:31.5	12:38	02:45:40.2
2028	3250/3991	359/460	3010	Jennifer Shaw	F	32	Lincoln	NE	1848	11:11	01:24:01.8	2151	14:05	01:32:21.2	12:38	02:45:41.6
2029	3251/3991	220/308	4190	Tara Asgarpoor	F	24	Lincoln	NE	2079	11:48	01:28:38.1	2004	13:29	01:28:20.6	12:38	02:45:42.4
2030	3253/3991	221/308	5400	Mckenzie Geiken	F	22	Gothenburg	NE	1868	11:14	01:24:22.3	2147	14:05	01:32:17.3	12:39	02:45:53.7
2031	3254/3991	341/435	4671	Erin Mcnamara	F	26	Lincoln	NE	2094	11:45	01:29:03.6	2033	13:34	01:28:57.6	12:39	02:45:57.0
2032	3256/3991	265/342	586	Renee Wanderscheid	F	44	Omaha	NE	2301	12:39	01:35:29.1	1777	12:40	01:23:02.4	12:39	02:45:57.3
2033	3257/3991	403/486	5242	Julie Honaker	F	39	Lincoln	NE	2029	11:31	01:27:20.6	2090	13:48	01:30:28.4	12:39	02:45:59.6
2034	3258/3991	360/460	765	Katie Penas	F	32	Lincoln	NE	1782	10:51	01:22:36.7	2218	14:28	01:34:50.4	12:39	02:46:00.9
2035	3260/3991	404/486	2369	Jaci Klein	F	38	Lincoln	NE	1996	11:32	01:26:26.4	2093	13:49	01:30:33.1	12:40	02:46:05.8
2036	3261/3991	405/486	4224	Kelly Tanzer	F	35	Omaha	NE	2011	11:48	01:26:51.8	2025	13:33	01:28:46.8	12:40	02:46:09.4
2037	3262/3991	406/486	4091	Elizabeth Kavan	F	37	Juniata	NE	2068	11:43	01:28:31.3	2049	13:38	01:29:20.4	12:40	02:46:11.4
2038	3263/3991	342/435	6308	Nichelle Geis	F	25	Lincoln	NE	2288	12:25	01:34:53.8	1846	12:56	01:24:48.0	12:40	02:46:13.1
2039	3264/3991	343/435	4784	Rebecca Voelker	F	29	Lincoln	NE	2214	12:08	01:31:39.5	1932	13:14	01:26:42.8	12:40	02:46:14.6
2040	3267/3991	361/460	5681	Tina Janak	F	32	David City	NE	2202	12:04	01:31:28.7	1958	13:20	01:27:20.5	12:41	02:46:26.3
2041	3268/3991	362/460	5730	Andrea Meysenburg	F	33	David City	NE	2203	12:04	01:31:28.8	1960	13:20	01:27:20.7	12:41	02:46:26.3
2042	3269/3991	266/342	6007	Kathyrine L'heureux	F	41	Lincoln	WI	1882	11:25	01:24:35.7	2125	13:59	01:31:39.1	12:41	02:46:28.3
2043	3270/3991	267/342	4953	Richelle Koop	F	41	Wallace	NE	2303	12:36	01:35:30.7	1811	12:48	01:23:54.8	12:41	02:46:28.6
2044	3271/3991	222/308	5978	Julie Kreikemeier	F	24	Columbus	NE	2043	11:36	01:27:36.4	2091	13:49	01:30:29.9	12:41	02:46:28.8
2045	3272/3991	268/342	1729	Monica Pomajzl	F	40	Lincoln	NE	1877	11:25	01:24:33.6	2127	13:59	01:31:41.6	12:42	02:46:29.0
2046	3273/3991	269/342	6038	Lauri Chandler	F	40	Pleasanton	NE	1878	11:25	01:24:33.8	2128	13:59	01:31:41.7	12:42	02:46:29.5
2047	3274/3991	363/460	2820	Lyndsey Reddish	F	31	Lincoln	NE	2277	12:29	01:34:35.7	1843	12:56	01:24:45.6	12:42	02:46:35.7
2048	3276/3991	364/460	359	Tiffany Buss	F	34	Lincoln	NE	1873	11:20	01:24:28.7	2148	14:05	01:32:17.7	12:42	02:46:35.8
2049	3278/3991	365/460	4073	Lindsey Larson	F	34	Lincoln	NE	1612	11:38	01:19:31.8	2089	13:48	01:30:26.7	12:42	02:46:39.7
2050	3279/3991	223/308	4697	Mary Hawk	F	22	Lincoln	NE	2031	11:33	01:27:23.4	2104	13:54	01:31:07.9	12:43	02:46:48.7
2051	3280/3991	29/49	536	Carolyn Volkmer	F	61	Syracuse	NE	2306	12:39	01:35:34.5	1809	12:48	01:23:51.7	12:43	02:46:49.6
2052	3281/3991	224/308	6079	Hannah Schwartz	F	24	Lincoln	NE	1998	11:33	01:26:28.4	2105	13:54	01:31:09.0	12:43	02:46:53.5

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2053	3282/3991	270/342	3795	Stacy Zoucha	F	43	Omaha	NE	1771	11:04	01:22:27.6	2202	14:24	01:34:23.9	12:43	02:46:54.1
2054	3283/3991	117/154	1323	Angela Ruppert	F	54	Mccook	NE	2107	12:08	01:29:28.7	1957	13:20	01:27:20.4	12:43	02:46:54.8
2055	3284/3991	344/435	4731	Michaela Lucas	F	28	Omaha	NE	1993	11:49	01:26:22.1	2054	13:39	01:29:28.5	12:43	02:46:55.0
2056	3285/3991	366/460	2051	Deanna Kelley	F	31	Lincoln	NE	2106	12:08	01:29:28.5	1959	13:20	01:27:20.6	12:44	02:46:55.5
2057	3286/3991	225/308	2087	Crysta Chalupa	F	24	Omaha	NE	1946	11:39	01:25:42.4	2095	13:50	01:30:37.4	12:44	02:46:56.6
2058	3287/3991	345/435	4683	Emily Brich	F	26	Omaha	NE	2063	11:43	01:28:15.5	2080	13:46	01:30:11.1	12:44	02:46:57.8
2059	3289/3991	164/227	6258	Norma Rieck	F	45	Lincoln	NE	2134	11:49	01:29:55.2	2056	13:39	01:29:29.4	12:44	02:46:58.9
2060	3290/3991	346/435	2652	Cassie Scoblic	F	26	Omaha	NE	2049	11:48	01:27:45.3	2069	13:42	01:29:49.9	12:45	02:47:08.6
2061	3293/3991	271/342	2678	Wendy Mar	F	41	Lincoln	NE	2163	12:09	01:30:32.6	1974	13:21	01:27:31.9	12:45	02:47:13.1
2062	3294/3991	367/460	1663	Gwyneth Roberts	F	33	Lincoln	NE	2162	12:09	01:30:31.4	1975	13:22	01:27:33.1	12:45	02:47:13.1
2063	3295/3991	347/435	2840	Liz Koepp	F	26	Omaha	NE	2050	11:48	01:27:46.1	2070	13:43	01:29:54.5	12:45	02:47:14.1
2064	3298/3991	165/227	2947	Alicia Vinduska	F	46	Plattsmouth	NE	1957	11:21	01:25:51.2	2159	14:11	01:32:54.5	12:45	02:47:16.8
2065	3299/3991	272/342	4782	Sheri Hammett	F	44	Lincoln	NE	1973	11:30	01:26:07.3	2133	14:02	01:31:55.1	12:45	02:47:18.0
2066	3300/3991	348/435	4502	Kristen Chadek	F	25	Waverly	NE	1937	11:48	01:25:36.5	2073	13:44	01:30:00.7	12:45	02:47:20.1
2067	3302/3991	67/79	5649	Johnna Guernsey	F	18	Lincoln	NE	2123	12:01	01:29:43.8	2017	13:31	01:28:35.7	12:46	02:47:22.6
2068	3303/3991	226/308	4666	Paige Valentine	F	22	Lincoln	NE	1834	11:17	01:23:44.6	2179	14:16	01:33:33.2	12:46	02:47:27.9
2069	3304/3991	349/435	3384	Kathryn Spader	F	26	Lincoln	NE	2025	11:33	01:27:16.7	2131	14:00	01:31:46.0	12:46	02:47:28.1
2070	3306/3991	227/308	3810	Becky Squiers	F	23	Kearney	NE	2128	11:53	01:29:46.8	2063	13:41	01:29:43.0	12:47	02:47:35.6
2071	3307/3991	407/486	6050	Kimmy Renshaw	F	38	Omaha	NE	2098	11:37	01:29:10.6	2119	13:57	01:31:27.9	12:47	02:47:37.4
2072	3308/3991	350/435	1719	Kristina Juarez	F	28	Omaha	NE	2219	12:01	01:31:41.7	2031	13:34	01:28:55.2	12:47	02:47:38.5
2073	3309/3991	408/486	5655	Rachel Zeleny	F	36	Sergeant Bluff	IA	1871	11:09	01:24:28.1	2208	14:26	01:34:34.8	12:47	02:47:41.7
2074	3310/3991	368/460	5925	Cheri Gehling	F	34	Sergeant Bluff	IA	1870	11:09	01:24:27.9	2209	14:26	01:34:34.8	12:47	02:47:41.8
2075	3312/3991	351/435	5510	Raelee Eicke	F	28	Colorado Springs	NE	2248	12:15	01:32:49.1	1967	13:20	01:27:25.7	12:47	02:47:43.3
2076	3313/3991	409/486	2053	Lavae Hargrave	F	36	Bellevue	NE	2177	12:01	01:30:58.3	2032	13:34	01:28:56.3	12:47	02:47:45.2
2077	3314/3991	410/486	2049	Michelle Bales	F	38	Lincoln	NE	2176	12:01	01:30:58.3	2036	13:35	01:29:02.0	12:48	02:47:50.7
2078	3315/3991	228/308	5688	Becky Cook	F	24	Omaha	NE	1665	11:04	01:20:45.6	2237	14:33	01:35:19.3	12:48	02:47:51.3
2079	3316/3991	411/486	1868	Aimee Hough	F	38	Omaha	NE	1332	11:04	01:15:18.5	2238	14:33	01:35:22.0	12:48	02:47:54.4
2080	3317/3991	352/435	5195	Hannah Jessen	F	28	O'neill	NE	1741	11:46	01:21:58.9	2098	13:52	01:30:53.3	12:49	02:48:01.6
2081	3318/3991	229/308	548	Brittany Jennings	F	24	Lincoln	NE	1833	11:47	01:23:40.5	2097	13:52	01:30:50.6	12:49	02:48:01.9
2082	3320/3991	412/486	2207	Jennie Korth	F	37	Lincoln	NE	2065	12:13	01:28:18.4	1997	13:26	01:28:05.5	12:49	02:48:12.3
2083	3321/3991	353/435	5631	Stephanie Ayars	F	26	Omaha	NE	2003	11:40	01:26:41.1	2129	14:00	01:31:42.3	12:49	02:48:13.0
2084	3322/3991	273/342	1410	Patty Mundorf	F	43	Lincoln	NE	2028	11:53	01:27:20.6	2086	13:47	01:30:21.6	12:49	02:48:13.6
2085	3323/3991	30/49	739	Rita Carlsson	F	63	Papillion	NE	1853	11:53	01:24:07.6	2088	13:47	01:30:22.5	12:50	02:48:14.7
2086	3324/3991	230/308	4182	Pamela Hartley	F	24	Manhattan	KS	2061	11:53	01:28:13.9	2087	13:47	01:30:21.9	12:50	02:48:15.6
2087	3325/3991	354/435	3656	Jhordan Elsberry	F	29	Lincoln	NE	2225	11:57	01:31:54.3	2074	13:44	01:30:01.1	12:50	02:48:18.3
2088	3326/3991	355/435	2325	Cassandra Sell	F	28	Lincoln	NE	1632	11:14	01:20:00.9	2215	14:27	01:34:43.6	12:50	02:48:19.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2089	3327/3991	356/435	282	Alyssa Morris	F	26	Omaha	NE	1986	11:37	01:26:19.7	2139	14:04	01:32:09.4	12:50	02:48:19.2
2090	3328/3991	369/460	1910	Carolina Nikolic	F	32	Lincoln	NE	2249	12:12	01:32:50.1	2011	13:30	01:28:27.9	12:50	02:48:23.8
2091	3329/3991	370/460	4267	Lindsey Busch	F	32	Topeka	KS	2132	11:58	01:29:50.1	2076	13:44	01:30:02.5	12:50	02:48:26.1
2092	3330/3991	357/435	5003	Mikaela Klein	F	25	Grand Island	NE	2295	12:36	01:35:21.3	1899	13:06	01:25:51.8	12:51	02:48:28.3
2093	3331/3991	231/308	3531	Ashley Janssen	F	24	Lincoln	NE	1821	11:03	01:23:21.5	2254	14:39	01:36:01.2	12:51	02:48:28.5
2094	3332/3991	413/486	3954	Keri Homolka	F	37	Columbus	NE	1851	11:30	01:24:07.1	2167	14:14	01:33:16.0	12:51	02:48:35.6
2095	3333/3991	371/460	1895	Mary King	F	34	Lincoln	NE	2101	12:02	01:29:16.6	2066	13:42	01:29:47.1	12:51	02:48:36.5
2096	3334/3991	274/342	3971	Kelly Lindstrom	F	44	Chicago	IL	1731	11:42	01:21:45.1	2136	14:03	01:32:02.4	12:52	02:48:45.8
2097	3335/3991	358/435	2390	Megan Bollish	F	27	Lincoln	NE	1997	11:41	01:26:26.6	2146	14:05	01:32:16.4	12:52	02:48:49.8
2098	3337/3991	68/79	3102	Kara Papke	F	18	Cortland	NE	2205	12:23	01:31:32.1	1986	13:24	01:27:48.6	12:53	02:48:57.8
2099	3338/3991	31/49	599	Janice Beethe	F	63	Burr	NE	2187	12:02	01:31:14.3	2078	13:45	01:30:08.8	12:53	02:48:58.5
2100	3339/3991	275/342	2855	Katie Comer	F	40	Grand Island	NE	2005	11:41	01:26:44.5	2152	14:06	01:32:27.4	12:53	02:48:59.5
2101	3340/3991	372/460	6304	Amanda Reimers	F	31	Randolph	NE	1885	11:51	01:24:41.7	2114	13:56	01:31:19.6	12:53	02:49:01.1
2102	3341/3991	414/486	5058	Rebecca Stevens	F	36	Lincoln	NE	2201	12:11	01:31:28.1	2046	13:37	01:29:12.7	12:53	02:49:01.2
2103	3342/3991	276/342	1520	Peggy Cline	F	44	Lincoln	NE	2222	12:19	01:31:44.1	2006	13:29	01:28:22.6	12:53	02:49:04.1
2104	3343/3991	166/227	4108	Julie Eilers	F	45	Lincoln	NE	2240	12:13	01:32:27.8	2039	13:36	01:29:05.0	12:54	02:49:09.5
2105	3344/3991	373/460	2896	Teresa Smith	F	31	Lincoln	NE	2122	11:58	01:29:41.3	2096	13:51	01:30:43.0	12:54	02:49:11.0
2106	3345/3991	69/79	5972	Lauren Taylor	F	18	Raymond	NE	2236	12:30	01:32:17.3	1953	13:19	01:27:16.4	12:54	02:49:12.1
2107	3347/3991	374/460	4085	Tiffany Naccarato	F	33	Winfield	KS	2019	12:14	01:27:09.6	2044	13:36	01:29:08.0	12:54	02:49:18.7
2108	3348/3991	359/435	5228	Lindsey Ayles	F	28	Bellevue	NE	2012	11:38	01:26:53.7	2168	14:14	01:33:17.0	12:55	02:49:29.4
2109	3349/3991	167/227	3595	Kay Defreece	F	48	Nebraska City	NE	1947	12:07	01:25:42.8	2075	13:44	01:30:02.1	12:55	02:49:30.2
2110	3351/3991	118/154	5178	Wanda Isaacson	F	50	Raymond	NE	1969	11:21	01:26:02.8	2232	14:31	01:35:08.0	12:56	02:49:33.1
2111	3352/3991	360/435	1399	Micaela Lewis	F	27	Lincoln	NE	2096	11:55	01:29:04.1	2122	13:58	01:31:30.0	12:56	02:49:33.3
2112	3353/3991	232/308	4236	Kate Bean	F	24	Omaha	NE	2078	11:48	01:28:37.9	2144	14:04	01:32:14.6	12:56	02:49:36.1
2113	3354/3991	168/227	4642	Rebecca Buchmann	F	49	Lincoln	NE	2118	11:48	01:29:37.2	2149	14:05	01:32:20.2	12:56	02:49:42.9
2114	3355/3991	70/79	4173	Caroline Hoffman	F	16	Fort Leavenworth	KS	2183	12:36	01:31:05.7	1950	13:18	01:27:11.0	12:56	02:49:43.5
2115	3357/3991	32/49	5192	Paula Gooder	F	60	Seward	NE	2354	12:52	01:37:52.1	1879	13:02	01:25:27.1	12:57	02:49:46.3
2116	3358/3991	119/154	4968	Joyce Tontegode	F	52	Lincoln	NE	2260	12:27	01:33:26.2	2001	13:28	01:28:12.7	12:57	02:49:50.2
2117	3359/3991	233/308	5697	Taylor Hart	F	22	Lincoln	NE	1974	11:41	01:26:07.7	2165	14:14	01:33:15.1	12:57	02:49:53.0
2118	3362/3991	169/227	2588	Michelle Winklepleck	F	46	Lincoln	NE	2013	12:18	01:27:01.9	2053	13:39	01:29:27.5	12:58	02:50:02.4
2119	3364/3991	277/342	4234	Heather Rhoadarmer	F	42	Lincoln	NE	2296	12:37	01:35:21.5	1968	13:20	01:27:25.9	12:58	02:50:07.6
2120	3365/3991	33/49	5909	Sarah Crose	F	62	Lincoln	NE	2281	12:32	01:34:44.1	1991	13:26	01:28:00.4	12:58	02:50:07.8
2121	3366/3991	375/460	4235	Laura Albertson	F	30	Lincoln	NE	2297	12:37	01:35:21.6	1969	13:20	01:27:25.9	12:58	02:50:08.9
2122	3368/3991	120/154	5980	Lori Bradley	F	52	Wichita	KS	2252	12:19	01:32:58.7	2058	13:40	01:29:32.3	12:59	02:50:13.3
2123	3369/3991	234/308	4896	Kathy Do	F	22	Lincoln	NE	2247	12:24	01:32:49.1	2035	13:35	01:28:59.4	12:59	02:50:15.8
2124	3371/3991	51/81	1733	Jennifer Diaz	F	55	Lincoln	NE	2360	12:56	01:38:09.6	1892	13:04	01:25:39.1	12:59	02:50:22.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2125	3372/3991	361/435	3198	Tina McMichen	F	26	Lincoln	NE	2258	12:24	01:33:25.8	2041	13:36	01:29:05.0	12:59	02:50:24.1
2126	3373/3991	376/460	5026	Jessica Vest	F	34	Lincoln	NE	2259	12:24	01:33:25.9	2040	13:36	01:29:05.0	12:59	02:50:24.4
2127	3374/3991	415/486	1431	Nicki Michel	F	38	Eagle	NE	1995	11:28	01:26:24.1	2236	14:32	01:35:15.2	13:00	02:50:25.7
2128	3375/3991	235/308	4658	Alexa Teel	F	24	Lincoln	NE	2088	12:14	01:28:53.1	2085	13:46	01:30:16.7	13:00	02:50:27.7
2129	3376/3991	236/308	4544	Amber Jordan	F	24	Lincoln	NE	2089	12:14	01:28:53.6	2084	13:46	01:30:16.7	13:00	02:50:27.9
2130	3378/3991	377/460	5781	Tiffany Pusateri	F	31	Bennet	NE							13:00	02:50:33.0
2131	3379/3991	378/460	5826	Nicole Trevena Flores	F	32	Lincoln	NE	2231	12:31	01:32:03.8	2013	13:31	01:28:34.5	13:00	02:50:34.5
2132	3380/3991	237/308	5809	Abigail Trevena	F	20	Lincoln	NE	2230	12:31	01:32:03.8	2014	13:31	01:28:34.5	13:00	02:50:34.9
2133	3381/3991	52/81	1998	Marla Nissen	F	59	Lincoln	NE	2341	12:52	01:37:11.1	1915	13:10	01:26:15.3	13:00	02:50:36.2
2134	3382/3991	416/486	6049	Kristin Chmelka	F	35	Lincoln	NE	2178	11:59	01:31:02.6	2135	14:03	01:32:02.2	13:00	02:50:37.1
2135	3383/3991	362/435	3223	Karisa Malchow	F	25	Omaha	NE	1828	12:04	01:23:31.1	2124	13:58	01:31:33.6	13:01	02:50:41.2
2136	3385/3991	417/486	3911	Nickie Dillavou	F	35	Lincoln	NE	2048	11:25	01:27:44.6	2253	14:38	01:35:52.2	13:01	02:50:41.6
2137	3386/3991	71/79	4518	Danielle Vlcek	F	19	Palmyra	NE	1647	10:58	01:20:28.8	2319	15:04	01:38:46.4	13:01	02:50:41.9
2138	3387/3991	238/308	1838	Madi Sharp	F	21	Waverly	NE	1648	10:58	01:20:29.3	2320	15:04	01:38:46.5	13:01	02:50:42.7
2139	3388/3991	239/308	5504	Courtney Trampe	F	23	Ord	NE	1841	11:40	01:23:50.6	2198	14:23	01:34:17.5	13:01	02:50:43.8
2140	3389/3991	240/308	5743	Amanda Abbott	F	21	Lincoln	NE	1840	11:40	01:23:50.4	2199	14:23	01:34:17.8	13:01	02:50:44.1
2141	3390/3991	418/486	737	Natalie Erb	F	37	Lincoln	NE	1852	11:53	01:24:07.6	2158	14:10	01:32:51.7	13:01	02:50:44.3
2142	3391/3991	53/81	4720	Alicia Harlow	F	55	Waterloo	NE	1725	11:21	01:21:40.2	2264	14:42	01:36:23.6	13:01	02:50:44.4
2143	3392/3991	241/308	5954	Marysha Brown	F	24	Lavista	NE	2113	11:53	01:29:34.1	2157	14:10	01:32:51.0	13:01	02:50:45.0
2144	3393/3991	419/486	4243	Amanda Taylor	F	36	Kearney	NE	2204	12:20	01:31:30.9	2071	13:43	01:29:54.5	13:01	02:50:46.4
2145	3394/3991	363/435	5263	Erin Soper	F	26	Lincoln	NE	2251	12:22	01:32:58.3	2064	13:42	01:29:45.6	13:01	02:50:46.8
2146	3395/3991	278/342	5814	Penny Havelka	F	40	Lincoln	NE	1601	11:06	01:19:20.6	2308	14:58	01:38:05.2	13:01	02:50:49.9
2147	3397/3991	242/308	261	Megan Beaner	F	24	Lincoln	NE	2091	12:12	01:28:56.3	2102	13:53	01:30:59.8	13:02	02:50:58.5
2148	3398/3991	379/460	2068	Ashley Ulmer	F	31	Sutton	NE	2226	12:09	01:31:55.8	2115	13:57	01:31:23.2	13:02	02:51:00.1
2149	3399/3991	243/308	2256	Carmen Erway	F	22	Lincoln	NE	2159	11:55	01:30:30.5	2160	14:11	01:32:56.1	13:02	02:51:01.9
2150	3400/3991	380/460	2280	Jessica Fern	F	33	Lincoln	NE	2232	12:13	01:32:07.3	2099	13:53	01:30:58.6	13:02	02:51:02.2
2151	3401/3991	381/460	1342	Lisa Brunssen	F	34	Springfield	NE	2072	11:39	01:28:33.1	2213	14:27	01:34:42.3	13:03	02:51:04.5
2152	3403/3991	279/342	1263	Jennifer Richardson	F	41	Elkhorn	NE	2080	11:40	01:28:39.3	2210	14:26	01:34:37.9	13:03	02:51:05.6
2153	3404/3991	420/486	2746	Melissa Todd	F	36	Lincoln	NE	2046	12:11	01:27:39.5	2108	13:55	01:31:12.4	13:03	02:51:06.3
2154	3405/3991	244/308	2254	Camilla Erway	F	20	Bennet	NE	2155	11:55	01:30:29.1	2162	14:12	01:33:03.4	13:03	02:51:07.0
2155	3407/3991	245/308	4971	Jill Olson	F	21	Lincoln	NE	2095	12:03	01:29:03.6	2150	14:05	01:32:20.6	13:04	02:51:18.6
2156	3408/3991	121/154	5669	Tammy Witt	F	52	Kearney	NE							13:04	02:51:19.5
2157	3409/3991	382/460	5905	Mandy Lies	F	32	St. George	KS	1459	10:57	01:16:59.2	2337	15:11	01:39:32.6	13:04	02:51:22.1
2158	3411/3991	364/435	2395	Mandy Troyer	F	28	Milford	NE	1994	11:39	01:26:23.1	2227	14:30	01:35:01.0	13:04	02:51:26.0
2159	3412/3991	421/486	5376	Missie Kavan	F	39	Colon	NE	2233	12:12	01:32:07.4	2118	13:57	01:31:26.9	13:04	02:51:27.4
2160	3414/3991	34/49	1002	Sue Krogman	F	61	Panama	NE	2004	11:56	01:26:42.7	2172	14:15	01:33:22.3	13:05	02:51:37.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2161	3416/3991	365/435	3455	Caitlin Wolfe	F	27	Lincoln	NE	2317	12:57	01:36:02.1	1938	13:15	01:26:49.7	13:05	02:51:39.1
2162	3417/3991	280/342	2569	Jackie Muir	F	40	Lincoln	NE	2055	11:43	01:27:55.2	2225	14:30	01:34:59.1	13:06	02:51:49.2
2163	3418/3991	54/81	3067	Kim Troutt	F	59	Martell	NE	2220	11:59	01:31:41.8	2171	14:15	01:33:21.3	13:06	02:51:53.0
2164	3419/3991	246/308	4687	Aurora Williams	F	20	Papillion	NE	1824	11:21	01:23:26.2	2294	14:52	01:37:28.5	13:06	02:51:54.5
2165	3420/3991	281/342	5951	Robyn Jernigan	F	40	Omaha	NE	2348	12:55	01:37:32.1	1966	13:20	01:27:23.1	13:07	02:52:01.4
2166	3421/3991	282/342	5868	Chris Dunn	F	43	Omaha	NE	2349	12:55	01:37:32.6	1964	13:20	01:27:22.9	13:07	02:52:01.5
2167	3423/3991	383/460	2978	Kendra Rolfes	F	30	Lincoln	NE	1730	11:55	01:21:43.6	2188	14:20	01:33:59.1	13:07	02:52:05.0
2168	3424/3991	247/308	5403	Riley Lyons	F	23	Plattsmouth	NE	2195	12:18	01:31:22.6	2121	13:58	01:31:29.8	13:07	02:52:06.4
2169	3425/3991	248/308	6301	Kayla Sayer	F	24	Bellevue	NE	2194	12:18	01:31:21.9	2123	13:58	01:31:30.3	13:07	02:52:07.4
2170	3427/3991	55/81	4262	Chris Gauger	F	59	Portland	OR	2217	12:12	01:31:40.1	2145	14:05	01:32:16.3	13:08	02:52:15.8
2171	3428/3991	3/5	4216	Kay Herber	F	66	Fort Smith	AR	2369	12:57	01:38:16.1	1973	13:21	01:27:31.2	13:09	02:52:23.6
2172	3429/3991	170/227	1447	Debra Jones	F	46	Lincoln	NE	2147	12:04	01:30:23.7	2170	14:15	01:33:21.1	13:09	02:52:26.4
2173	3432/3991	366/435	5434	Becca Loman	F	27	Sioux Falls	SD	1854	11:18	01:24:07.6	2316	15:04	01:38:44.6	13:10	02:52:46.5
2174	3433/3991	171/227	3366	Isabel Velazquez	F	46	Lincoln	NE	2086	11:51	01:28:52.8	2230	14:30	01:35:04.0	13:10	02:52:47.1
2175	3434/3991	56/81	2514	Peggy Judge	F	59	Berrien Springs	MI	2093	11:50	01:29:02.4	2234	14:32	01:35:14.9	13:10	02:52:48.8
2176	3435/3991	283/342	4795	Tracy Simmerman	F	44	Plattsmouth	NE	2238	12:22	01:32:19.6	2134	14:02	01:31:58.9	13:11	02:53:00.7
2177	3436/3991	367/435	5336	Kindra Brooke	F	26	Lincoln	NE	1646	11:24	01:20:28.3	2310	15:00	01:38:18.0	13:11	02:53:01.0
2178	3437/3991	249/308	2612	Erin Angeli	F	24	Lincoln	NE	1960	11:57	01:25:55.2	2216	14:27	01:34:44.5	13:12	02:53:04.2
2179	3438/3991	57/81	725	Kim Panko	F	58	Burr	NE	2389	13:16	01:39:00.4	1907	13:08	01:26:06.7	13:12	02:53:05.1
2180	3439/3991	284/342	1839	Diana Shum	F	43	Lincoln	NE	1866	11:41	01:24:21.2	2266	14:43	01:36:29.9	13:12	02:53:06.0
2181	3440/3991	384/460	5630	Michelle West	F	34	Lincoln	NE	2130	11:58	01:29:48.8	2214	14:27	01:34:42.4	13:12	02:53:08.2
2182	3441/3991	250/308	6041	Madison Hespen	F	23	Fremont	NE	2000	11:37	01:26:32.3	2287	14:50	01:37:10.9	13:13	02:53:18.6
2183	3442/3991	172/227	2902	Jolene Deinert	F	48	Raymond	NE	2141	12:11	01:30:13.1	2173	14:15	01:33:25.3	13:13	02:53:19.7
2184	3443/3991	122/154	2799	Terri Chmelka	F	50	Valparaiso	NE	2139	12:11	01:30:12.1	2174	14:15	01:33:26.3	13:13	02:53:19.9
2185	3444/3991	285/342	4994	Janet Nuss	F	41	Lincoln	NE	1999	11:45	01:26:29.2	2262	14:42	01:36:21.4	13:13	02:53:21.5
2186	3445/3991	286/342	2995	Janelle Benes	F	43	Valparaiso	NE	2140	12:11	01:30:12.3	2176	14:16	01:33:28.9	13:13	02:53:23.1
2187	3447/3991	368/435	3181	Elizabeth Rutledge	F	28	Lincoln	NE	2160	12:01	01:30:30.6	2223	14:29	01:34:58.1	13:15	02:53:44.2
2188	3448/3991	369/435	3851	Liz Schaefer	F	25	Lincoln	NE	2161	12:01	01:30:30.8	2224	14:29	01:34:58.4	13:15	02:53:44.3
2189	3450/3991	173/227	793	Susan Steider	F	49	Lincoln	NE	2337	12:58	01:37:03.7	2024	13:33	01:28:46.1	13:15	02:53:48.3
2190	3451/3991	251/308	5458	Macy Gotschall	F	22	Creston	NE	2100	11:50	01:29:14.1	2258	14:41	01:36:14.7	13:15	02:53:51.6
2191	3453/3991	174/227	2784	Stephanie Seiler	F	46	Kansas City	MO	2362	13:00	01:38:10.4	2028	13:33	01:28:50.1	13:16	02:54:04.8
2192	3455/3991	123/154	543	Eddra Ritta	F	52	Hickman	NE	2328	12:40	01:36:33.3	2106	13:55	01:31:10.9	13:17	02:54:10.7
2193	3456/3991	4/5	2189	Tabby Goodwater	F	66	Lincoln	NE	2174	12:27	01:30:49.6	2153	14:08	01:32:39.6	13:17	02:54:13.4
2194	3457/3991	175/227	3848	Amy Barith	F	46	Kearney	NE	2047	11:44	01:27:40.1	2291	14:51	01:37:21.3	13:17	02:54:14.9
2195	3460/3991	422/486	2076	Jodi Hammans	F	37	Omaha	NE	2075	12:28	01:28:36.5	2154	14:08	01:32:40.0	13:17	02:54:20.4
2196	3461/3991	252/308	5374	Morgan Obery	F	23	Lincoln	NE	1926	11:40	01:25:28.5	2302	14:56	01:37:51.3	13:18	02:54:22.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2197	3462/3991	423/486	5233	Megan Woita	F	36	Lincoln	NE	2269	12:19	01:34:01.3	2183	14:19	01:33:48.1	13:18	02:54:30.8
2198	3463/3991	424/486	5795	Emily Elkin	F	38	Lincoln	NE	2270	12:19	01:34:01.3	2185	14:19	01:33:48.5	13:18	02:54:31.0
2199	3464/3991	385/460	4316	Elizabeth Christensen	F	30	Lincoln	NE	2071	12:20	01:28:32.5	2182	14:19	01:33:47.8	13:19	02:54:35.3
2200	3465/3991	253/308	258	Alexandra Adama	F	24	Lincoln	NE	2070	12:20	01:28:32.5	2184	14:19	01:33:48.3	13:19	02:54:35.4
2201	3466/3991	425/486	3575	Yudelki Mackenzie	F	38	Bellevue	NE	2441	14:02	01:42:37.8	1752	12:37	01:22:42.8	13:19	02:54:40.1
2202	3467/3991	58/81	783	Sarah Gauger	F	55	Lincoln	NE	2215	12:12	01:31:39.7	2219	14:28	01:34:51.2	13:20	02:54:49.4
2203	3468/3991	124/154	2323	Gayle Sell	F	54	Lincoln	NE	1930		01:25:30.1	2048	13:38	01:29:19.6	13:20	02:54:49.7
2204	3469/3991	370/435	2046	Ame Nelson	F	26	Lincoln	NE	2279	12:47	01:34:43.9	2103	13:54	01:31:07.4	13:20	02:54:53.6
2205	3470/3991	254/308	201	Lyndsey Hrabik	F	24	Lincoln	NE	2164	12:15	01:30:32.8	2211	14:27	01:34:38.9	13:20	02:54:54.4
2206	3471/3991	35/49	3675	Cathy Maddox	F	61	Lincoln	NE	2282	12:40	01:34:45.1	2142	14:04	01:32:10.3	13:21	02:55:12.5
2207	3472/3991	176/227	778	Michelle Pieper	F	46	Lincoln	NE	2284	12:40	01:34:45.7	2141	14:04	01:32:10.0	13:21	02:55:13.3
2208	3474/3991	287/342	484	Laura Steele	F	41	Lincoln	NE	2286	12:42	01:34:46.8	2138	14:04	01:32:08.8	13:22	02:55:20.9
2209	3475/3991	288/342	3824	Melissa Krumm	F	42	Lincoln	NE	2246	12:16	01:32:47.9	2221	14:29	01:34:55.7	13:22	02:55:21.2
2210	3476/3991	386/460	5281	Kristin Polk	F	33	Lincoln	NE	2319	12:43	01:36:13.2	2137	14:03	01:32:03.0	13:22	02:55:21.4
2211	3477/3991	289/342	1629	Becky Virgillito	F	42	Lincoln	NE	2285	12:42	01:34:46.5	2140	14:04	01:32:09.7	13:22	02:55:21.5
2212	3478/3991	125/154	3769	Shelly Sullivan	F	50	Lincoln	NE	2059	12:11	01:28:05.5	2248	14:35	01:35:37.0	13:23	02:55:30.1
2213	3479/3991	126/154	3176	Monica Griffin	F	50	Tempe	AZ	2057	12:11	01:28:04.8	2249	14:35	01:35:37.6	13:23	02:55:30.3
2214	3480/3991	290/342	1758	Melissa Hawke	F	41	Hickman	NE	2135	11:57	01:29:58.1	2286	14:50	01:37:09.7	13:23	02:55:32.1
2215	3481/3991	177/227	1144	Dena Noe	F	46	Lincoln	NE	1952	11:32	01:25:45.3	2352	15:16	01:40:01.9	13:23	02:55:36.1
2216	3482/3991	387/460	1698	Carrie Eckstein	F	32	Lincoln	NE	2333	13:00	01:36:46.3	2094	13:49	01:30:33.4	13:24	02:55:43.8
2217	3484/3991	371/435	4865	Megan Teahon	F	28	Lincoln	NE	2221	12:34	01:31:43.3	2180	14:17	01:33:37.4	13:25	02:55:56.5
2218	3485/3991	372/435	6242	Sharlene Martinez	F	28	Lincoln	NE	2190	12:30	01:31:17.7	2189	14:21	01:34:00.7	13:25	02:55:59.2
2219	3486/3991	291/342	4819	Teresa Poggemeyer	F	41	Nebraska City	NE	2020	12:03	01:27:10.3	2283	14:49	01:37:08.7	13:25	02:56:04.8
2220	3487/3991	292/342	4724	Stacy Blum	F	40	Nebraska City	NE	2021	12:03	01:27:10.6	2285	14:49	01:37:09.2	13:25	02:56:05.0
2221	3490/3991	426/486	3182	Valerie Buller	F	38	Lincoln	NE	2310	12:41	01:35:46.7	2169	14:15	01:33:20.3	13:27	02:56:25.9
2222	3491/3991	388/460	3774	Corina Crist	F	34	Ceresco	NE	2255	12:27	01:33:07.2	2220	14:29	01:34:55.5	13:27	02:56:29.5
2223	3492/3991	427/486	4698	Meredith Moore	F	36	Lincoln	NE	2210	12:47	01:31:35.2	2155	14:09	01:32:47.4	13:28	02:56:33.7
2224	3493/3991	36/49	2154	Jeanette Mclean	F	60	Stromsburg	NE	2040	11:45	01:27:34.8	2341	15:12	01:39:35.3	13:28	02:56:33.7
2225	3495/3991	389/460	3988	Amy Sadler	F	34	Lincoln	NE	2116	11:54	01:29:36.8	2314	15:03	01:38:37.5	13:28	02:56:35.3
2226	3496/3991	293/342	1664	Jenny Unruh	F	41	Lincoln	NE	2290	12:36	01:35:01.6	2190	14:21	01:34:01.2	13:28	02:56:36.7
2227	3497/3991	37/49	1298	Peggy Krasser	F	63	Beaver Crossing	NE	2182	12:21	01:31:04.5	2252	14:37	01:35:45.0	13:28	02:56:38.8
2228	3498/3991	390/460	3779	Julie Encinger	F	34	Grand Island	NE	2060	12:23	01:28:12.3	2245	14:35	01:35:33.2	13:28	02:56:43.3
2229	3499/3991	391/460	5024	Ruth Horvatic	F	31	Elkhorn	NE	2037	12:18	01:27:30.3	2259	14:41	01:36:15.5	13:29	02:56:49.4
2230	3501/3991	392/460	5170	Kathryn Gerlock	F	33	Lincoln	NE	2263	12:27	01:33:38.1	2240	14:34	01:35:25.2	13:30	02:56:59.0
2231	3503/3991	255/308	4490	Ellen Peterson	F	21	Lincoln	NE	2196	12:06	01:31:24.2	2305	14:56	01:37:55.3	13:31	02:57:12.4
2232	3504/3991	256/308	4493	Abby Cole	F	21	Lincoln	NE	2197	12:06	01:31:24.6	2307	14:57	01:37:56.5	13:31	02:57:14.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2233	3505/3991	127/154	1736	Cheryl Vajgrt	F	50	Seward	NE	2104	12:20	01:29:27.5	2265	14:43	01:36:23.7	13:31	02:57:14.6
2234	3506/3991	257/308	1744	Emilie Vajgrt	F	22	Seward	NE	2105	12:20	01:29:27.6	2263	14:42	01:36:23.4	13:31	02:57:14.6
2235	3507/3991	258/308	581	Marissa Upton	F	21	Kearney	NE	2208	12:29	01:31:34.2	2241	14:34	01:35:25.7	13:31	02:57:15.1
2236	3508/3991	373/435	3583	Valarie Vanecek	F	29	Omaha	NE	2276	12:40	01:34:34.1	2197	14:23	01:34:17.1	13:31	02:57:20.1
2237	3510/3991	259/308	2233	Taylor Mack	F	21	Lincoln	NE	2235	12:27	01:32:15.6	2251	14:36	01:35:42.7	13:31	02:57:20.2
2238	3511/3991	428/486	4329	Molly Moller	F	36	Lincoln	NE	2318	12:59	01:36:10.6	2143	14:04	01:32:13.9	13:31	02:57:21.8
2239	3512/3991	260/308	3579	Brittany Pelton	F	24	Omaha	NE	2275	12:40	01:34:33.7	2200	14:24	01:34:21.0	13:31	02:57:23.3
2240	3513/3991	128/154	461	Donna Upton	F	51	Lincoln	NE	2209	12:29	01:31:34.2	2247	14:35	01:35:34.6	13:32	02:57:24.8
2241	3514/3991	294/342	751	Wendy Smith Johnsen	F	43	Lincoln	NE	2022	12:12	01:27:15.1	2298	14:53	01:37:30.4	13:32	02:57:26.8
2242	3515/3991	295/342	2498	Melissa Glinmann	F	42	Roca	NE	2023	12:12	01:27:15.3	2297	14:53	01:37:30.0	13:32	02:57:27.0
2243	3516/3991	59/81	5775	Susan Hertzler	F	56	Lincoln	NE	2291	12:35	01:35:02.8	2231	14:30	01:35:04.4	13:32	02:57:35.1
2244	3517/3991	429/486	3226	Kirsten Loch	F	38	Lincoln	NE	2241	12:46	01:32:35.3	2187	14:20	01:33:56.5	13:33	02:57:39.9
2245	3518/3991	393/460	2703	Cassie Hurd	F	31	Lincoln	NE	2242	12:47	01:32:35.5	2186	14:20	01:33:56.2	13:33	02:57:40.1
2246	3519/3991	60/81	4123	Sandra Garwood	F	56	Atkinson	NE	2227	12:18	01:31:59.1	2288	14:50	01:37:11.9	13:33	02:57:47.8
2247	3520/3991	261/308	5945	Nicole Woodford	F	21	Lincoln	NE	2124	11:57	01:29:44.4	2339	15:12	01:39:35.1	13:34	02:57:53.3
2248	3521/3991	262/308	5949	Taylor Wismer	F	20	Kimball	NE	2125	11:57	01:29:44.6	2340	15:12	01:39:35.1	13:34	02:57:53.3
2249	3522/3991	263/308	5568	Sarah Tenley	F	24	Lincoln	NE	2229	12:10	01:32:02.5	2309	14:59	01:38:12.9	13:34	02:57:54.7
2250	3523/3991	394/460	1202	Ananda Lee	F	34	Mead	NE	2274	12:35	01:34:29.3	2246	14:35	01:35:33.9	13:34	02:58:02.9
2251	3525/3991	296/342	5902	Nikki Goff	F	41	Ashland	NE	2265	12:19	01:33:48.6	2295	14:52	01:37:28.5	13:35	02:58:12.5
2252	3526/3991	72/79	5903	Taylor Goff	F	18	Ashland	NE	2266	12:19	01:33:48.6	2296	14:52	01:37:28.6	13:35	02:58:12.8
2253	3527/3991	178/227	5455	Michele Frye	F	46	Omaha	NE	2316	12:51	01:35:58.1	2193	14:21	01:34:02.2	13:35	02:58:13.9
2254	3529/3991	395/460	1376	Holly Allen	F	34	Lincoln	NE	2223	12:08	01:31:46.4	2323	15:05	01:38:52.0	13:36	02:58:22.2
2255	3531/3991	297/342	3883	Melissa Behnk	F	40	Lincoln	NE	2239	12:08	01:32:27.6	2329	15:06	01:38:59.7	13:37	02:58:32.4
2256	3533/3991	179/227	3011	Tammy Brummer	F	47	Weeping Water	NE	2492	14:41	01:45:51.8	1738	12:35	01:22:26.9	13:37	02:58:41.4
2257	3534/3991	430/486	4555	Jennifer Foster	F	38	Lincoln	NE	2324	12:45	01:36:19.6	2233	14:32	01:35:11.7	13:37	02:58:43.0
2258	3535/3991	396/460	5290	Samantha Weyers	F	32	Lincoln	NE	2411	13:22	01:40:31.9	2107	13:55	01:31:11.3	13:38	02:58:44.7
2259	3536/3991	298/342	3444	Christina Campbell	F	43	Lincoln	NE	2386	13:03	01:38:54.1	2166	14:14	01:33:15.4	13:38	02:58:44.9
2260	3537/3991	374/435	351	Samantha Bender	F	28	Lincoln	NE	1913	11:34	01:25:07.4	2399	15:43	01:43:00.2	13:38	02:58:47.4
2261	3538/3991	375/435	4900	Nicole Shaffer	F	27	Lincoln	NE	2211	12:21	01:31:36.2	2304	14:56	01:37:55.0	13:38	02:58:51.5
2262	3539/3991	397/460	5619	Kerry Pierce	F	33	Omaha	NE	1723	11:09	01:21:35.6	2442	16:08	01:45:45.2	13:38	02:58:51.7
2263	3540/3991	299/342	426	Diana Jacobsen	F	41	Lincoln	NE	2451	13:39	01:43:05.6	2052	13:39	01:29:27.1	13:38	02:58:51.8
2264	3541/3991	431/486	5884	Amanda Wambaugh	F	37	Lincoln	NE	2452	13:39	01:43:06.1	2055	13:39	01:29:28.8	13:38	02:58:55.0
2265	3542/3991	376/435	1283	Jamie Downing	F	29	Lincoln	NE	2365	12:55	01:38:12.4	2196	14:23	01:34:16.4	13:38	02:58:55.2
2266	3543/3991	432/486	4813	Maria Eisenbarth	F	35	Lincoln	NE	2216	12:05	01:31:39.8	2347	15:14	01:39:51.4	13:39	02:59:05.6
2267	3544/3991	433/486	3689	Katie Aldag	F	36	Lincoy	NE	2326	13:21	01:36:30.5	2132	14:01	01:31:50.3	13:40	02:59:19.6
2268	3545/3991	434/486	1094	Jesi Dewitt	F	35	Omaha	NE	2382	12:57	01:38:39.7	2203	14:25	01:34:26.8	13:40	02:59:22.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half		Last Half		Total			
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2269	3546/3991	180/227	2760	Sandra Miller	F	46	Lincoln	NE	1975		01:26:07.7	2164	14:14	01:33:15.1	13:41	02:59:22.9
2270	3547/3991	264/308	3534	Haley Janssen	F	21	Lincoln	NE	1820		01:23:21.3	2255	14:39	01:36:01.5	13:41	02:59:22.9
2271	3548/3991	435/486	3996	Julie Dierberger	F	35	Omaha	NE	2381	12:58	01:38:39.6	2204	14:25	01:34:26.9	13:41	02:59:23.3
2272	3549/3991	398/460	2306	Emily Sulzle	F	31	Lincoln	NE	2206	12:18	01:31:32.6	2317	15:04	01:38:46.1	13:41	02:59:23.9
2273	3550/3991	399/460	5573	Audrey Ideus	F	33	Omaha	NE	2038	12:40	01:27:31.1	2261	14:42	01:36:20.8	13:41	02:59:24.3
2274	3551/3991	265/308	6060	Stephanie Emodi	F	23	Lincoln	NE	2077	11:51	01:28:37.1	2371	15:31	01:41:41.0	13:41	02:59:24.3
2275	3553/3991	436/486	3043	Tiffany Nordeen	F	35	Overland Park	KS	2192	12:44	01:31:18.7	2257	14:40	01:36:07.5	13:42	02:59:38.2
2276	3554/3991	181/227	2328	Eva Roeber	F	49	Gretna	NE	2154	11:56	01:30:28.8	2368	15:30	01:41:32.0	13:42	02:59:41.8
2277	3555/3991	129/154	5443	Karen Jordan	F	54	Omaha	NE	2350	13:01	01:37:37.3	2206	14:25	01:34:29.1	13:42	02:59:47.1
2278	3556/3991	300/342	475	Trina Krzycki	F	43	Lincoln	NE	2353	13:08	01:37:50.7	2181	14:18	01:33:45.1	13:43	02:59:51.1
2279	3557/3991	73/79	5962	Danielle Jewett	F	18	Overotn	NE	2237	12:30	01:32:17.4	2306	14:57	01:37:55.8	13:43	02:59:51.5
2280	3559/3991	301/342	940	Pam Rademacher	F	43	Lincoln	NE	2254	12:39	01:33:04.8	2281	14:48	01:36:59.4	13:43	02:59:54.0
2281	3560/3991	182/227	3982	Katy Ramos	F	46	Lincoln	NE	2309	12:42	01:35:43.3	2273	14:46	01:36:43.4	13:43	02:59:56.3
2282	3561/3991	183/227	3895	Traci Rush	F	46	Lincoln	NE	2283	12:40	01:34:45.1	2275	14:47	01:36:54.4	13:43	02:59:57.0
2283	3562/3991	400/460	5817	Lisa Carstensen	F	34	Bellevue	NE	2200	12:44	01:31:26.4	2267	14:44	01:36:30.7	13:43	02:59:59.9
2284	3563/3991	266/308	5508	Xanadu Schmidt	F	24	Lincoln	NE	2308	12:44	01:35:40.4	2270	14:45	01:36:39.0	13:44	03:00:03.5
2285	3564/3991	437/486	3454	Karen Helmberger	F	38	Hickman	NE	2375	12:58	01:38:20.2	2228	14:30	01:35:02.6	13:44	03:00:04.1
2286	3565/3991	377/435	5617	Nicole Polt	F	28	Battle Creek	NE	2359	13:05	01:38:05.5	2205	14:25	01:34:28.1	13:44	03:00:13.7
2287	3567/3991	401/460	278	Dawn Brock	F	34	Lincoln	NE	2340	12:55	01:37:08.8	2250	14:36	01:35:42.2	13:45	03:00:22.7
2288	3568/3991	130/154	5822	Ann Leever	F	53	Omaha	NE	2199	12:44	01:31:26.3	2277	14:47	01:36:56.1	13:45	03:00:25.0
2289	3569/3991	184/227	1988	Amy Jensen	F	46	Gretna	NE	2264	12:14	01:33:40.7	2354	15:17	01:40:12.6	13:45	03:00:25.4
2290	3570/3991	74/79	3225	Alison Finn	F	19	Lincoln	NE	2462	13:53	01:43:38.1	2051	13:39	01:29:24.9	13:45	03:00:26.1
2291	3572/3991	302/342	5745	Angela Thornton	F	42	Ankeny	IA	2343	12:53	01:37:19.2	2256	14:40	01:36:04.1	13:46	03:00:33.6
2292	3574/3991	438/486	4993	Sara Bharwani	F	39	Omaha	NE	2272	12:43	01:34:16.8	2289	14:51	01:37:16.4	13:46	03:00:37.5
2293	3575/3991	402/460	4609	Courtney Zwink	F	32	Gibbon	NE	2361	12:59	01:38:09.8	2243	14:35	01:35:32.6	13:46	03:00:37.6
2294	3576/3991	267/308	265	Sydney Rotthaus	F	21	Omaha	NE	2243	12:44	01:32:41.8	2284	14:49	01:37:08.7	13:46	03:00:37.7
2295	3577/3991	268/308	266	Alia Noetzel	F	21	Lincoln	NE	2244	12:44	01:32:41.8	2282	14:49	01:37:08.6	13:46	03:00:38.0
2296	3578/3991	403/460	3951	Leah Lonsdale	F	34	Stromsburg	NE	2073	11:54	01:28:35.1	2395	15:42	01:42:50.3	13:47	03:00:50.0
2297	3579/3991	131/154	1824	Deb Finn	F	52	Lincoln	NE	2463	13:54	01:43:38.6	2062	13:41	01:29:42.9	13:47	03:00:51.3
2298	3581/3991	404/460	3941	Angela Vapenik	F	31	Madrid	NE	2074	11:54	01:28:35.3	2396	15:42	01:42:52.4	13:47	03:00:52.4
2299	3582/3991	132/154	3643	Debi Davis	F	53	Utica	NE	2378	13:02	01:38:29.8	2242	14:34	01:35:29.3	13:47	03:00:54.1
2300	3583/3991	378/435	1452	Andrea Gorman	F	27	Omaha	NE	2280	12:49	01:34:43.9	2279	14:48	01:36:57.8	13:48	03:00:59.0
2301	3584/3991	133/154	5585	Clem Hernandez	F	52	Blue Hill	NE	2278	12:49	01:34:43.5	2280	14:48	01:36:58.5	13:48	03:00:59.7
2302	3585/3991	61/81	4135	Barbara Person	F	57	Omaha	NE	2383	13:06	01:38:45.8	2235	14:32	01:35:15.2	13:48	03:01:04.3
2303	3586/3991	405/460	2873	Megan Dugan	F	32	Lincoln	NE	2193	12:45	01:31:19.8	2301	14:54	01:37:39.0	13:49	03:01:10.0
2304	3587/3991	379/435	2724	Ann Spenner	F	27	Wayne	NE	2185	12:09	01:31:11.2	2367	15:29	01:41:29.0	13:49	03:01:10.3



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2305	3588/3991	38/49	262	Janet Millnitz	F	61	Lincoln	NE	2393	13:10	01:39:09.4	2222	14:29	01:34:55.7	13:49	03:01:13.0
2306	3589/3991	39/49	1433	Rosanna Talero	F	61	Lincoln	NE	2245	12:34	01:32:45.5	2326	15:05	01:38:54.0	13:49	03:01:15.1
2307	3590/3991	303/342	5186	Kerri Dufoe	F	41	Lincoln	NE	2186	12:28	01:31:13.3	2338	15:12	01:39:34.6	13:49	03:01:16.3
2308	3592/3991	380/435	2911	Emily Guerrero	F	27	Omaha	NE	2392	13:16	01:39:05.6	2207	14:25	01:34:31.7	13:50	03:01:27.7
2309	3593/3991	75/79	6319	Kaitlin Vanloon	F	18	Lincoln	NE	2169	12:49	01:30:44.1	2293	14:52	01:37:27.4	13:50	03:01:28.9
2310	3594/3991	185/227	3714	Shauni Hutchinson	F	45	Lincoln	NE	2468	13:50	01:43:46.1	2100	13:53	01:30:58.6	13:51	03:01:35.8
2311	3595/3991	186/227	3713	Amy Schafer	F	45	Lincoln	NE	2469	13:50	01:43:46.3	2101	13:53	01:30:58.7	13:51	03:01:36.1
2312	3596/3991	187/227	4263	Dawn Antoniak-Mitchell	F	49	Omaha	NE	2387	13:01	01:38:55.5	2269	14:44	01:36:31.2	13:52	03:01:52.1
2313	3597/3991	381/435	6157	Emilie Long	F	26	Lincoln	NE	1889	12:00	01:24:47.4	2405	15:45	01:43:14.9	13:52	03:01:54.7
2314	3599/3991	269/308	5566	Regan Stanley	F	22	Lincoln	NE	2442	13:47	01:42:38.2	2126	13:59	01:31:39.5	13:52	03:01:57.0
2315	3600/3991	382/435	3437	Sydney Jensen	F	25	Lincoln	NE	2271	12:40	01:34:15.5	2328	15:06	01:38:57.3	13:52	03:01:58.8
2316	3602/3991	439/486	1968	Karen Campbell	F	36	Lincoln	NE	2366	13:01	01:38:12.8	2276	14:47	01:36:56.0	13:54	03:02:15.9
2317	3603/3991	406/460	4255	Rebecca Kushiner	F	32	Omaha	NE	2267	12:44	01:33:50.6	2322	15:05	01:38:51.7	13:54	03:02:18.1
2318	3604/3991	188/227	5377	Tanya Godwin	F	46	Lincoln	NE	2165	13:18	01:30:37.2	2239	14:33	01:35:22.4	13:55	03:02:34.2
2319	3606/3991	62/81	1358	Kathy Stark	F	56	Omaha	NE	2425	13:31	01:41:38.7	2191	14:21	01:34:01.5	13:55	03:02:36.4
2320	3607/3991	134/154	889	Mary Volkmer	F	50	Lincoln	NE	2424	13:31	01:41:38.1	2192	14:21	01:34:02.2	13:55	03:02:36.4
2321	3608/3991	440/486	1461	Kate Burger	F	37	Lincoln	NE	2388	13:07	01:38:57.1	2274	14:46	01:36:44.4	13:56	03:02:40.1
2322	3609/3991	407/460	4678	Shayna Poulsen	F	32	Lincoln	NE	2198	13:00	01:31:24.8	2299	14:53	01:37:35.4	13:56	03:02:46.4
2323	3610/3991	383/435	4627	Chelsie Reece	F	25	Bellevue	NE	2212	12:41	01:31:38.7	2346	15:13	01:39:44.1	13:57	03:02:52.9
2324	3611/3991	408/460	1773	Rhonda Sunken	F	31	Lincoln	NE	2300	12:39	01:35:27.3	2348	15:15	01:39:55.0	13:57	03:02:53.0
2325	3612/3991	63/81	1318	Michelle Poyer	F	55	Lincoln	NE	2399	13:25	01:39:32.8	2229	14:30	01:35:03.9	13:57	03:02:58.1
2326	3613/3991	270/308	4601	Emily Keenan	F	23	Juniata	NE	2336	12:46	01:37:03.3	2342	15:12	01:39:36.0	13:58	03:03:15.0
2327	3614/3991	135/154	5142	Kathy Shottenkirk	F	50	Lincoln	NE	2396	13:30	01:39:16.9	2217	14:28	01:34:47.8	13:58	03:03:17.4
2328	3615/3991	40/49	1378	Linda Kamble	F	64	Lincoln	NE	2287	12:50	01:34:51.6	2334	15:09	01:39:19.6	13:59	03:03:28.6
2329	3616/3991	441/486	2385	Jessica Gill	F	39	Omaha	NE	2418	13:34	01:40:46.7	2212	14:27	01:34:40.8	14:00	03:03:34.0
2330	3617/3991	409/460	4471	Tessa Harris	F	32	Lincoln	NE	2401	13:26	01:39:36.4	2244	14:35	01:35:32.9	14:00	03:03:36.6
2331	3618/3991	384/435	4845	Ambyr Moore	F	28	Lincoln	NE	2261	13:05	01:33:27.1	2303	14:56	01:37:52.0	14:00	03:03:38.5
2332	3619/3991	410/460	5650	Stacy Benham	F	33	Auburn	NE	2191	12:49	01:31:17.9	2345	15:13	01:39:43.8	14:00	03:03:41.6
2333	3620/3991	64/81	5851	Renate Rosentrader	F	56	Dakota City	NE	2313	12:55	01:35:53.1	2330	15:07	01:39:01.4	14:00	03:03:42.4
2334	3621/3991	385/435	5999	Jessica Reiss	F	28	Dakota City	NE	2314	12:55	01:35:53.4	2331	15:07	01:39:01.5	14:00	03:03:43.0
2335	3622/3991	442/486	3657	Jill Connor	F	38	Lincoln	NE	2338	12:55	01:37:03.9	2332	15:07	01:39:07.3	14:00	03:03:44.3
2336	3625/3991	443/486	864	Heather Maynard	F	38	Papillion	NE	2299	12:51	01:35:23.1	2343	15:13	01:39:41.0	14:01	03:03:54.2
2337	3627/3991	444/486	1639	Aletta McClendon	F	39	Lincoln	NE	2329	12:46	01:36:36.5	2357	15:20	01:40:30.7	14:02	03:04:08.3
2338	3630/3991	304/342	2258	Carriann Mikesell	F	42	Lincoln	NE	2363	13:04	01:38:11.4	2327	15:06	01:38:57.2	14:05	03:04:38.4
2339	3632/3991	411/460	1480	Lyndsey Pohlmeier	F	33	Syracuse	NE	2367	13:04	01:38:13.6	2344	15:13	01:39:42.0	14:08	03:05:18.0
2340	3633/3991	189/227	2767	Patricia Petersen	F	49	Sioux City	IA	2373	13:07	01:38:18.4	2335	15:10	01:39:24.3	14:08	03:05:24.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2341	3634/3991	305/342	4778	Michelle Petersen	F	43	Omaha	NE	2395	13:12	01:39:14.4	2325	15:05	01:38:53.6	14:08	03:05:26.3
2342	3635/3991	445/486	4444	Michelle Pearson	F	36	Lincoln	NE	2422	13:31	01:41:24.4	2278	14:48	01:36:57.2	14:08	03:05:29.4
2343	3636/3991	412/460	3893	Hannah Kahler	F	31	Lincoln	NE	2355	13:03	01:37:54.3	2351	15:16	01:40:00.9	14:09	03:05:33.9
2344	3638/3991	190/227	3683	Sonya Gabel	F	45	Lincoln	NE	2293	12:28	01:35:11.6	2414	15:53	01:44:04.2	14:10	03:05:47.9
2345	3639/3991	386/435	3557	Elizabeth Boeche	F	26	Lincoln	NE	2377	13:03	01:38:25.1	2356	15:18	01:40:15.1	14:10	03:05:49.0
2346	3641/3991	387/435	3093	Mckenzie Jones	F	29	Lincoln	NE	2390	13:36	01:39:01.1	2272	14:45	01:36:42.5	14:10	03:05:51.2
2347	3643/3991	306/342	5914	Jody Wichmann	F	43	Syracuse	NE	2322	12:49	01:36:16.8	2376	15:33	01:41:51.2	14:10	03:05:52.8
2348	3644/3991	413/460	3023	Vivian Morales	F	30	South Sioux City	NE	1919	11:28	01:25:20.1	2501	16:54	01:50:46.2	14:11	03:05:58.8
2349	3645/3991	307/342	2435	Paige Roberts	F	44	Lincoln	NE	2408	13:24	01:40:07.3	2315	15:03	01:38:40.4	14:13	03:06:27.1
2350	3646/3991	136/154	4352	Lori Irvine	F	51	Bellevue	NE	2342	13:10	01:37:14.3	2355	15:18	01:40:13.0	14:13	03:06:27.6
2351	3647/3991	65/81	2148	Laurie Churchill	F	58	Lincoln	NE	2085	12:59	01:28:52.2	2369	15:30	01:41:36.2	14:14	03:06:42.9
2352	3649/3991	388/435	3827	Alexandria Greenway	F	26	Lincoln	NE	2370	13:19	01:38:16.5	2336	15:11	01:39:29.8	14:15	03:06:48.7
2353	3650/3991	446/486	5931	Paula Dodge	F	36	Abilene	KS	2446	13:38	01:42:50.2	2300	14:54	01:37:35.8	14:15	03:06:57.8
2354	3651/3991	271/308	1609	Samantha Wheatley	F	24	Lincoln	NE	2268	12:36	01:34:00.8	2418	15:57	01:44:29.7	14:16	03:07:03.7
2355	3652/3991	389/435	4694	Samantha Hermann	F	25	Lincoln	NE	2044	12:24	01:27:36.8	2445	16:09	01:45:48.6	14:16	03:07:04.4
2356	3653/3991	137/154	3522	Peggy Posey	F	54	Omaha	NE	2404	13:32	01:39:49.4	2311	15:01	01:38:25.0	14:16	03:07:07.2
2357	3655/3991	66/81	2669	Lisa Froehlich	F	56	Lincoln	NE	2289	12:56	01:35:00.9	2388	15:38	01:42:27.3	14:16	03:07:12.5
2358	3656/3991	272/308	4282	Allie Widup	F	24	Kearney	NE	2405	13:32	01:39:50.9	2313	15:03	01:38:35.4	14:17	03:07:18.9
2359	3657/3991	414/460	3518	Melanie Johanson	F	33	Oakland	NE	2406	13:32	01:39:51.5	2312	15:03	01:38:34.9	14:17	03:07:19.2
2360	3658/3991	308/342	3732	Cathy Walls	F	40	Bellevue	NE	2545	15:02	01:49:20.3	2029	13:33	01:28:50.8	14:17	03:07:20.7
2361	3659/3991	415/460	5900	Megan Manning-Kechely	F	31	Lincoln	NE	2391	13:31	01:39:02.4	2318	15:04	01:38:46.4	14:17	03:07:22.1
2362	3660/3991	447/486	5119	Stephanie Klein	F	37	Lincoln	NE	2136	12:18	01:30:00.6	2455	16:18	01:46:48.1	14:17	03:07:25.3
2363	3661/3991	390/435	4405	Megan Griffin	F	27	Lincoln	NE	2376	13:03	01:38:20.4	2377	15:33	01:41:52.9	14:17	03:07:25.3
2364	3664/3991	448/486	5441	Cindy Belson	F	39	Correctionville	IA	2368	12:53	01:38:14.8	2402	15:45	01:43:10.2	14:18	03:07:36.7
2365	3665/3991	191/227	2477	Irene Williams	F	47	Lincoln	NE	2356	13:30	01:37:59.4	2333	15:08	01:39:10.4	14:19	03:07:41.3
2366	3666/3991	449/486	1519	Venkata Yasasvi Jangala	F	36	Lincoln	NE	2207	12:56	01:31:33.8	2398	15:43	01:42:59.4	14:19	03:07:44.3
2367	3667/3991	273/308	4882	Sydney Hochstein	F	24	Lincoln	NE	2479	13:57	01:44:16.9	2260	14:42	01:36:18.8	14:19	03:07:44.8
2368	3668/3991	391/435	5052	Ashley Harmsen	F	29	La Vista	NE	1921	12:17	01:25:22.3	2467	16:24	01:47:26.8	14:20	03:07:56.6
2369	3669/3991	392/435	5050	Krista Leasure	F	29	Papillion	NE	1925	12:17	01:25:25.3	2465	16:23	01:47:24.2	14:20	03:07:56.9
2370	3670/3991	393/435	6118	Nicole Vaverek	F	25	Lincoln	NE							14:20	03:08:04.7
2371	3672/3991	450/486	2001	Kathryn Romine	F	39	Unadilla	NE	2498	14:18	01:46:04.4	2226	14:30	01:34:59.4	14:23	03:08:39.4
2372	3674/3991	274/308	4947	Lauren Perry	F	23	Lincoln	NE	2509	14:37	01:47:06.1	2161	14:12	01:33:03.3	14:24	03:08:49.5
2373	3676/3991	416/460	2926	Courtney Cederburg	F	34	Lincoln	NE	2315	13:12	01:35:55.8	2385	15:37	01:42:21.9	14:24	03:08:53.9
2374	3677/3991	192/227	5637	Nicole Skinner	F	45	Edgar	NE	2302	12:54	01:35:30.3	2417	15:56	01:44:22.9	14:24	03:08:54.8
2375	3678/3991	275/308	2388	Kylie Schildt	F	23	Lincoln	NE	2331	13:03	01:36:41.1	2409	15:48	01:43:30.2	14:25	03:09:02.1
2376	3679/3991	138/154	5825	Connie Wolfe	F	53	Plattsmouth	NE	2347	13:10	01:37:30.1	2394	15:41	01:42:45.6	14:25	03:09:02.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2377	3680/3991	276/308	5244	Meghan Schildt	F	20	Pleasant Dale	NE	2332	13:03	01:36:41.1	2412	15:48	01:43:34.4	14:25	03:09:05.8
2378	3681/3991	417/460	4769	Polly Holthaus	F	34	Topeka	KS	2305	12:34	01:35:34.3	2454	16:17	01:46:44.6	14:25	03:09:09.1
2379	3682/3991	418/460	4675	Kari Haas	F	33	Omaha	NE	2253	13:05	01:33:04.8	2411	15:48	01:43:34.4	14:26	03:09:17.7
2380	3684/3991	309/342	5053	Jennifer Moorehead	F	40	Lincoln	NE	2427	14:10	01:41:42.7	2271	14:45	01:36:40.0	14:27	03:09:31.5
2381	3685/3991	310/342	5640	Sami Stratton	F	42	Kearney	NE	2304	13:10	01:35:33.5	2404	15:45	01:43:11.6	14:27	03:09:31.7
2382	3687/3991	193/227	2067	Paula Fankhauser	F	48	Roca	NE	2501	14:38	01:46:14.6	2195	14:22	01:34:06.4	14:29	03:10:03.4
2383	3688/3991	277/308	4537	Gina Babcock	F	21	Lincoln	NE	2455	13:48	01:43:15.2	2349	15:15	01:39:57.3	14:31	03:10:24.1
2384	3689/3991	451/486	3552	Sonja Babcock	F	39	Lincoln	NE	2456	13:48	01:43:15.7	2353	15:16	01:40:01.9	14:31	03:10:28.9
2385	3691/3991	452/486	1412	Robin Brester	F	36	Lincoln	NE	2430	13:43	01:41:51.4	2360	15:22	01:40:41.4	14:32	03:10:32.3
2386	3692/3991	453/486	4238	Stephanie Spencer	F	38	Papillion	NE	2517	14:56	01:47:32.3	2156	14:10	01:32:49.8	14:32	03:10:43.8
2387	3693/3991	419/460	3418	Katie Herrick	F	31	Lincoln	NE	2466	13:46	01:43:42.8	2359	15:21	01:40:36.4	14:33	03:10:47.6
2388	3694/3991	67/81	3490	Jeanne Mckenna	F	57	York	NE	2474	13:51	01:44:04.8	2350	15:16	01:40:00.7	14:33	03:10:48.3
2389	3695/3991	394/435	3496	Morgan Wiesner	F	26	Bee	NE	2467	13:46	01:43:43.1	2358	15:21	01:40:35.8	14:33	03:10:48.4
2390	3696/3991	454/486	3658	Heather Hanna	F	35	Ogallala	NE	2325	13:35	01:36:19.8	2379	15:34	01:42:00.3	14:34	03:11:00.8
2391	3697/3991	395/435	3659	Stacie Marquez	F	28	Ogallala	NE	2323	13:35	01:36:19.6	2380	15:34	01:42:00.7	14:34	03:11:01.0
2392	3698/3991	311/342	5156	Nicole Vavra	F	43	Gretna	NE	2256	14:09	01:33:10.3	2321	15:04	01:38:47.2	14:36	03:11:33.7
2393	3699/3991	396/435	4360	Keller Niemann	F	26	Lincoln	NE	2421	13:31	01:41:24.4	2400	15:44	01:43:06.2	14:37	03:11:38.3
2394	3700/3991	312/342	5292	Laurie Marco	F	40	Gretna	NE	2458	13:44	01:43:23.5	2370	15:31	01:41:39.3	14:37	03:11:39.7
2395	3701/3991	278/308	4898	Danielle Lux	F	22	Hubbard	NE	2250	12:24	01:32:50.4	2498	16:52	01:50:28.8	14:37	03:11:45.3
2396	3702/3991	139/154	4128	Lisa Compton	F	50	Milford	NE	2345	12:52	01:37:25.3	2468	16:24	01:47:28.0	14:37	03:11:47.3
2397	3703/3991	5/5	1959	Lynn Treadway	F	65	Kearney	NE	2450	13:37	01:42:59.4	2391	15:40	01:42:37.3	14:38	03:11:54.5
2398	3704/3991	140/154	5464	Toni Born	F	52	Salina	KS	2514	14:35	01:47:22.9	2268	14:44	01:36:31.0	14:39	03:12:08.2
2399	3705/3991	76/79	6154	Juliet Hubert	F	16	Sioux City	IA	2351	13:43	01:37:42.7	2387	15:38	01:42:24.3	14:39	03:12:15.1
2400	3706/3991	455/486	6153	Sarah Hubert	F	36	Sioux City	IA	2352	13:43	01:37:44.4	2386	15:37	01:42:23.4	14:39	03:12:15.8
2401	3707/3991	194/227	1785	Bonnie Frazier	F	46	Lincoln	NE	2321	13:47	01:36:15.4	2382	15:35	01:42:10.1	14:41	03:12:30.4
2402	3708/3991	195/227	1740	Mellessa Dasenbrock	F	47	Lincoln	NE	2320	13:47	01:36:14.4	2383	15:36	01:42:11.1	14:41	03:12:30.8
2403	3709/3991	196/227	4031	Krista Fullerton	F	46	Lincoln	NE	2409	13:17	01:40:14.6	2441	16:08	01:45:41.3	14:42	03:12:43.1
2404	3711/3991	456/486	2319	Chanda Nunnenkamp	F	39	York	NE	2481	14:03	01:45:11.6	2362	15:23	01:40:47.9	14:42	03:12:52.4
2405	3712/3991	68/81	5933	Joyce Butler	F	56	Omaha	NE	2334	12:43	01:36:54.4	2490	16:44	01:49:38.1	14:43	03:13:02.1
2406	3713/3991	420/460	3877	Kari Anderson	F	34	Omaha	NE	2294	13:28	01:35:16.3	2429	16:01	01:44:56.8	14:44	03:13:15.0
2407	3714/3991	197/227	948	Wendy Johnson	F	49	Broken Arrow	OK	2532	14:40	01:48:32.4	2292	14:52	01:37:24.7	14:45	03:13:33.8
2408	3715/3991	397/435	260	Claire Donahoo	F	26	Lincoln	NE	2485	14:00	01:45:17.6	2375	15:32	01:41:50.4	14:45	03:13:33.9
2409	3717/3991	421/460	1545	Lindsey Keller	F	33	Lincoln	NE	2436	13:32	01:42:18.1	2430	16:01	01:44:59.1	14:46	03:13:41.1
2410	3718/3991	398/435	4156	Jessica Hanna	F	27	Lincoln	NE	2398	13:27	01:39:32.4	2437	16:06	01:45:33.2	14:46	03:13:42.4
2411	3719/3991	422/460	4909	Rebecca Wardlaw	F	32	Waterloo	NE	2461	14:12	01:43:34.9	2361	15:22	01:40:44.3	14:47	03:13:49.3
2412	3720/3991	399/435	1509	Brittany Urias	F	27	Lincoln	NE	2464	13:52	01:43:38.6	2397	15:42	01:42:54.8	14:47	03:13:50.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2413	3721/3991	279/308	4774	Amanda Baldwin	F	22	Wilber	NE	2414	13:24	01:40:35.6	2450	16:11	01:46:03.2	14:47	03:13:55.0
2414	3722/3991	313/342	1874	Monica Janssen	F	41	Lincoln	NE	2439	13:42	01:42:35.6	2415	15:55	01:44:18.4	14:48	03:14:03.9
2415	3724/3991	280/308	4503	Ally Phillips	F	23	Omaha	NE	2153	12:19	01:30:27.8	2535	17:19	01:53:31.6	14:49	03:14:18.2
2416	3725/3991	314/342	4883	Ann Waltke-Clancy	F	44	Lincoln	NE	2379	13:53	01:38:31.2	2407	15:46	01:43:17.9	14:49	03:14:20.1
2417	3726/3991	423/460	2660	Jessica Codr	F	32	Lincoln	NE	2440	13:42	01:42:36.5	2420	15:57	01:44:34.3	14:49	03:14:20.8
2418	3728/3991	424/460	6004	Jess Hustad	F	32	Lincoln	NE	2312	12:51	01:35:50.6	2494	16:48	01:50:06.7	14:49	03:14:21.6
2419	3729/3991	425/460	6081	Stephanie Zechmann	F	30	Gretna	NE	2311	12:51	01:35:50.2	2495	16:48	01:50:07.7	14:49	03:14:22.8
2420	3730/3991	315/342	2818	Kristin Muff	F	42	Sunrise Beach	MO	2397	13:48	01:39:30.9	2413	15:52	01:44:00.7	14:49	03:14:26.7
2421	3731/3991	426/460	4433	Abby Buss	F	30	Lincoln	NE	2257	13:39	01:33:17.8	2432	16:02	01:45:06.0	14:50	03:14:31.7
2422	3732/3991	427/460	1735	Sara Kresser	F	33	Shickley	NE	2459	14:06	01:43:30.6	2384	15:36	01:42:13.1	14:50	03:14:36.8
2423	3733/3991	457/486	5532	Jozina Shirima	F	39	Lincoln	NE	2511	14:52	01:47:14.6	2290	14:51	01:37:16.7	14:51	03:14:41.4
2424	3734/3991	400/435	3542	Stephanie Schuelke	F	28	Lincoln	NE	2507	14:13	01:46:40.3	2378	15:34	01:41:59.8	14:53	03:15:07.2
2425	3735/3991	428/460	2570	Pearlene Foreman	F	30	Lincoln	NE	2518	14:42	01:47:33.1	2324	15:05	01:38:53.2	14:53	03:15:16.0
2426	3738/3991	316/342	2631	Heather Schlautman	F	41	Lincoln	NE	2412	13:30	01:40:33.6	2462	16:22	01:47:12.2	14:55	03:15:37.9
2427	3740/3991	429/460	1814	Katie Thimmesch	F	34	Lincoln	NE	2394	13:12	01:39:12.2	2484	16:41	01:49:17.2	14:56	03:15:45.8
2428	3741/3991	281/308	4284	Rachael Flowers	F	23	Lincoln	NE	2327	13:45	01:36:32.3	2443	16:09	01:45:47.7	14:56	03:15:54.4
2429	3742/3991	282/308	1553	Courtney Scholl	F	23	Ruskin	NE	2460	14:06	01:43:31.6	2410	15:48	01:43:34.3	14:56	03:15:58.6
2430	3743/3991	317/342	4140	Christina Grosshans	F	41	Lincoln	NE	2403	13:29	01:39:47.6	2470	16:26	01:47:43.4	14:57	03:16:03.1
2431	3744/3991	198/227	2092	Kristine Strand	F	45	Lincoln	NE	2437	13:46	01:42:19.9	2446	16:10	01:45:54.9	14:57	03:16:05.9
2432	3745/3991	430/460	2676	Angela Blue	F	34	Lincoln	NE	2470	13:55	01:43:51.4	2431	16:01	01:44:59.2	14:57	03:16:11.1
2433	3747/3991	283/308	4522	Emma Hinrichs	F	24	Lincoln	NE	2478	13:57	01:44:16.6	2428	16:00	01:44:53.8	14:58	03:16:19.5
2434	3748/3991	431/460	3578	Jennie Schmidt	F	30	Lincoln	NE	2419	13:28	01:40:55.2	2478	16:30	01:48:10.3	14:59	03:16:26.6
2435	3749/3991	432/460	3931	Nicole Heath	F	30	Decatur	IL	2521	14:35	01:47:48.1	2365	15:26	01:41:10.3	15:00	03:16:44.0
2436	3750/3991	318/342	1552	Jennifer Holsten	F	41	Lincoln	NE	2438	13:41	01:42:23.2	2466	16:23	01:47:25.0	15:01	03:17:03.3
2437	3751/3991	69/81	6212	Deb Lenhoff	F	56	Lincoln	NE	2429	13:38	01:41:50.1	2471	16:27	01:47:45.2	15:02	03:17:06.5
2438	3753/3991	199/227	5641	Jennifer Katz	F	45	Omaha	NE	2454	13:46	01:43:13.2	2458	16:19	01:46:57.2	15:02	03:17:08.7
2439	3754/3991	458/486	490	Jen Person	F	38	Lincoln	NE	2529	14:30	01:48:23.4	2381	15:35	01:42:08.3	15:02	03:17:09.2
2440	3755/3991	459/486	4805	Amber Polak	F	36	Omaha	NE	2513	14:28	01:47:16.4	2393	15:40	01:42:38.8	15:03	03:17:26.5
2441	3756/3991	433/460	4384	Bailey Novak	F	32	Omaha	NE	2539	14:36	01:49:00.4	2372	15:32	01:41:48.4	15:03	03:17:29.3
2442	3758/3991	434/460	4878	Alissa Lorchick	F	30	Lincoln	NE	2443	13:44	01:42:42.3	2469	16:26	01:47:40.1	15:04	03:17:40.8
2443	3760/3991	70/81	472	Jean Cotton	F	57	Lincoln	NE	2494	14:11	01:45:55.1	2423	15:59	01:44:45.8	15:04	03:17:43.2
2444	3761/3991	435/460	4116	Michelle Cotton	F	31	Omaha	NE	2495	14:11	01:45:55.4	2422	15:59	01:44:45.5	15:05	03:17:43.7
2445	3762/3991	319/342	2180	Theresa Jeffers	F	40	Bellevue	NE	2449	13:49	01:42:57.8	2463	16:22	01:47:14.9	15:05	03:17:47.3
2446	3763/3991	436/460	1093	Jessica Leibhart	F	33	Valentine	NE	2416	13:33	01:40:41.6	2479	16:38	01:48:59.4	15:05	03:17:50.3
2447	3764/3991	401/435	3325	Maddie Gates	F	29	Lincoln	NE	2413	13:45	01:40:34.9	2474	16:27	01:47:46.9	15:05	03:17:55.9
2448	3765/3991	41/49	4625	Sheryl Buss	F	60	Pierce	NE	2357	13:22	01:37:59.6	2497	16:51	01:50:23.1	15:06	03:17:57.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2449	3766/3991	460/486	3838	Stephanie Crowther	F	38	Lincoln	NE	2503	14:09	01:46:16.3	2435	16:04	01:45:20.5	15:06	03:18:04.0
2450	3767/3991	320/342	5755	Kaye Ohnemus	F	44	Urbandale	IA	2420	13:27	01:41:02.5	2492	16:47	01:49:55.8	15:06	03:18:06.2
2451	3769/3991	321/342	3450	Debra Brouwer	F	44	Olathe	KS	2504	14:11	01:46:19.1	2434	16:04	01:45:18.1	15:07	03:18:12.3
2452	3770/3991	141/154	4755	Margie Haney	F	52	Lincoln	NE	2184	13:16	01:31:07.3	2510	17:01	01:51:30.8	15:08	03:18:26.0
2453	3772/3991	437/460	5869	Kisha Morland	F	34	North Platte	NE	2432	13:36	01:42:02.5	2485	16:42	01:49:25.1	15:08	03:18:30.6
2454	3773/3991	402/435	2910	Deepa Paramesh	F	28	Omaha	NE	2453	13:58	01:43:13.1	2464	16:22	01:47:15.4	15:09	03:18:47.7
2455	3774/3991	200/227	1027	Lori States	F	45	Ceresco	NE	2542	14:41	01:49:12.4	2390	15:39	01:42:35.7	15:09	03:18:47.9
2456	3775/3991	142/154	6178	Amy Arndt	F	51	Lincoln	NE	2543	14:41	01:49:12.4	2389	15:39	01:42:35.7	15:09	03:18:48.6
2457	3776/3991	461/486	4546	Rebecca Kratochvil	F	35	Lincoln	NE	2410	14:09	01:40:29.7	2451	16:12	01:46:09.4	15:10	03:18:53.4
2458	3777/3991	438/460	2130	Megan Ourada	F	30	Lincoln	NE	2531	14:57	01:48:25.2	2363	15:25	01:40:59.9	15:10	03:18:59.0
2459	3778/3991	284/308	3052	Alexandra Miller	F	23	Lincoln	NE	2435	13:36	01:42:11.3	2499	16:52	01:50:29.1	15:13	03:19:35.2
2460	3779/3991	143/154	6245	Brenda Jones	F	54	Norfolk	NE	2525	14:22	01:47:57.6	2436	16:06	01:45:30.1	15:13	03:19:38.3
2461	3780/3991	462/486	5690	Christel Braness	F	39	Des Moines	IA	2568	15:03	01:51:17.6	2366	15:27	01:41:15.7	15:14	03:19:51.4
2462	3781/3991	403/435	4892	Morgan Gerteisen	F	28	Eagle	NE	2384	13:17	01:38:49.3	2527	17:14	01:52:55.5	15:15	03:19:57.1
2463	3782/3991	439/460	2965	Marsha McBride	F	34	Elmwood	NE	2506	14:12	01:46:25.4	2456	16:18	01:46:52.4	15:15	03:19:57.6
2464	3783/3991	285/308	1353	Karissa Lacher	F	24	Lincoln	NE	2505	14:28	01:46:23.8	2433	16:04	01:45:16.9	15:15	03:20:03.8
2465	3784/3991	201/227	393	Gina Miller	F	48	Lincoln	NE	2431	14:25	01:41:52.1	2439	16:07	01:45:37.8	15:15	03:20:07.7
2466	3785/3991	404/435	5968	Ashley Hecht	F	25	Lincoln	NE	2371	13:50	01:38:16.6	2489	16:43	01:49:35.4	15:16	03:20:14.4
2467	3786/3991	202/227	4437	Lisa Jones	F	47	Bennet	NE	2502		01:46:14.9	2194	14:22	01:34:06.2	15:17	03:20:21.1
2468	3787/3991	13/13	5064	Kaitlyn Rutt	F	14	Eagle	NE	2526	14:38	01:48:03.9	2425	15:59	01:44:46.6	15:18	03:20:42.1
2469	3788/3991	203/227	5063	Amelia Rutt	F	45	Eagle	NE	2527	14:38	01:48:04.4	2424	15:59	01:44:46.2	15:18	03:20:42.6
2470	3789/3991	286/308	5294	Kaitlin Slattery	F	23	Lincoln	NE	2528	14:39	01:48:06.2	2421	15:59	01:44:44.5	15:18	03:20:43.6
2471	3792/3991	405/435	2099	Kelsey Weber	F	27	Lincoln	NE	2402	13:18	01:39:40.5	2538	17:22	01:53:47.1	15:19	03:20:57.9
2472	3793/3991	322/342	1485	Lisa Kirchhoff	F	43	Lincoln	NE	2433	13:31	01:42:09.4	2523	17:12	01:52:43.2	15:21	03:21:21.4
2473	3794/3991	463/486	5237	Michelle Santistevan	F	37	Lincoln	NE	2444	14:15	01:42:44.7	2477	16:30	01:48:09.8	15:22	03:21:35.6
2474	3795/3991	464/486	5116	Aimee Middleton	F	37	Springfield	NE	2445	14:16	01:42:45.5	2476	16:30	01:48:09.2	15:22	03:21:37.2
2475	3796/3991	406/435	2861	Tessa Lierman	F	25	Beemer	NE	2489	14:06	01:45:45.7	2487	16:43	01:49:32.6	15:24	03:21:54.7
2476	3798/3991	465/486	4617	Gene McBride	F	35	Sac City	IA	2407	13:27	01:39:51.6	2545	17:26	01:54:15.1	15:26	03:22:21.1
2477	3799/3991	440/460	1475	Jess Collins	F	30	Lincoln	NE	2364	13:24	01:38:11.6	2553	17:30	01:54:40.7	15:26	03:22:28.1
2478	3800/3991	204/227	4089	Kimberly Bader	F	45	St. Paul	NE	2582	15:10	01:53:13.6	2406	15:46	01:43:16.6	15:27	03:22:37.3
2479	3801/3991	407/435	4188	Laura Shubkagel	F	27	Lincoln	NE	2533	14:45	01:48:40.9	2448	16:11	01:46:00.4	15:27	03:22:42.5
2480	3802/3991	408/435	4095	Whitney Hester	F	27	Palmer	NE	2583	15:10	01:53:13.9	2408	15:46	01:43:22.6	15:27	03:22:43.8
2481	3803/3991	287/308	3080	Ashton Holechek	F	21	Lincoln	NE	2457	13:58	01:43:21.1	2504	16:59	01:51:14.5	15:28	03:22:48.3
2482	3804/3991	466/486	905	Tonia Wasser	F	35	Lincoln	NE	2448	13:46	01:42:57.4	2518	17:11	01:52:35.7	15:28	03:22:49.8
2483	3806/3991	467/486	965	Cherish Johnette	F	39	Omaha	NE	2415	13:12	01:40:39.6	2571	17:45	01:56:17.9	15:28	03:22:51.9
2484	3808/3991	288/308	1886	Meaghan Hill	F	24	Lincoln	NE	2508	14:14	01:46:45.1	2491	16:44	01:49:42.1	15:29	03:22:58.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2485	3809/3991	409/435	4702	Cari Zuhlke	F	29	Lincoln	NE	2434	13:32	01:42:09.8	2547	17:27	01:54:23.1	15:29	03:23:01.8
2486	3810/3991	468/486	1718	Shayla Swift	F	35	Lincoln	NE	2374	13:19	01:38:18.6	2566	17:40	01:55:46.6	15:29	03:23:05.3
2487	3811/3991	144/154	1854	Barbara Rezac	F	50	Weston	NE	2307	13:30	01:35:38.6	2551	17:30	01:54:38.9	15:29	03:23:05.9
2488	3812/3991	205/227	1511	Lisa Shawler	F	49	Creston	IA	2557	14:43	01:49:51.8	2459	16:20	01:47:04.3	15:31	03:23:30.8
2489	3813/3991	441/460	3871	Brooke Marco	F	34	Lincoln	NE	2484	14:05	01:45:17.4	2508	17:01	01:51:28.8	15:32	03:23:46.0
2490	3814/3991	410/435	1843	Melanie Wiley	F	26	Omaha	NE	2372	14:23	01:38:17.3	2488	16:43	01:49:34.8	15:32	03:23:47.8
2491	3815/3991	289/308	5603	Kendra Pope	F	24	Lincoln	NE	2499	14:40	01:46:06.8	2472	16:27	01:47:45.7	15:33	03:23:51.6
2492	3816/3991	411/435	4739	Rachel Westphalen	F	29	Lincoln	NE	2465	14:27	01:43:40.8	2481	16:39	01:49:09.3	15:33	03:23:54.5
2493	3817/3991	206/227	4829	Lynn Marion	F	46	Tecumseh	NE	2497	14:28	01:46:03.6	2482	16:40	01:49:12.0	15:33	03:23:57.8
2494	3818/3991	71/81	4954	Karen Schnepel	F	58	Omaha	NE	2344	13:19	01:37:23.3	2573	17:50	01:56:54.3	15:34	03:24:12.7
2495	3819/3991	412/435	4339	Kelsey Maas	F	26	Blair	NE	2536	14:32	01:48:50.1	2480	16:38	01:48:59.8	15:35	03:24:17.3
2496	3820/3991	442/460	4863	Whitney Vessar	F	32	Omaha	NE	2523	14:52	01:47:54.4	2457	16:19	01:46:53.3	15:35	03:24:17.4
2497	3821/3991	323/342	5261	Christina Huie	F	40	Omaha	NE	2417	13:26	01:40:41.6	2570	17:44	01:56:14.5	15:35	03:24:19.2
2498	3822/3991	207/227	6108	Pam Anderson	F	48	Lincoln	NE	2569	15:11	01:51:21.4	2426	15:59	01:44:47.9	15:35	03:24:19.4
2499	3823/3991	413/435	6107	Erica Anderson	F	26	Lincoln	NE	2570	15:11	01:51:21.8	2427	16:00	01:44:48.6	15:35	03:24:19.7
2500	3824/3991	469/486	2041	Isau Metes	F	36	Lincoln	NE	2519	14:43	01:47:37.1	2475	16:29	01:47:59.4	15:35	03:24:24.9
2501	3825/3991	290/308	5412	Marissa Jacobsen	F	23	Lincoln	NE	2473	14:14	01:44:02.5	2503	16:58	01:51:08.9	15:35	03:24:26.9
2502	3826/3991	414/435	4961	Abby Russell	F	27	Lincoln	NE	2423	13:47	01:41:37.5	2541	17:25	01:54:10.8	15:36	03:24:31.1
2503	3827/3991	145/154	422	Brenda Zingler	F	54	Lincoln	NE	2538	14:34	01:48:53.5	2486	16:43	01:49:31.7	15:38	03:24:56.7
2504	3828/3991	291/308	2126	Mariah Zautke	F	20	Waverly	NE	2491	14:06	01:45:49.3	2517	17:10	01:52:31.1	15:38	03:24:58.5
2505	3829/3991	324/342	2128	Heather Eller-Gilman	F	43	Waverly	NE	2490	14:06	01:45:48.7	2521	17:11	01:52:39.4	15:38	03:25:06.8
2506	3830/3991	470/486	4032	Megan Walker	F	38	Council Bluffs	IA	2512	15:17	01:47:15.1	2438	16:07	01:45:36.4	15:41	03:25:43.1
2507	3831/3991	208/227	2244	Linda Harms	F	49	Martell	NE	2591	15:52	01:54:19.4	2373	15:32	01:41:49.1	15:42	03:25:49.3
2508	3832/3991	209/227	2002	Carleen Barger	F	46	Lincoln	NE	2590	15:52	01:54:19.2	2374	15:32	01:41:49.5	15:42	03:25:49.6
2509	3833/3991	210/227	1946	Denise Moore	F	48	Lincoln	NE	2572	15:17	01:51:24.1	2444	16:09	01:45:48.6	15:42	03:25:55.8
2510	3834/3991	471/486	2905	Renee Otterness	F	38	Lorton	NE	2571	15:11	01:51:22.6	2453	16:15	01:46:28.8	15:42	03:26:00.7
2511	3835/3991	325/342	589	Heather Lantz	F	41	Lincoln	NE	2483	14:08	01:45:14.4	2533	17:19	01:53:27.8	15:43	03:26:02.3
2512	3836/3991	42/49	2039	Sue Corkill	F	60	Lincoln	NE	2595	15:30	01:54:29.1	2419	15:57	01:44:32.1	15:43	03:26:10.0
2513	3837/3991	415/435	6162	Jessie Ford	F	28	Omaha	NE	2488	14:25	01:45:44.4	2511	17:02	01:51:40.2	15:43	03:26:12.5
2514	3838/3991	416/435	5405	Michaela Winter	F	29	Lincoln	NE	2487	14:26	01:45:44.4	2512	17:02	01:51:40.4	15:43	03:26:13.7
2515	3839/3991	326/342	397	Valerie Morris	F	43	Lincoln	NE	2524	14:35	01:47:57.6	2500	16:54	01:50:45.8	15:44	03:26:20.5
2516	3840/3991	43/49	5521	Julie Ashburn	F	63	Lincoln	NE	2574	15:11	01:51:35.3	2460	16:21	01:47:10.5	15:46	03:26:41.2
2517	3841/3991	72/81	5659	Jane Manzitto	F	59	Lincoln	NE	2573	15:11	01:51:34.6	2461	16:21	01:47:11.1	15:46	03:26:41.6
2518	3842/3991	292/308	5338	Haley Beyersdorf	F	21	Lincoln	NE	2605	15:38	01:55:57.3	2416	15:55	01:44:20.4	15:46	03:26:49.5
2519	3843/3991	77/79	3873	Alexis Belgum	F	15	Lincoln	NE	2385	14:20	01:38:52.5	2528	17:17	01:53:12.5	15:47	03:27:05.6
2520	3845/3991	327/342	6053	Donna Bryer	F	41	Lincoln	NE	2480		01:44:29.8	2392	15:40	01:42:38.5	15:48	03:27:08.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2521	3848/3991	328/342	5021	Shawn Huenink	F	42	Lincoln	NE	2552	15:04	01:49:35.6	2483	16:40	01:49:13.5	15:51	03:27:58.3
2522	3849/3991	146/154	1642	Sandra Mathews	F	51	Lincoln	NE	2564	14:52	01:50:55.4	2507	17:01	01:51:28.1	15:56	03:28:57.1
2523	3850/3991	293/308	4754	Jordyn Heiser	F	21	Lincoln	NE	2627	16:09	01:59:40.8	2401	15:45	01:43:10.1	15:56	03:29:02.5
2524	3851/3991	211/227	4758	Stacey Heiser	F	46	Lincoln	NE	2628	16:09	01:59:40.8	2403	15:45	01:43:10.7	15:56	03:29:03.4
2525	3852/3991	329/342	3748	Teri Feit	F	41	Lincoln	NE	2537	14:47	01:48:51.7	2515	17:07	01:52:10.9	15:56	03:29:03.6
2526	3853/3991	417/435	2447	Brittany Pengra	F	25	Lincoln	NE	2515	14:34	01:47:24.4	2536	17:20	01:53:38.4	15:56	03:29:04.3
2527	3854/3991	330/342	823	Amy Kusek	F	43	Lincoln	NE	2544	14:42	01:49:19.6	2524	17:12	01:52:43.9	15:57	03:29:07.1
2528	3855/3991	294/308	2136	Kelsey Wieser	F	24	Lincoln	NE	2553	14:55	01:49:41.1	2509	17:01	01:51:30.3	15:57	03:29:16.1
2529	3856/3991	443/460	1142	Baillie Riesberg	F	30	Lincoln	NE	2530		01:48:24.8	2364	15:25	01:41:00.4	15:58	03:29:25.2
2530	3857/3991	472/486	3247	Janet Birkett	F	35	Lincoln	NE	2330	12:47	01:36:39.0	2617	19:12	02:05:51.8	15:59	03:29:39.4
2531	3858/3991	295/308	5493	Miranda Alberts	F	24	Lincoln	NE	2346	13:50	01:37:26.5	2584	18:10	01:59:02.5	15:59	03:29:44.4
2532	3859/3991	331/342	3591	Deborah Buhr	F	42	Lincoln	NE	2608	15:52	01:56:13.8	2447	16:10	01:46:00.0	16:00	03:29:57.6
2533	3860/3991	212/227	3485	Clarice Anderson	F	48	Lincoln	NE	2609	15:52	01:56:14.2	2449	16:11	01:46:00.6	16:01	03:29:59.1
2534	3861/3991	213/227	443	Katherine Ortiz	F	48	Lincoln	NE	2565	14:58	01:51:12.9	2516	17:08	01:52:19.3	16:02	03:30:23.9
2535	3862/3991	444/460	6269	Nicole Sedlacek	F	34	O'neill	NE	2556	14:42	01:49:51.3	2550	17:29	01:54:36.7	16:05	03:30:56.9
2536	3864/3991	44/49	5171	Ann Watt	F	62	Lincoln	NE	2600	15:27	01:54:56.4	2496	16:50	01:50:21.0	16:08	03:31:35.7
2537	3865/3991	445/460	1864	Kristi Keller	F	31	Crete	NE	2580	15:03	01:52:16.1	2526	17:14	01:52:55.3	16:08	03:31:35.8
2538	3866/3991	73/81	3397	Vicki Valente	F	57	Lincoln	NE	2584	15:13	01:53:29.1	2514	17:05	01:51:58.9	16:08	03:31:41.6
2539	3867/3991	214/227	3633	Gary Bernard	F	45	Gretna	NE	2562	15:01	01:50:25.1	2530	17:17	01:53:16.5	16:09	03:31:44.0
2540	3868/3991	473/486	2090	Deann Duffek	F	39	Pleasant Dale	NE	2631	16:12	02:00:02.1	2440	16:07	01:45:38.9	16:09	03:31:48.1
2541	3869/3991	45/49	1833	Joyce Dunham	F	60	Lincoln	NE	2549	14:45	01:49:27.1	2561	17:36	01:55:19.6	16:10	03:32:00.8
2542	3870/3991	147/154	1542	Kellie Kramer	F	53	Lincoln	NE	2548	14:45	01:49:26.6	2562	17:36	01:55:20.1	16:10	03:32:00.8
2543	3871/3991	446/460	5549	Demari Monico	F	33	Lincoln	NE	2428	13:47	01:41:47.2	2598	18:35	02:01:48.1	16:11	03:32:09.9
2544	3872/3991	447/460	2794	Amber Bargstadt	F	34	Winside	NE	2018	12:21	01:27:09.5	2627	20:03	02:11:25.3	16:12	03:32:25.4
2545	3873/3991	332/342	1836	Judy Shaffer	F	41	Lincoln	NE	2550	14:40	01:49:29.2	2572	17:46	01:56:23.0	16:12	03:32:28.7
2546	3874/3991	215/227	2579	Terssa Markworth	F	49	Jackson	NE	2471	14:50	01:44:02.1	2567	17:40	01:55:47.1	16:14	03:32:58.6
2547	3876/3991	448/460	788	Brooke Vass	F	32	Lincoln	NE	2601	15:39	01:55:07.9	2502	16:57	01:51:04.5	16:17	03:33:36.0
2548	3877/3991	74/81	5185	Tami Mclaughlin	F	56	Syracuse	NE	2496	15:10	01:45:56.4	2546	17:27	01:54:20.7	16:18	03:33:42.5
2549	3879/3991	449/460	5207	Stephanie Christolear	F	30	Lincoln	NE	2510	14:25	01:47:07.4	2587	18:12	01:59:13.3	16:18	03:33:43.4
2550	3880/3991	333/342	618	Catherine Brown	F	43	Omaha	NE	2400	13:34	01:39:35.4	2616	19:06	02:05:07.1	16:19	03:34:05.0
2551	3881/3991	418/435	6065	Megan Masterson	F	27	Lincoln	NE	2558	14:46	01:49:57.6	2577	17:54	01:57:20.6	16:19	03:34:05.2
2552	3882/3991	419/435	1828	Krista Zielinski	F	28	Lincoln	NE	2581	15:19	01:52:22.6	2537	17:21	01:53:44.7	16:20	03:34:09.4
2553	3883/3991	474/486	3728	Krista Rosentreader	F	39	Omaha	NE	2604	15:37	01:55:34.3	2513	17:04	01:51:49.3	16:20	03:34:10.0
2554	3884/3991	420/435	2715	Sarah Mai	F	29	Lincoln	NE	2567	15:05	01:51:15.3	2564	17:37	01:55:27.2	16:20	03:34:19.2
2555	3886/3991	475/486	1936	Jennifer Engelhaupt	F	38	Lincoln	NE	2566	15:05	01:51:14.1	2565	17:38	01:55:31.1	16:21	03:34:22.3
2556	3888/3991	421/435	5985	Melissa Duffy	F	27	Lincoln	NE	2493	14:22	01:45:53.8	2595	18:30	02:01:11.4	16:25	03:35:18.5

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2557	3890/3991	422/435	2938	Kirsten Jergensen	F	27	Lincoln	NE	2586	15:24	01:53:52.6	2548	17:28	01:54:29.6	16:25	03:35:24.5
2558	3891/3991	296/308	6101	Lauren Merchant	F	24	Lincoln	NE	2596	15:23	01:54:39.5	2555	17:32	01:54:55.7	16:27	03:35:43.9
2559	3892/3991	450/460	3184	Becky Hoffman	F	31	Lincoln	NE	2598	15:26	01:54:42.8	2549	17:29	01:54:32.9	16:27	03:35:44.0
2560	3893/3991	451/460	3797	Amanda Koch	F	30	Seward	NE	2576	15:05	01:51:51.1	2574	17:51	01:56:55.1	16:27	03:35:44.3
2561	3894/3991	423/435	6099	Morgan Benes	F	25	Valparaiso	NE	2597	15:23	01:54:40.1	2556	17:32	01:54:55.9	16:27	03:35:44.9
2562	3895/3991	297/308	4941	Sara Liess	F	22	Kearney	NE	2380	13:51	01:38:33.6	2614	19:04	02:04:58.9	16:27	03:35:45.3
2563	3896/3991	46/49	3216	Teresa Ferguson	F	62	Lincoln	NE	2638	16:41	02:02:47.1	2452	16:15	01:46:26.6	16:27	03:35:46.6
2564	3897/3991	298/308	5048	Samantha Katzman	F	24	Lincoln	NE	2593	15:37	01:54:25.9	2532	17:19	01:53:27.5	16:27	03:35:47.1
2565	3898/3991	75/81	5739	Kim Becker	F	57	Kearney	NE	2579	15:42	01:52:09.1	2525	17:14	01:52:53.0	16:27	03:35:47.8
2566	3899/3991	452/460	4916	Amy Cleaver	F	32	Lincoln	NE	2594	15:37	01:54:26.3	2534	17:19	01:53:28.3	16:27	03:35:48.7
2567	3900/3991	148/154	872	Cathy Clare	F	53	Lincoln	NE	2500	14:37	01:46:09.8	2593	18:22	02:00:21.3	16:29	03:36:10.9
2568	3901/3991	453/460	4560	Ashley Anderson	F	31	Blair	NE	2476	14:05	01:44:13.6	2608	18:55	02:04:00.6	16:30	03:36:18.2
2569	3902/3991	454/460	4559	Bobbi Anania	F	34	Blair	NE	2475	14:05	01:44:12.6	2609	18:56	02:04:01.7	16:30	03:36:18.4
2570	3903/3991	424/435	5220	Brooke Hansen	F	29	Beatrice	NE	2486	14:46	01:45:37.9	2590	18:18	01:59:57.6	16:31	03:36:43.0
2571	3904/3991	299/308	5097	Samantha Zwiebel	F	22	Lincoln	NE	2629	16:41	01:59:42.2	2473	16:27	01:47:45.8	16:33	03:37:06.7
2572	3905/3991	455/460	5352	Angella Kumwenda	F	34	Lincoln	NE	2559	15:19	01:50:11.5	2576	17:54	01:57:19.0	16:36	03:37:40.9
2573	3907/3991	300/308	3095	Shelby Kouba	F	21	Lincoln	NE	2447	14:38	01:42:51.1	2599	18:36	02:01:53.4	16:36	03:37:49.3
2574	3908/3991	76/81	2007	Jane Ouellette	F	59	Lincoln	NE	2614	16:04	01:56:39.6	2520	17:11	01:52:38.6	16:37	03:37:58.6
2575	3909/3991	149/154	5934	Jill Hamilton	F	50	Lincoln	NE	2615	16:05	01:56:40.5	2519	17:11	01:52:37.5	16:37	03:37:58.9
2576	3910/3991	77/81	2006	Barb Raymond	F	55	Lincoln	NE	2616	16:05	01:56:40.9	2522	17:12	01:52:42.0	16:38	03:38:02.8
2577	3912/3991	216/227	4578	Cheri Lenhoff	F	48	Lincoln	NE	2535	14:40	01:48:49.1	2600	18:38	02:02:05.1	16:38	03:38:09.9
2578	3914/3991	301/308	1981	Sandra Gonzalez	F	21	South Sioux City	IA	2534	14:58	01:48:43.6	2592	18:21	02:00:17.1	16:39	03:38:21.4
2579	3915/3991	425/435	4386	Kayla Miller	F	29	Bassett	NE	2585	15:24	01:53:40.4	2578	17:57	01:57:35.8	16:40	03:38:29.6
2580	3916/3991	47/49	4321	Edana Wiese	F	64	Red Cloud	NE	2621	16:23	01:58:53.4	2505	16:59	01:51:20.4	16:40	03:38:39.1
2581	3917/3991	426/435	2968	Megan Woodyard	F	29	Marysville	KS	2522	14:26	01:47:48.3	2611	18:56	02:04:03.2	16:40	03:38:39.5
2582	3918/3991	217/227	4322	Lisa Flohrs	F	46	Lincoln	NE	2622	16:23	01:58:53.4	2506	17:00	01:51:21.4	16:40	03:38:40.4
2583	3919/3991	476/486	5107	Sandra Robertson	F	35	Lincoln	NE	2577	15:41	01:52:02.9	2575	17:52	01:57:07.8	16:46	03:39:52.5
2584	3920/3991	456/460	5318	Stacy Lytle	F	34	Wilber	NE	2561	15:25	01:50:19.6	2583	18:09	01:58:53.3	16:46	03:39:53.5
2585	3921/3991	427/435	4287	Marie Troyer	F	28	Milford	NE	2472	14:21	01:44:02.3	2618	19:12	02:05:51.9	16:46	03:39:54.7
2586	3922/3991	218/227	5976	Lisa Smith	F	49	Lincoln	NE	2613	16:04	01:56:35.4	2563	17:36	01:55:20.4	16:49	03:40:37.5
2587	3923/3991	477/486	4492	Lori Borer	F	39	Firth	NE	1435	11:14	01:16:34.2	2635	22:26	02:27:00.9	16:49	03:40:38.9
2588	3924/3991	428/435	3813	Sapphire Munford	F	29	Lincoln	NE	2644	16:55	02:04:39.9	2493	16:47	01:49:57.2	16:50	03:40:45.9
2589	3925/3991	334/342	5212	Christina Nevitt	F	41	Lincoln	NE	2603	15:31	01:55:28.6	2585	18:11	01:59:07.9	16:50	03:40:47.4
2590	3926/3991	335/342	4753	Tracy Martin	F	40	Omaha	NE	2618	16:17	01:57:26.4	2544	17:26	01:54:14.7	16:51	03:40:57.8
2591	3927/3991	478/486	5413	Carrie Simon	F	38	Vacaville	CA	2617	16:17	01:57:26.4	2543	17:26	01:54:14.7	16:51	03:40:57.9
2592	3928/3991	78/81	1191	Jennifer James	F	58	Verdon	NE	2630	16:13	02:00:01.3	2554	17:31	01:54:47.8	16:51	03:41:01.8



# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2593	3929/3991	429/435	2167	Kelli Prior	F	28	Lincoln	NE	2554	14:55	01:49:42.4	2607	18:49	02:03:19.1	16:51	03:41:06.0
2594	3931/3991	479/486	1435	Erin Kershner	F	35	Omaha	NE	2592	15:21	01:54:20.1	2594	18:25	02:00:40.0	16:52	03:41:16.9
2595	3933/3991	48/49	4402	Marian Eicher	F	60	Milford	NE	2589	16:22	01:54:18.2	2539	17:25	01:54:08.9	16:53	03:41:22.7
2596	3934/3991	457/460	4404	Amanda Austin	F	32	Lincoln	NE	2588	16:22	01:54:17.4	2540	17:25	01:54:09.3	16:53	03:41:23.1
2597	3935/3991	480/486	1947	Mary Snocker	F	38	Lincoln	NE	2540	14:44	01:49:04.3	2615	19:04	02:04:59.5	16:54	03:41:32.9
2598	3936/3991	481/486	462	Amanda Fitzgerald	F	39	Lincoln	NE	2541	14:45	01:49:09.1	2613	19:04	02:04:54.9	16:54	03:41:33.4
2599	3938/3991	219/227	5624	Cheryl Peters	F	45	Bellevue	NE	2635	16:21	02:00:23.5	2557	17:32	01:54:56.5	16:56	03:42:02.5
2600	3939/3991	220/227	5623	Tina Hern	F	45	Papillion	NE	2634	16:20	02:00:22.2	2558	17:33	01:54:57.6	16:56	03:42:02.9
2601	3940/3991	430/435	5622	Amanda Maupin	F	28	Papillion	NE	2633	16:20	02:00:21.6	2559	17:33	01:54:58.4	16:56	03:42:03.0
2602	3941/3991	221/227	5621	Lisa Summers	F	46	Bellevue	NE	2632	16:20	02:00:20.9	2560	17:33	01:54:58.8	16:56	03:42:03.3
2603	3942/3991	222/227	1943	Angie Brosman	F	45	Lincoln	NE	2575	15:40	01:51:51.1	2588	18:15	01:59:33.7	16:57	03:42:14.1
2604	3943/3991	150/154	5355	Susie Imlay	F	54	Lincoln	NE	2555	15:15	01:49:44.4	2610	18:56	02:04:03.0	17:05	03:43:57.1
2605	3944/3991	431/435	3291	Shauna Buck	F	28	Lincoln	NE	2426	15:00	01:41:41.5	2619	19:14	02:06:00.0	17:06	03:44:15.9
2606	3945/3991	336/342	5714	Becky Sullivan	F	40	Fremont	NE	2516	15:34	01:47:30.9	2604	18:41	02:02:22.7	17:06	03:44:22.0
2607	3947/3991	78/79	5191	Bailey Dufoe	F	19	Lincoln	NE	2599	16:03	01:54:43.8	2589	18:16	01:59:38.9	17:09	03:44:50.0
2608	3948/3991	223/227	786	Michelle Sewell	F	45	Lincoln	NE	2602	15:39	01:55:08.9	2606	18:46	02:02:59.4	17:12	03:45:32.1
2609	3950/3991	151/154	3549	Suzan Mulligan	F	52	Hickman	NE	2626	16:08	01:59:21.9	2591	18:20	02:00:09.2	17:14	03:45:55.6
2610	3951/3991	79/81	3935	Indra Sukhram	F	55	Denton	NE	2547	15:52	01:49:23.6	2602	18:39	02:02:13.4	17:15	03:46:11.3
2611	3952/3991	482/486	4019	Saneta Sukhram	F	39	Omaha	NE	2546	15:52	01:49:23.5	2601	18:39	02:02:13.2	17:15	03:46:11.6
2612	3954/3991	337/342	3637	Shelly Hubbard	F	44	Lincoln	NE	2482	14:03	01:45:13.4	2630	20:30	02:14:21.0	17:16	03:46:24.5
2613	3955/3991	152/154	3651	Julia Perry	F	52	Peru	NE	2612	15:51	01:56:35.1	2605	18:44	02:02:43.9	17:17	03:46:35.7
2614	3956/3991	483/486	2110	Jamie Ryder	F	39	Ralston	NE	2578	16:25	01:52:05.3	2586	18:11	01:59:08.1	17:17	03:46:45.5
2615	3957/3991	338/342	5373	Lori Fisher	F	43	Lincoln	NE	2647	17:11	02:05:19.9	2542	17:26	01:54:14.3	17:18	03:46:47.8
2616	3958/3991	302/308	3561	Lindsay Ebert	F	23	Omaha	NE	2642	17:22	02:03:50.1	2529	17:17	01:53:13.4	17:19	03:47:02.5
2617	3959/3991	484/486	2956	Toni Helzer	F	38	Lincoln	NE	2643	17:22	02:03:51.3	2531	17:17	01:53:18.5	17:19	03:47:08.5
2618	3960/3991	303/308	3608	Hanna Jameson	F	22	Lincoln	NE	2610	15:43	01:56:28.8	2612	19:02	02:04:40.8	17:22	03:47:40.4
2619	3961/3991	432/435	5308	Elise Warnke	F	25	Lincoln	NE	2640	16:54	02:03:48.3	2582	18:04	01:58:22.3	17:28	03:49:07.1
2620	3962/3991	224/227	5310	Christy Lien	F	47	Lincoln	NE	2641	16:54	02:03:49.7	2581	18:04	01:58:21.6	17:28	03:49:07.1
2621	3963/3991	153/154	6326	Karla Fluent	F	51	Lincoln	NE	2649	17:18	02:07:09.7	2568	17:43	01:56:04.5	17:30	03:49:28.3
2622	3965/3991	339/342	1221	Mandy Binder	F	40	Lincoln	NE	2637	16:31	02:01:14.6	2596	18:31	02:01:18.2	17:30	03:49:32.6
2623	3966/3991	49/49	4391	Tacie Debrie	F	63	Greenwood	NE	2650	17:18	02:07:10.6	2569	17:44	01:56:12.0	17:30	03:49:37.0
2624	3967/3991	154/154	6330	Pat Harrison	F	52	Lincoln	NE	2645	17:00	02:05:07.2	2580	18:02	01:58:12.2	17:31	03:49:39.5
2625	3968/3991	433/435	6331	Emily Kottwitz	F	27	Lincoln	NE	2646	17:01	02:05:07.8	2579	18:02	01:58:12.0	17:31	03:49:40.1
2626	3969/3991	304/308	5351	Allie Fowler	F	21	Denton	NE	2619	16:27	01:57:31.7	2603	18:39	02:02:14.3	17:32	03:50:01.8
2627	3970/3991	458/460	3434	Melissa Bartels	F	33	Lincoln	NE	2606	15:52	01:55:59.7	2620	19:19	02:06:32.8	17:35	03:50:34.2
2628	3971/3991	225/227	2870	Michelle Singleton	F	49	Beaver Crossing	NE	2639	16:43	02:03:29.8	2597	18:32	02:01:27.9	17:37	03:51:03.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Female

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
2629	3972/3991	459/460	6062	Ashly Beaman	F	32	Omaha	NE	2611	15:40	01:56:30.8	2622	19:40	02:08:53.4	17:39	03:51:34.1
2630	3973/3991	434/435	3208	Paula Almazan	F	27	Lincoln	NE	2587	15:36	01:54:15.5	2631	20:31	02:14:27.9	18:03	03:56:39.6
2631	3974/3991	435/435	4764	Anita Downing	F	29	Kansas City	MO	2607	16:19	01:56:12.3	2626	19:50	02:09:58.3	18:04	03:56:52.3
2632	3975/3991	80/81	1976	Cheryl Stevens	F	56	Papillion	NE	2636	16:26	02:00:38.3	2625	19:48	02:09:42.3	18:06	03:57:21.6
2633	3977/3991	340/342	2225	Toni Anaya	F	40	Lincoln	NE	2658	19:00	02:18:13.7	2552	17:30	01:54:39.7	18:14	03:59:11.0
2634	3978/3991	341/342	663	Lynette Exum	F	43	Lincoln	NE	2623	16:23	01:58:58.4	2629	20:26	02:13:56.4	18:24	04:01:17.2
2635	3979/3991	226/227	3351	Cyndi Abbott	F	48	Waverly	NE	2624	16:23	01:58:59.6	2628	20:26	02:13:56.2	18:24	04:01:18.1
2636	3980/3991	342/342	5341	Christine Vanderford	F	43	Murdock	NE	2551	16:12	01:49:35.1	2633	20:46	02:16:07.7	18:28	04:02:17.0
2637	3981/3991	305/308	4837	Toria Amerson	F	24	Lincoln	NE	2648	17:23	02:05:51.9	2621	19:36	02:08:27.1	18:29	04:02:20.4
2638	3982/3991	306/308	3764	Tayce Debie	F	20	Lincoln	NE	2656	17:26	02:08:03.9	2623	19:46	02:09:30.0	18:35	04:03:47.5
2639	3983/3991	79/79	4389	Madison Woodward	F	17	Lincoln	NE	2654	17:27	02:08:02.1	2624	19:46	02:09:32.1	18:36	04:03:51.4
2640	3984/3991	227/227	2665	Connie Weight	F	46	Kearney	NE	2657	18:00	02:09:02.1	2632	20:45	02:15:59.0	19:22	04:13:53.8
2641	3986/3991	81/81	5531	J Carmichael	F	59	Lincoln	NE	2520	14:57	01:47:47.1	2638	24:02	02:37:25.2	19:28	04:15:21.5
2642	3987/3991	485/486	4737	Jen Miller	F	38	Hickman	NE	2625	16:59	01:59:06.9	2634	22:16	02:25:54.4	19:37	04:17:11.4
2643	3988/3991	460/460	6112	Kelly Rabenhorst	F	34	Lincoln	NE	2660	20:10	02:25:53.0	2637	23:42	02:35:15.0	21:55	04:47:26.0
2644	3989/3991	486/486	6113	Meagan Hoefs	F	35	Lincoln	NE	2661	20:13	02:26:13.9	2636	23:39	02:34:54.7	21:55	04:47:26.0
2645	3990/3991	307/308	2193	Shandell Baker	F	23	Lincoln	NE	2662	20:12	02:26:15.4	2640	24:10	02:38:22.4	22:10	04:50:47.3
2646	3991/3991	308/308	502	Jessica Welch	F	24	Lincoln	NE	2663	20:17	02:26:17.9	2639	24:10	02:38:19.3	22:12	04:51:11.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	1/3991	1/3	33	Eric Noel	M	28	San Luis Obispo	CA	3	5:12	00:34:10.9	1	5:20	00:34:56.3	5:16	01:09:06.0
2	2/3991	2/3	2	Tom Nichols	M	33	Parker	CO	1	5:10	00:33:58.0	2	5:22	00:35:11.0	5:16	01:09:07.5
3	3/3991	3/3	49	Tanner Fruit	M	27	Colorado Springs	CO	2	5:11	00:34:03.2	3	5:23	00:35:18.8	5:17	01:09:20.6
4	4/3991	1/81	35	Johnny Rutford	M	24	Omaha	NE	4	5:13	00:34:14.9	4	5:24	00:35:22.2	5:18	01:09:35.3
5	5/3991	1/205	46	Tyler Sewald	M	33	Greeley	CO	6	5:16	00:34:37.3	6	5:36	00:36:46.8	5:26	01:11:23.0
6	6/3991	1/183	37	Luka Thor	M	28	Elkhorn	NE	5	5:14	00:34:24.7	10	5:45	00:37:41.4	5:29	01:12:04.3
7	7/3991	2/81	25	Jake Sutton	M	24	West Des Moines	IA	7	5:24	00:35:28.7	7	5:37	00:36:48.0	5:30	01:12:14.8
8	8/3991	1/2	17	Ivan Ivanov	M	45	Lincoln	NE	8	5:24	00:35:29.7	8	5:41	00:37:16.1	5:32	01:12:44.0
9	9/3991	2/183	29	Brett Rosauer	M	25	Iowa City	IA	14	5:36	00:36:43.5	5	5:31	00:36:14.1	5:33	01:12:55.5
10	10/3991	1/233	50	Derek Tate	M	35	Lenexa	KS	9	5:26	00:35:39.5	13	5:49	00:38:09.7	5:37	01:13:47.7
11	11/3991	2/233	58	Jeremy Van Veen	M	36	Aberdeen	SD	11	5:30	00:36:08.2	12	5:47	00:37:55.3	5:38	01:14:02.1
12	12/3991	3/183	41	Daniel Black	M	27	Sioux Falls	SD	12	5:33	00:36:26.2	9	5:45	00:37:41.0	5:39	01:14:06.1
13	13/3991	4/183	3	York Thomas	M	27	Sioux Falls	SD	13	5:33	00:36:26.3	11	5:46	00:37:49.3	5:39	01:14:14.1
14	14/3991	3/81	21	Pierce Tallichet	M	21	Lincoln	NE	15	5:36	00:36:46.7	14	5:54	00:38:44.7	5:45	01:15:29.5
15	15/3991	2/205	18	Jason Zakaras	M	33	Gretna	NE	17	5:41	00:37:16.6	17	5:57	00:38:59.4	5:48	01:16:13.6
16	16/3991	3/233	8	Brian Wandzilak	M	35	Lincoln	NE	20	5:45	00:37:45.9	15	5:55	00:38:45.4	5:50	01:16:29.1
17	17/3991	4/81	57	Trevor Vidlak	M	24	Lincoln	NE	16	5:40	00:37:10.7	20	6:01	00:39:28.2	5:50	01:16:36.3
18	18/3991	4/233	10	Ryan Regnier	M	39	Lincoln	NE	18	5:41	00:37:18.7	19	6:00	00:39:22.9	5:50	01:16:39.0
19	19/3991	2/2	11	Thomas Woods	M	44	Lincoln	NE	25	5:47	00:38:01.7	16	5:55	00:38:50.5	5:51	01:16:48.7
20	20/3991	3/205	283	Logan Martin	M	32	Aurora	CO	26	5:48	00:38:05.9	18	5:58	00:39:06.8	5:53	01:17:10.5
21	21/3991	5/183	5	Cory Logsdon	M	27	Omaha	NE	19	5:42	00:37:23.1	22	6:05	00:39:56.6	5:53	01:17:18.0
22	22/3991	6/183	26	Cheto Cerda	M	29	Lincoln	NE	23	5:46	00:37:48.5	21	6:05	00:39:51.3	5:55	01:17:37.9
23	23/3991	7/183	54	Andrew Jacob	M	29	Lincoln	NE	22	5:45	00:37:47.7	23	6:06	00:40:00.9	5:55	01:17:46.4
24	24/3991	8/183	51	Cole Marolf	M	25	Holland	NE	10	5:29	00:35:57.4	30	6:25	00:42:07.8	5:57	01:18:03.9
25	25/3991	9/183	3236	Ryan Hruska	M	28	Lincoln	NE	27	5:50	00:38:15.5	25	6:12	00:40:38.9	6:00	01:18:51.6
26	27/3991	10/183	4422	Todd Vlieger	M	28	Central City	NE	24	5:47	00:37:57.2	28	6:22	00:41:42.8	6:04	01:19:38.6
27	28/3991	11/183	4431	Addison Albin	M	28	Kansas City	MO	33	6:07	00:40:09.2	24	6:07	00:40:05.4	6:07	01:20:11.8
28	31/3991	12/183	31	Josiah Belzer	M	25	Omaha	NE	21	5:45	00:37:46.9	37	6:32	00:42:51.2	6:08	01:20:35.7
29	32/3991	5/81	5179	Mitchell Davis	M	24	Des Moines	IA	29	5:56	00:38:57.3	31	6:25	00:42:08.0	6:10	01:21:02.1
30	33/3991	6/81	301	Elliot Lafollette	M	20	Omaha	NE	31	6:04	00:39:47.7	29	6:24	00:41:56.6	6:13	01:21:41.7
31	34/3991	1/82	3039	Brian Kelley	M	56	Lincoln	NE	35	6:10	00:40:29.7	26	6:18	00:41:17.6	6:13	01:21:42.4
32	35/3991	1/192	1074	Charles Smith	M	40	Omaha	NE	34	6:08	00:40:20.6	27	6:22	00:41:42.1	6:14	01:21:55.1
33	36/3991	2/192	620	Michael Morrison	M	40	Papillion	NE	32	6:04	00:39:50.7	32	6:27	00:42:21.2	6:16	01:22:10.7
34	37/3991	4/205	4463	Jeremy Hoefs	M	32	Lincoln	NE	30	6:03	00:39:45.7	34	6:29	00:42:30.4	6:16	01:22:11.3
35	41/3991	5/233	53	Chris Nealy	M	35	Des Moines	IA	28	5:55	00:38:51.7	49	6:46	00:44:23.9	6:20	01:23:11.8
36	43/3991	3/192	4888	Jason Schmaderer	M	42	Lincoln	NE	36	6:13	00:40:51.2	38	6:33	00:42:55.8	6:22	01:23:39.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	44/3991	5/205	576	Jay Oligmueller	M	34	Lincoln	NE	37	6:13	00:40:52.9	39	6:33	00:42:56.6	6:23	01:23:44.2
38	45/3991	6/233	284	Eric Jungbluth	M	36	Golden	CO	38	6:13	00:40:52.9	41	6:34	00:43:06.5	6:24	01:23:55.8
39	46/3991	6/205	1303	Tim Mcgargill	M	34	Omaha	NE	40	6:16	00:41:11.7	42	6:36	00:43:15.7	6:26	01:24:24.5
40	47/3991	13/183	1625	Justin Sattler	M	27	Lincoln	NE	44	6:22	00:41:46.9	36	6:31	00:42:42.6	6:26	01:24:25.6
41	49/3991	2/82	286	Dan Spale	M	59	Lakewood	CO	48	6:24	00:42:07.5	35	6:29	00:42:33.3	6:27	01:24:33.3
42	51/3991	7/81	273	Spencer Zysset	M	23	Hastings	NE	39	6:16	00:41:04.9	51	6:47	00:44:29.8	6:31	01:25:32.6
43	52/3991	14/183	1293	Steele Erickson	M	25	York	NE	59	6:36	00:43:27.4	33	6:28	00:42:24.8	6:32	01:25:42.7
44	53/3991	8/81	2745	Mark Hilderbrand	M	24	Gothenburg	NE	50	6:26	00:42:19.7	43	6:38	00:43:29.4	6:32	01:25:43.0
45	54/3991	7/205	4922	Scott Cavadini	M	30	Lincoln	NE	46	6:24	00:42:07.3	45	6:41	00:43:49.1	6:32	01:25:50.0
46	55/3991	1/30	746	Jared Yost	M	18	Lincoln	NE	47	6:23	00:42:07.5	46	6:43	00:44:00.2	6:32	01:25:51.1
47	57/3991	15/183	1613	Zachary Heath	M	29	Bennington	NE	43	6:20	00:41:40.7	53	6:48	00:44:38.5	6:34	01:26:10.3
48	58/3991	7/233	3997	Brad Oldfield	M	38	Omaha	NE	42	6:20	00:41:36.0	55	6:49	00:44:40.2	6:34	01:26:10.5
49	59/3991	8/205	1065	Ryan Hatt	M	34	Lincoln	NE	68	6:36	00:44:12.6	40	6:34	00:43:03.1	6:35	01:26:18.8
50	61/3991	4/192	1837	Steve Packwood	M	43	Omaha	NE	45	6:23	00:41:57.2	63	6:53	00:45:08.3	6:37	01:26:57.0
51	62/3991	5/192	4974	Jeremy Miles	M	41	Hastings	NE	66	6:36	00:44:06.2	44	6:40	00:43:44.5	6:38	01:27:01.5
52	63/3991	16/183	1658	Drew Pope	M	28	Laramie	WY	41	6:17	00:41:15.4	80	7:00	00:45:54.8	6:38	01:27:04.6
53	66/3991	17/183	2693	Matt Hilderbrand	M	29	Omaha	NE	49	6:26	00:42:19.3	81	7:01	00:45:58.9	6:43	01:28:11.9
54	67/3991	3/82	724	Brian Bergt	M	55	Amherst	NE	53	6:32	00:43:00.6	71	6:56	00:45:26.0	6:43	01:28:13.7
55	68/3991	9/81	288	Steve Dosskey	M	22	Lincoln	NE	54	6:33	00:43:06.3	70	6:56	00:45:25.5	6:44	01:28:19.6
56	70/3991	8/233	2522	Thaddeus Edgerton	M	37	Lincoln	NE	63	6:38	00:43:37.4	60	6:52	00:45:00.4	6:45	01:28:33.0
57	73/3991	10/81	4645	Pete Uhing	M	24	Lincoln	NE	71	6:40	00:44:25.4	61	6:52	00:45:04.2	6:46	01:28:47.3
58	74/3991	4/82	1387	Kevin Clinefelter	M	59	Rochester	NY	64	6:39	00:43:43.3	64	6:53	00:45:09.6	6:46	01:28:49.4
59	75/3991	1/115	1903	Kevin Burke	M	51	Lincoln	NE	77	6:43	00:45:03.5	57	6:50	00:44:51.4	6:47	01:28:57.5
60	78/3991	9/205	3606	Nathan Stack	M	30	Lincoln	NE	58	6:36	00:43:27.2	78	6:59	00:45:47.2	6:47	01:29:07.3
61	79/3991	9/233	2500	Anthony Schutz	M	39	Lincoln	NE	72	6:45	00:44:30.5	58	6:51	00:44:52.8	6:48	01:29:09.2
62	81/3991	10/233	853	Erik Hash	M	39	Columbus	NE	52	6:32	00:42:55.9	86	7:05	00:46:24.5	6:48	01:29:14.0
63	82/3991	1/135	281	Darin Schlake	M	46	Malcolm	NE	65	6:40	00:43:55.5	73	6:57	00:45:35.7	6:48	01:29:18.3
64	83/3991	11/233	2091	Ryan Schmidt	M	38	Lincoln	NE	74	6:47	00:44:50.6	59	6:52	00:44:59.5	6:49	01:29:27.5
65	84/3991	11/81	3217	Jay Colwell	M	23	Lincoln	NE	55	6:33	00:43:14.2	88	7:06	00:46:31.8	6:49	01:29:30.5
66	85/3991	10/205	1039	Spencer Finley	M	34	Omaha	NE	104	6:53	00:45:42.9	50	6:47	00:44:27.9	6:49	01:29:33.7
67	86/3991	11/205	842	Michael Johnson	M	33	Omaha	NE	91	6:53	00:45:19.5	52	6:48	00:44:35.6	6:50	01:29:43.5
68	87/3991	2/135	5301	Brian Kelly	M	47	Omaha	NE	73	6:46	00:44:35.8	69	6:56	00:45:25.1	6:50	01:29:46.2
69	88/3991	3/135	1743	Darin Horst	M	46	Lincoln	NE	69	6:45	00:44:19.1	74	6:58	00:45:38.1	6:51	01:29:51.9
70	89/3991	12/81	3279	Adam Kahle	M	23	Dorchester	NE	70	6:44	00:44:24.2	76	6:58	00:45:42.6	6:51	01:29:52.0
71	90/3991	12/205	4137	Ryan Williams	M	33	Mission	KS	67	6:43	00:44:07.2	79	7:00	00:45:52.3	6:51	01:29:54.3
72	91/3991	12/233	655	Wade Fornander	M	39	Lincoln	NE	99	6:54	00:45:32.7	56	6:49	00:44:41.1	6:51	01:29:54.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	93/3991	13/81	1750	Blake Vajgrt	M	24	Seward	NE	62	6:37	00:43:31.3	92	7:07	00:46:41.3	6:52	01:30:01.8
74	94/3991	13/233	5597	John Gorman	M	36	Lincoln	NE	98	6:51	00:45:32.3	65	6:53	00:45:09.7	6:52	01:30:04.0
75	96/3991	14/81	5088	Jacob Pribnow	M	20	Ames	NE	112	7:00	00:46:25.1	48	6:44	00:44:11.5	6:52	01:30:08.0
76	97/3991	6/192	1742	Jason Mccown	M	40	Lincoln	NE	79	6:50	00:45:11.7	68	6:55	00:45:20.7	6:52	01:30:11.0
77	98/3991	18/183	2937	Jared Schreiner	M	27	Lincoln	NE	127	7:02	00:47:10.7	47	6:44	00:44:10.7	6:53	01:30:20.9
78	99/3991	14/233	407	Juan Florez	M	37	Lincoln	NE	125	6:50	00:47:08.8	75	6:58	00:45:41.8	6:54	01:30:28.5
79	100/3991	7/192	6149	Jim Baker	M	44	Lincoln	NE	100	6:56	00:45:34.2	62	6:53	00:45:07.6	6:54	01:30:32.6
80	101/3991	13/205	2764	John Mccarthy	M	31	Lincoln	NE	86	6:52	00:45:13.8	72	6:56	00:45:29.8	6:54	01:30:33.2
81	102/3991	14/205	1044	Ryan Duell	M	32	Lincoln	NE	61	6:36	00:43:28.7	106	7:14	00:47:28.9	6:55	01:30:49.1
82	103/3991	2/115	6272	Alan Haverkamp	M	53	Bern	KS	80	6:46	00:45:11.8	87	7:05	00:46:29.9	6:55	01:30:50.4
83	104/3991	5/82	2446	Scott Wieskamp	M	56	Panama	NE	108	6:58	00:45:59.7	66	6:53	00:45:10.1	6:56	01:30:54.2
84	105/3991	15/205	5563	David Batko	M	34	Omaha	NE	126	7:04	00:47:09.9	54	6:49	00:44:39.5	6:56	01:31:01.6
85	106/3991	19/183	1311	Travis Wieser	M	26	Grand Island	NE	56	6:31	00:43:18.5	129	7:23	00:48:25.3	6:57	01:31:07.7
86	107/3991	16/205	4093	Michael Pecha	M	34	Elkhorn	NE	57	6:35	00:43:23.8	113	7:19	00:47:57.9	6:57	01:31:10.1
87	108/3991	20/183	4309	Matthew Rosser	M	25	Lincoln	NE	89	6:51	00:45:18.4	85	7:04	00:46:18.6	6:57	01:31:11.0
88	109/3991	17/205	2573	Robert Alderson	M	30	Omaha	NE	51	6:31	00:42:49.6	130	7:23	00:48:26.9	6:57	01:31:12.2
89	110/3991	8/192	677	Mark Treadway	M	40	Kearney	NE	75	6:47	00:44:53.6	96	7:08	00:46:48.7	6:57	01:31:16.7
90	111/3991	18/205	3138	Jared Meyer	M	32	Lincoln	NE	101	6:50	00:45:34.3	93	7:07	00:46:42.6	6:58	01:31:28.2
91	113/3991	21/183	2365	Kenneth Knoop	M	28	Lincoln	NE	83	6:52	00:45:13.6	90	7:06	00:46:32.6	6:58	01:31:31.9
92	114/3991	22/183	3995	Zachary Kane	M	26	Lincoln	NE	132	6:51	00:47:28.9	94	7:08	00:46:45.0	6:59	01:31:42.2
93	115/3991	4/135	745	J J Yost	M	49	Lincoln	NE	107	6:58	00:45:59.5	82	7:01	00:46:00.1	6:59	01:31:42.2
94	116/3991	5/135	1016	Michael Davis	M	47	Omaha	NE	94	6:50	00:45:26.8	99	7:12	00:47:11.5	7:00	01:31:57.8
95	118/3991	23/183	3705	Andrew Hille	M	27	Hickman	NE	84	6:51	00:45:13.6	101	7:13	00:47:20.0	7:02	01:32:15.5
96	119/3991	3/115	1073	John Spomer	M	50	Lincoln	NE	87	6:50	00:45:14.6	107	7:15	00:47:30.6	7:02	01:32:20.0
97	120/3991	24/183	1362	Stuart Mason	M	28	Lincoln	NE	144	7:12	00:48:11.4	67	6:54	00:45:16.1	7:03	01:32:26.2
98	122/3991	19/205	4203	Christopher Beeler	M	30	Eldora	IA	110	6:48	00:46:00.8	111	7:19	00:47:56.5	7:03	01:32:31.0
99	123/3991	15/233	4478	Trevor Houghton	M	38	Nebraska City	NE	78	6:51	00:45:08.5	110	7:18	00:47:52.6	7:04	01:32:47.2
100	124/3991	6/135	274	Tony Sullivan	M	48	Hickman	NE	116	7:04	00:46:34.9	89	7:06	00:46:32.3	7:04	01:32:50.5
101	125/3991	20/205	1749	John Wang	M	34	Omaha	NE	103		00:45:35.5	102	7:14	00:47:26.2	7:05	01:33:01.8
102	127/3991	16/233	1951	Jason Hesser	M	36	Crete	NE	88	6:50	00:45:17.7	126	7:22	00:48:20.1	7:06	01:33:11.6
103	128/3991	9/192	4046	David Frost	M	41	Bennington	NE	96	6:54	00:45:31.7	122	7:21	00:48:12.6	7:07	01:33:29.8
104	130/3991	17/233	1587	John Boever	M	37	Lincoln	NE	97		00:45:32.1	119	7:21	00:48:08.5	7:08	01:33:40.7
105	131/3991	1/48	3564	Paul Braunschweiler	M	63	Elkhorn	NE	76	6:50	00:44:53.6	141	7:28	00:48:55.6	7:08	01:33:41.8
106	133/3991	2/30	277	Josiah Johnson	M	18	Lincoln	NE	93	6:53	00:45:24.8	133	7:24	00:48:33.4	7:09	01:33:43.9
107	134/3991	18/233	602	Timothy Hill	M	39	Lincoln	NE	82	6:53	00:45:13.2	135	7:25	00:48:38.6	7:09	01:33:44.7
108	136/3991	19/233	4151	J B Dixon	M	39	Lincoln	NE	114	6:59	00:46:27.8	116	7:19	00:48:01.8	7:09	01:33:49.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
109	137/3991	20/233	1335	Bryan Sypal	M	38	Lincoln	NE	123	7:06	00:47:07.2	100	7:13	00:47:17.4	7:09	01:33:49.6
110	138/3991	4/115	5181	Paul Illich	M	50	Lincoln	NE	85	6:53	00:45:13.8	138	7:26	00:48:43.6	7:09	01:33:51.5
111	139/3991	3/30	2847	Anthony Krick	M	16	Lincoln	NE	161	7:23	00:48:53.7	77	6:58	00:45:44.2	7:10	01:34:06.3
112	140/3991	10/192	3786	Erik Wichita	M	42	Lincoln	NE	117	7:01	00:46:36.3	123	7:21	00:48:12.6	7:11	01:34:12.7
113	141/3991	25/183	4854	Zac Groenke	M	26	Lincoln	NE	130	7:09	00:47:16.4	105	7:14	00:47:28.0	7:12	01:34:23.7
114	142/3991	11/192	955	Ray Taddeucci	M	43	Lincoln	NE	120	7:05	00:46:44.9	117	7:20	00:48:02.6	7:12	01:34:26.8
115	143/3991	21/205	3901	Grant Roskens	M	30	Norfolk	NE	147	7:23	00:48:38.6	84	7:03	00:46:12.7	7:12	01:34:35.7
116	145/3991	12/192	2543	Travis Green	M	41	Lincoln	NE	186	7:25	00:49:38.5	83	7:01	00:46:01.7	7:13	01:34:40.3
117	146/3991	26/183	3044	Colton Meyers	M	27	Lincoln	NE	168	7:19	00:48:59.3	91	7:07	00:46:41.0	7:13	01:34:40.4
118	147/3991	15/81	5091	Aaron Bos	M	23	Lincoln	NE	119	7:04	00:46:43.5	128	7:23	00:48:22.8	7:13	01:34:42.1
119	149/3991	4/30	4816	Zach Turner	M	19	Lincoln	NE	102	6:56	00:45:35.2	149	7:31	00:49:19.2	7:13	01:34:48.3
120	150/3991	21/233	1621	Brian Sterud	M	37	Norfolk	NE	160	7:19	00:48:51.4	97	7:09	00:46:54.3	7:14	01:34:55.8
121	151/3991	27/183	1575	Justin Van Nostrand	M	26	Lincoln	NE	140	7:08	00:47:46.5	121	7:21	00:48:10.2	7:14	01:34:56.8
122	152/3991	22/233	1276	Robert Ramey	M	36	Omaha	NE	138	7:08	00:47:40.8	124	7:21	00:48:13.6	7:14	01:34:57.0
123	153/3991	22/205	1794	Kevan Gray	M	33	Kearney	NE	105	6:53	00:45:43.3	164	7:37	00:49:57.4	7:15	01:35:03.4
124	154/3991	6/82	4706	Jack Duysen	M	56	Omaha	NE	163	7:19	00:48:54.3	98	7:11	00:47:06.0	7:15	01:35:06.1
125	155/3991	7/82	6091	Ray Chmiel	M	57	Mccook	NE	172	7:22	00:49:02.2	95	7:08	00:46:47.9	7:15	01:35:06.6
126	156/3991	2/48	1178	Jim Ruppelt	M	61	Lincoln	NE	134	7:11	00:47:32.7	114	7:19	00:48:00.0	7:15	01:35:08.2
127	157/3991	28/183	1262	Matthew James	M	29	Lincoln	NE	60	6:37	00:43:28.4	211	7:54	00:51:48.6	7:15	01:35:11.4
128	158/3991	8/82	1051	Kerry Mcdermott	M	58	Lincoln	NE	131	7:12	00:47:26.8	115	7:19	00:48:00.9	7:15	01:35:12.2
129	159/3991	23/205	850	Shane Peed	M	30	Lincoln	NE	111	7:01	00:46:13.5	150	7:32	00:49:21.0	7:16	01:35:24.1
130	160/3991	23/233	6067	Mike Suing	M	39	Gretna	NE	90	6:53	00:45:18.6	171	7:40	00:50:19.1	7:16	01:35:26.2
131	161/3991	29/183	1539	Ben Stangl	M	27	Blair	NE	92	6:49	00:45:23.7	184	7:45	00:50:49.9	7:17	01:35:34.8
132	162/3991	1/16	4532	James Chapman	M	14	Omaha	NE	124	6:58	00:47:08.5	167	7:38	00:50:01.9	7:18	01:35:46.2
133	164/3991	30/183	5913	Macklin Warrington	M	26	Lincoln	NE	129	7:06	00:47:15.8	154	7:33	00:49:31.7	7:19	01:36:06.6
134	165/3991	24/205	4940	Brody Ockander	M	34	Lincoln	NE	146	7:21	00:48:37.8	112	7:19	00:47:57.0	7:19	01:36:06.7
135	166/3991	31/183	377	Eric Johnson	M	27	Lincoln	NE	153	7:21	00:48:42.5	120	7:21	00:48:09.1	7:20	01:36:19.0
136	170/3991	25/205	3649	Derek Sinica	M	30	Lincoln	NE	113	7:02	00:46:27.5	183	7:43	00:50:37.0	7:22	01:36:46.9
137	171/3991	24/233	3041	Mark White	M	38	Lincoln	NE	199	7:30	00:50:05.6	108	7:16	00:47:37.8	7:23	01:36:48.2
138	172/3991	26/205	1527	Robb Hiatt	M	30	Omaha	NE	118	7:01	00:46:39.8	186	7:46	00:50:53.7	7:23	01:36:52.5
139	173/3991	32/183	4387	Justin Stone	M	28	Lincoln	NE	128	7:10	00:47:13.2	163	7:37	00:49:55.9	7:23	01:36:57.5
140	174/3991	25/233	2564	Shane Deaver	M	36	Elkhorn	NE	184	7:25	00:49:32.3	125	7:22	00:48:17.3	7:23	01:36:58.3
141	176/3991	5/30	2754	Thomas Krick	M	17	Lincoln	NE	162	7:23	00:48:53.8	134	7:25	00:48:38.1	7:24	01:37:01.8
142	177/3991	27/205	425	Richard Schwartz	M	31	Lincoln	NE	150	7:18	00:48:41.5	146	7:30	00:49:09.9	7:24	01:37:03.2
143	178/3991	16/81	1855	Mason Van Nostrand	M	24	Lincoln	NE	133	7:06	00:47:29.9	182	7:42	00:50:32.6	7:24	01:37:03.6
144	179/3991	9/82	1717	Robert Borer	M	56	Lincoln	NE	136	7:14	00:47:38.8	157	7:35	00:49:42.8	7:24	01:37:08.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	180/3991	13/192	525	Eric Williams	M	40	Lincoln	NE	272	7:27	00:52:06.2	131	7:24	00:48:29.8	7:25	01:37:18.4
146	181/3991	14/192	4489	Jason Chicoine	M	44	Wahoo	NE	216	7:33	00:50:42.7	109	7:18	00:47:50.6	7:25	01:37:20.8
147	182/3991	33/183	2883	Alejandro Guerrero	M	27	Omaha	NE	176	7:22	00:49:07.1	144	7:29	00:49:02.4	7:25	01:37:22.7
148	184/3991	26/233	5651	Andrew Carter	M	36	Lincoln	NE	208	7:20	00:50:22.8	151	7:32	00:49:24.0	7:26	01:37:27.2
149	185/3991	15/192	3529	Brian Bergstrom	M	42	Axtell	NE	238	7:39	00:51:18.6	104	7:14	00:47:27.7	7:26	01:37:36.0
150	186/3991	17/81	4524	Paul Creger	M	24	Lincoln	NE	81	6:52	00:45:12.8	249	8:03	00:52:47.8	7:27	01:37:48.0
151	187/3991	34/183	309	Paul Judge	M	29	Omaha	NE	149	7:19	00:48:41.3	162	7:36	00:49:52.2	7:27	01:37:48.7
152	188/3991	28/205	1159	Brian Swim	M	33	Lincoln	NE	145	7:16	00:48:23.4	169	7:39	00:50:08.9	7:27	01:37:49.4
153	189/3991	7/135	3861	Mike Masek	M	49	Omaha	NE	122	7:07	00:47:02.9	195	7:48	00:51:09.5	7:27	01:37:49.5
154	190/3991	16/192	1564	Jason Keese	M	40	Lincoln	NE	106	6:57	00:45:51.2	226	7:58	00:52:12.8	7:27	01:37:50.2
155	191/3991	8/135	647	Jeff Wickett	M	49	Norfolk	NE	175	7:23	00:49:05.3	153	7:33	00:49:30.3	7:28	01:37:58.2
156	193/3991	27/233	545	Carl J Samuelson	M	38	Papillion	NE	143	7:16	00:47:54.9	172	7:41	00:50:20.0	7:28	01:37:59.2
157	194/3991	28/233	486	Scott Medina	M	38	Lincoln	NE	154	7:19	00:48:42.9	165	7:37	00:49:58.5	7:28	01:38:00.2
158	195/3991	17/192	420	Corey Russman	M	42	Lincoln	NE	156	7:22	00:48:47.5	156	7:35	00:49:41.8	7:28	01:38:01.9
159	196/3991	35/183	2972	Tyler Morrison	M	25	Lincoln	NE	169	7:11	00:48:59.3	189	7:46	00:50:56.9	7:28	01:38:02.8
160	197/3991	9/135	1496	Jim Mccarthy	M	49	Papillion	NE	139	7:09	00:47:46.3	196	7:48	00:51:10.8	7:28	01:38:05.3
161	198/3991	36/183	2508	Brian Hinkle	M	27	Omaha	NE	177	7:22	00:49:07.5	159	7:36	00:49:50.0	7:29	01:38:10.4
162	199/3991	37/183	6225	Ben Herbers	M	28	Omaha	NE	198	7:27	00:50:01.9	148	7:31	00:49:18.3	7:29	01:38:11.6
163	202/3991	29/233	5877	Jason D Kennedy	M	35	Lincoln	NE	141	7:14	00:47:49.6	187	7:46	00:50:53.9	7:30	01:38:21.9
164	204/3991	29/205	2122	Adam Wells	M	32	Omaha	NE	215	7:37	00:50:40.3	132	7:24	00:48:29.9	7:30	01:38:27.6
165	207/3991	18/192	733	Paul Brinkman	M	44	Lincoln	NE	221	7:40	00:51:08.1	127	7:22	00:48:20.8	7:31	01:38:39.8
166	208/3991	30/205	657	Jediah Kautz	M	30	Hastings	NE	183	7:28	00:49:30.7	158	7:36	00:49:47.4	7:31	01:38:41.8
167	209/3991	30/233	1127	Andrew Gonka	M	39	Elkhorn	NE	181	7:27	00:49:20.3	160	7:36	00:49:50.7	7:31	01:38:42.1
168	210/3991	10/135	474	Steven Sousek	M	49	Lincoln	NE	193	7:33	00:49:55.8	147	7:30	00:49:09.9	7:31	01:38:43.3
169	211/3991	11/135	5706	Sam Allgood	M	48	Lincoln	NE	174	7:22	00:49:04.7	174	7:41	00:50:22.2	7:31	01:38:43.5
170	212/3991	31/205	846	Nick Bockoven	M	33	Bellevue	NE	217	7:36	00:50:51.9	142	7:28	00:48:58.8	7:32	01:38:46.3
171	213/3991	19/192	522	Phil Abel	M	41	Lincoln	NE	135	7:13	00:47:36.8	206	7:52	00:51:36.8	7:32	01:38:53.4
172	215/3991	32/205	3952	Anthony Gage	M	34	Kansas City	MO	223	7:39	00:51:14.7	139	7:26	00:48:44.7	7:32	01:38:53.6
173	218/3991	38/183	3443	Austin Nelson	M	25	Lincoln	NE	219	7:37	00:51:01.3	145	7:29	00:49:07.1	7:33	01:39:04.5
174	219/3991	20/192	5606	James Boerner	M	41	Bellevue	NE	121	7:05	00:47:00.7	244	8:02	00:52:42.0	7:33	01:39:06.9
175	221/3991	39/183	3103	Long Matthew	M	25	Lincoln	NE	254	7:36	00:51:36.7	152	7:33	00:49:30.0	7:34	01:39:20.0
176	222/3991	31/233	2685	Nel Pineda	M	39	Bellevue	NE	197	7:32	00:50:00.6	166	7:37	00:49:59.2	7:35	01:39:24.9
177	223/3991	3/48	1858	David Coleman	M	60	Lincoln	NE	237	7:44	00:51:18.4	136	7:25	00:48:40.9	7:35	01:39:25.6
178	224/3991	32/233	1935	Jake Messersmith	M	36	Kearney	NE	234	7:41	00:51:17.8	143	7:29	00:49:01.1	7:35	01:39:25.7
179	227/3991	40/183	878	Andrew Neville	M	29	Lincoln	NE	189	7:28	00:49:48.5	180	7:42	00:50:27.8	7:35	01:39:28.2
180	228/3991	21/192	2625	Mike Reed	M	43	Omaha	NE	173	7:23	00:49:03.3	193	7:47	00:51:05.0	7:35	01:39:30.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	229/3991	22/192	4552	Jeff Vaughn	M	40	Omaha	NE	246	7:45	00:51:24.2	140	7:26	00:48:46.3	7:35	01:39:33.4
182	230/3991	33/233	552	Ryan Garlock	M	39	Lincoln	NE	178	7:24	00:49:13.2	191	7:47	00:51:01.4	7:35	01:39:33.8
183	234/3991	6/30	4152	Alexander Hruby	M	19	Lincoln	NE	202	7:30	00:50:14.5	178	7:42	00:50:27.2	7:36	01:39:38.8
184	235/3991	33/205	2150	Marlon Good	M	33	Lincoln	NE	148	7:23	00:48:41.1	199	7:49	00:51:17.0	7:36	01:39:39.2
185	237/3991	7/30	5282	Thadd Wegrzyn	M	16	Lincoln	NE	280	7:48	00:52:20.4	137	7:26	00:48:42.2	7:36	01:39:50.5
186	238/3991	12/135	1007	Tom Macy	M	48	Omaha	NE	196	7:32	00:49:59.8	179	7:42	00:50:27.5	7:37	01:39:53.3
187	239/3991	34/233	2262	Chad Buell	M	39	Bassett	NE	170	7:23	00:49:00.8	203	7:51	00:51:26.5	7:37	01:39:53.5
188	240/3991	34/205	4507	Brandon Ladwig	M	32	Omaha	NE	95	6:53	00:45:30.5	301	8:21	00:54:46.9	7:37	01:39:56.2
189	242/3991	23/192	534	Jake Claussen	M	40	Norfolk	NE	159	7:19	00:48:51.4	217	7:56	00:52:00.3	7:37	01:40:01.8
190	244/3991	41/183	4129	Jeffrey Kramer	M	25	Lincoln	NE	194	7:20	00:49:56.5	218	7:56	00:52:01.4	7:38	01:40:04.3
191	246/3991	35/205	6070	Ryan Curtis	M	32	Omaha	NE	209	7:38	00:50:24.5	176	7:41	00:50:23.7	7:39	01:40:23.9
192	248/3991	13/135	2616	Jerry Witte	M	46	Lincoln	NE	137	7:14	00:47:39.4	251	8:05	00:53:01.7	7:39	01:40:26.2
193	250/3991	36/205	3167	Matt Atchison	M	33	Omaha	NE	158	7:21	00:48:49.2	232	8:00	00:52:25.9	7:40	01:40:37.8
194	254/3991	37/205	5787	Matthew Webster	M	33	Lincoln	NE	278	7:45	00:52:15.9	168	7:38	00:50:03.9	7:41	01:40:50.7
195	255/3991	35/233	2455	Shane Elwood	M	36	Hickman	NE	210	7:37	00:50:26.7	188	7:46	00:50:56.3	7:41	01:40:51.2
196	257/3991	42/183	1681	Paul Johnson	M	29	Lincoln	NE	213	7:37	00:50:35.6	190	7:47	00:50:59.8	7:41	01:40:53.7
197	258/3991	43/183	448	Seth Huenink	M	29	Lincoln	NE	179	7:16	00:49:13.4	257	8:07	00:53:14.3	7:41	01:40:55.2
198	259/3991	38/205	608	David Smidt	M	34	Lincoln	NE	475	8:04	00:57:18.5	118	7:20	00:48:06.9	7:42	01:40:59.7
199	260/3991	5/115	2988	Wes Smith	M	54	Lincoln	NE	190	7:25	00:49:49.3	230	7:59	00:52:23.8	7:42	01:41:03.2
200	261/3991	24/192	782	Ron Larson	M	43	Lincoln	NE	200	7:29	00:50:12.5	219	7:56	00:52:02.2	7:42	01:41:08.6
201	262/3991	8/30	2849	Nathan Krick	M	17	Lincoln	NE	171	7:24	00:49:01.6	246	8:02	00:52:43.2	7:43	01:41:12.9
202	263/3991	44/183	5311	Topher Thompson	M	26	Lincoln	NE	167	7:25	00:48:57.8	237	8:01	00:52:33.5	7:43	01:41:13.4
203	264/3991	10/82	469	William Berzonsky	M	55	Lincoln	NE	180	7:27	00:49:17.3	228	7:59	00:52:20.4	7:43	01:41:14.1
204	265/3991	14/135	3919	Kevin Mccaffrey	M	47	Lincoln	NE	155	7:24	00:48:45.5	248	8:03	00:52:46.2	7:43	01:41:14.6
205	266/3991	45/183	4768	Bill Kreuser	M	29	Lincoln	NE	207	7:31	00:50:20.8	221	7:56	00:52:02.7	7:43	01:41:17.9
206	269/3991	46/183	3348	Timothy Zach	M	26	Lincoln	NE	276	7:47	00:52:09.6	177	7:42	00:50:26.4	7:44	01:41:25.4
207	270/3991	39/205	2598	Justin Brunken	M	32	Lincoln	NE	165		00:48:56.5	235	8:01	00:52:32.3	7:44	01:41:28.9
208	272/3991	9/30	532	Trevin Ryder	M	16	Lincoln	NE	294	7:54	00:53:00.6	161	7:36	00:49:51.1	7:45	01:41:39.1
209	273/3991	40/205	3410	Tony Norder	M	31	Bruning	NE	244	7:36	00:51:21.2	210	7:54	00:51:47.4	7:45	01:41:39.2
210	274/3991	10/30	2806	Peyton Renard	M	16	Lincoln	NE	282	7:56	00:52:30.3	155	7:34	00:49:39.4	7:45	01:41:41.4
211	275/3991	41/205	1173	Scott Rosenbaugh	M	32	Lincoln	NE	211	7:36	00:50:33.4	215	7:55	00:51:52.1	7:45	01:41:41.7
212	277/3991	6/115	1667	Tom Volk	M	50	Lincoln	NE	195	7:32	00:49:59.4	234	8:00	00:52:28.7	7:46	01:41:53.3
213	282/3991	36/233	3727	Todd Krier	M	36	Lincoln	NE	225	7:41	00:51:15.5	205	7:52	00:51:35.6	7:46	01:41:59.8
214	283/3991	11/30	1170	Steven Bader	M	18	Gresham	NE	261	7:38	00:51:45.8	222	7:57	00:52:07.0	7:47	01:42:07.2
215	284/3991	2/16	2638	Avery Watts	M	14	Lincoln	NE	230	7:44	00:51:16.6	202	7:50	00:51:24.6	7:47	01:42:09.4
216	285/3991	37/233	1994	Trevor Bohling	M	35	Omaha	NE	182	7:27	00:49:23.8	262	8:08	00:53:22.0	7:47	01:42:10.3



# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	286/3991	15/135	3389	Chad Lunders	M	46	Lincoln	NE	224	7:42	00:51:14.7	207	7:53	00:51:39.9	7:47	01:42:11.8
218	287/3991	38/233	945	Matthew Eickman	M	37	Overland Park	KS	188	7:31	00:49:46.5	250	8:04	00:52:55.9	7:47	01:42:12.4
219	289/3991	42/205	2313	Aaron Rouse	M	30	Lincoln	NE	284	7:49	00:52:34.8	197	7:49	00:51:13.4	7:48	01:42:26.3
220	291/3991	11/82	5859	Doug Brudny	M	56	Valley	NE	271	7:47	00:52:02.6	204	7:51	00:51:26.7	7:48	01:42:26.8
221	292/3991	39/233	3271	Ben Watson	M	36	Rapid City	SD	293	7:52	00:53:00.2	185	7:46	00:50:52.6	7:48	01:42:27.1
222	294/3991	16/135	5174	Arlen Seeman	M	48	Williamsburg	IA	325	7:57	00:53:56.8	173	7:41	00:50:22.0	7:49	01:42:28.2
223	296/3991	25/192	3890	Max Kurz	M	44	Omaha	NE	205	7:33	00:50:18.5	252	8:05	00:53:02.8	7:49	01:42:35.8
224	297/3991	47/183	3309	Aaron Ball	M	28	Lincoln	NE	204	7:32	00:50:16.3	256	8:07	00:53:14.1	7:49	01:42:39.8
225	298/3991	12/30	5164	Nathan Follett	M	16	Lincoln	NE	232	7:37	00:51:16.9	247	8:02	00:52:43.2	7:49	01:42:41.0
226	299/3991	48/183	4510	Taylor Kendle	M	27	Lincoln	NE	214	7:29	00:50:36.2	265	8:11	00:53:36.4	7:50	01:42:41.2
227	300/3991	7/115	1077	Kevin Fields	M	53	Seward	NE	243	7:43	00:51:21.2	220	7:56	00:52:02.5	7:50	01:42:41.6
228	301/3991	12/82	3344	Wesley Hochstetler	M	59	Shickley	NE	249	7:42	00:51:26.3	227	7:59	00:52:17.4	7:50	01:42:44.5
229	303/3991	43/205	4688	Todd Goodman	M	34	Juniata	NE	247	7:33	00:51:25.3	261	8:08	00:53:21.1	7:50	01:42:54.0
230	304/3991	49/183	2817	Joseph Banegas	M	29	Lincoln	NE	421	7:48	00:56:00.8	209	7:54	00:51:46.8	7:51	01:42:54.3
231	305/3991	17/135	3147	Thomas Ochsner	M	45	Waverly	NE	303	7:55	00:53:16.7	192	7:47	00:51:01.7	7:51	01:42:56.5
232	306/3991	50/183	5034	Kyle Schutte	M	27	Omaha	NE	267	7:48	00:51:56.2	214	7:54	00:51:51.2	7:51	01:42:57.0
233	309/3991	18/81	4429	Darren Johnson	M	21	Ames	IA	229	7:44	00:51:16.5	229	7:59	00:52:21.9	7:51	01:43:06.5
234	310/3991	40/233	3502	Zachary Labrayere	M	36	Lincoln	NE	626	8:29	01:01:20.1	103	7:14	00:47:27.5	7:51	01:43:06.9
235	312/3991	41/233	1956	Ken Logan	M	39	Lincoln	NE	285	7:50	00:52:35.2	213	7:54	00:51:51.0	7:52	01:43:12.7
236	314/3991	44/205	5392	Trevor Prai	M	31	Lincoln	NE	444	7:52	00:56:35.2	208	7:53	00:51:40.2	7:52	01:43:15.2
237	316/3991	13/30	1300	Jared Teckmeyer	M	17	Lincoln	NE	352	8:07	00:54:24.8	170	7:40	00:50:14.4	7:53	01:43:26.8
238	317/3991	42/233	1867	Josh Huenergardt	M	36	Lincoln	NE	301	7:57	00:53:11.6	200	7:50	00:51:22.1	7:53	01:43:30.8
239	318/3991	45/205	2461	Shawn Peed	M	34	Lincoln	NE	324	7:46	00:53:55.8	241	8:02	00:52:37.3	7:53	01:43:31.1
240	319/3991	8/115	2967	David Darlington	M	50	Roca	NE	311	8:00	00:53:35.6	194	7:48	00:51:05.5	7:53	01:43:32.9
241	322/3991	26/192	1241	Mark Canfield	M	42	Lincoln	NE	351	8:07	00:54:24.7	175	7:41	00:50:23.6	7:54	01:43:35.9
242	323/3991	46/205	5074	Kolby Koehlmoos	M	31	Omaha	NE	353	8:06	00:54:25.3	181	7:42	00:50:30.2	7:54	01:43:37.4
243	325/3991	51/183	4920	Greg Smith	M	29	Kingwood	TX	338	8:01	00:54:15.7	198	7:49	00:51:13.9	7:54	01:43:45.7
244	328/3991	43/233	1666	Tom Roddel	M	37	Lincoln	NE	240	7:44	00:51:19.2	255	8:06	00:53:07.7	7:55	01:43:47.2
245	330/3991	27/192	2253	James Johnson	M	42	Willmar	MN	191	7:32	00:49:50.5	289	8:18	00:54:24.6	7:55	01:43:47.5
246	332/3991	18/135	833	Craig Pleskac	M	45	Lincoln	NE	264	7:39	00:51:49.7	270	8:12	00:53:47.8	7:55	01:43:56.6
247	333/3991	47/205	1448	Eric Grob	M	31	Omaha	NE	422	7:30	00:56:03.6	302	8:21	00:54:47.2	7:55	01:43:59.3
248	335/3991	19/81	1887	Jake Salomons	M	24	Lincoln	NE	245	7:44	00:51:23.8	259	8:07	00:53:15.3	7:56	01:44:00.7
249	337/3991	52/183	1236	Kyle Bown	M	28	Lincoln	NE	151	7:24	00:48:42.1	332	8:28	00:55:33.3	7:56	01:44:02.6
250	338/3991	53/183	3403	Quinn Lewandowski	M	28	Central City	NE	152	7:24	00:48:42.3	333	8:28	00:55:33.6	7:56	01:44:03.0
251	340/3991	44/233	428	David Dirksen	M	38	Lincoln	NE	263	7:47	00:51:49.7	254	8:06	00:53:06.5	7:56	01:44:08.5
252	342/3991	48/205	5846	Scott Stengle	M	30	Lincoln	NE	239	7:37	00:51:18.8	283	8:17	00:54:15.7	7:56	01:44:10.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	344/3991	54/183	1694	Danny Poethig	M	26	West Des Moines	IA	187	7:31	00:49:38.7	310	8:23	00:54:57.6	7:57	01:44:13.2
254	345/3991	45/233	3559	Scott Schaefer	M	37	Omaha	NE	283	7:52	00:52:32.5	240	8:01	00:52:35.8	7:57	01:44:13.5
255	346/3991	19/135	734	Greg Hanel	M	45	Lincoln	NE	206	7:35	00:50:19.2	292	8:19	00:54:31.5	7:57	01:44:13.8
256	348/3991	28/192	509	Blake Anderson	M	43	Lincoln	NE	252	7:47	00:51:34.5	258	8:07	00:53:14.4	7:57	01:44:16.5
257	349/3991	20/81	3130	Paul Gebers	M	20	Lincoln	NE	300	7:53	00:53:09.3	238	8:01	00:52:33.5	7:57	01:44:18.2
258	351/3991	20/135	712	John Hallgren	M	46	Omaha	NE	287	7:35	00:52:39.5	294	8:20	00:54:36.7	7:57	01:44:20.9
259	352/3991	49/205	1145	Ben Biehl	M	34	Syracuse	NE	319	7:58	00:53:47.6	224	7:58	00:52:11.8	7:57	01:44:24.5
260	353/3991	55/183	2774	Ryan Williams	M	27	Hastings	NE	343	8:06	00:54:21.7	201	7:50	00:51:24.4	7:58	01:44:28.3
261	354/3991	4/48	1466	Stanley Oswald	M	62	Lincoln	NE	273	7:49	00:52:07.2	260	8:08	00:53:16.5	7:58	01:44:30.6
262	355/3991	46/233	3089	Dustin Slivka	M	38	Omaha	NE	255	7:45	00:51:36.8	269	8:11	00:53:42.1	7:58	01:44:33.5
263	356/3991	29/192	2157	John Christensen	M	44	Lincoln	NE	233	7:45	00:51:17.7	274	8:13	00:53:55.4	7:59	01:44:42.0
264	357/3991	30/192	2411	Alan Olsen	M	44	Lincoln	NE	241	7:42	00:51:20.2	286	8:17	00:54:19.1	7:59	01:44:45.7
265	361/3991	50/205	269	Jared Keedy	M	30	Lincoln	NE	360	8:04	00:54:29.4	223	7:57	00:52:07.8	8:00	01:44:58.2
266	362/3991	47/233	6040	Keith Mcroberts	M	35	Lincoln	NE	320	8:00	00:53:50.9	236	8:01	00:52:33.3	8:00	01:44:59.4
267	364/3991	13/82	732	Jon Michelsen	M	57	Lincoln	NE	262	7:48	00:51:47.8	271	8:13	00:53:49.8	8:00	01:45:01.0
268	366/3991	48/233	2075	Nathaniel Cunningham	M	38	Lincoln	NE	364	8:07	00:54:31.5	216	7:55	00:51:54.8	8:01	01:45:05.9
269	367/3991	56/183	306	Thomas Clutter	M	28	Lincoln	NE	222	7:44	00:51:12.8	290	8:18	00:54:26.8	8:01	01:45:06.7
270	368/3991	51/205	2962	Aaron Christensen	M	33	Omaha	NE	312	7:52	00:53:38.3	263	8:10	00:53:30.9	8:01	01:45:08.7
271	369/3991	49/233	4751	Joe Dauer	M	36	Lincoln	NE	316	8:00	00:53:43.6	243	8:02	00:52:38.8	8:01	01:45:09.3
272	373/3991	31/192	3668	Sami Zeineddine	M	41	Omaha	NE	291	7:44	00:52:49.2	295	8:20	00:54:39.9	8:02	01:45:19.6
273	376/3991	21/81	3125	Keenan Hawekotte	M	23	Lincoln	NE	341	8:04	00:54:20.6	239	8:01	00:52:35.5	8:02	01:45:29.4
274	377/3991	57/183	5032	Grant Moore	M	29	Arapahoe	NE	142	7:14	00:47:54.5	438	8:52	00:58:06.7	8:03	01:45:31.7
275	378/3991	9/115	6047	Dennis Hetland	M	53	Fargo	ND	286	7:52	00:52:38.8	276	8:14	00:54:01.9	8:03	01:45:34.4
276	381/3991	5/48	454	Conrad Woernrr	M	64	Lincoln	NE	386	8:07	00:54:47.0	233	8:00	00:52:26.5	8:03	01:45:40.6
277	386/3991	22/81	5313	Matt Froemming	M	22	Lincoln	NE	166	7:25	00:48:57.8	390	8:42	00:57:02.3	8:03	01:45:42.5
278	388/3991	32/192	1761	John Linn	M	40	Lincoln	NE	315	7:59	00:53:41.7	264	8:10	00:53:31.0	8:04	01:45:51.8
279	390/3991	52/205	5818	Blake Hopkins	M	30	Omaha	NE	212	7:39	00:50:34.3	337	8:31	00:55:47.5	8:04	01:45:55.3
280	391/3991	21/135	3500	Matt Nelson	M	46	Lincoln	NE	203	7:34	00:50:16.3	358	8:36	00:56:23.8	8:05	01:46:00.2
281	392/3991	14/82	1058	Brad Gengenbach	M	55	Lincoln	NE	253	7:45	00:51:35.8	316	8:25	00:55:10.1	8:05	01:46:00.7
282	393/3991	3/16	2648	Braeden Bestmann	M	12	Lincoln	NE	532	8:16	00:59:19.6	212	7:54	00:51:48.7	8:05	01:46:01.8
283	394/3991	15/82	211	Steve Nabity	M	59	Elkhorn	NE	402	8:08	00:55:25.2	245	8:02	00:52:43.1	8:05	01:46:01.9
284	395/3991	53/205	3593	Brian Thacker	M	33	Papillon	NE	307	7:55	00:53:24.9	281	8:16	00:54:13.6	8:05	01:46:05.7
285	396/3991	22/135	2900	Jeffrey Bruntz	M	47	Gothenburg	NE	192	7:29	00:49:51.5	396	8:42	00:57:05.5	8:05	01:46:10.2
286	397/3991	23/135	4692	Matt Vavra	M	45	Gretna	NE	260	7:50	00:51:45.4	303	8:22	00:54:48.8	8:06	01:46:12.0
287	398/3991	58/183	257	Zach Schroeder	M	29	Lincoln	NE	408	8:12	00:55:41.3	231	8:00	00:52:24.8	8:06	01:46:12.6
288	400/3991	16/82	804	Michael Wadzinski	M	55	Sioux City	IA	269	7:47	00:52:01.9	317	8:25	00:55:10.3	8:06	01:46:14.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	408/3991	59/183	3463	James Duin	M	25	Lincoln	NE	248	7:46	00:51:25.9	327	8:28	00:55:29.6	8:06	01:46:23.7
290	411/3991	50/233	2649	Kevin Sypal	M	36	Lincoln	NE	265	7:44	00:51:50.7	339	8:31	00:55:48.6	8:07	01:46:32.2
291	412/3991	51/233	5961	Jeffrey Lafavor	M	38	Sioux City	IA	185	7:27	00:49:33.5	419	8:48	00:57:42.7	8:07	01:46:32.9
292	413/3991	60/183	3844	Taylor Hilzer	M	29	Lincoln	NE	270	7:46	00:52:02.3	335	8:29	00:55:40.0	8:08	01:46:37.4
293	416/3991	23/81	5689	Lance Johnson	M	24	Lincoln	NE	288	7:44	00:52:40.3	342	8:32	00:55:58.2	8:08	01:46:41.2
294	417/3991	6/48	449	Al Koontz	M	61	Lincoln	NE	587	8:15	01:00:41.5	242	8:02	00:52:37.9	8:08	01:46:41.3
295	419/3991	7/48	1259	Tom Larson	M	60	Lincoln	NE	322	8:02	00:53:54.5	278	8:15	00:54:07.3	8:08	01:46:44.7
296	423/3991	61/183	4711	Jason Lenz	M	26	Lincoln	NE	415	8:03	00:55:51.8	277	8:15	00:54:06.7	8:09	01:46:52.5
297	424/3991	62/183	859	Ben Searcey	M	29	Lincoln	NE	231	7:39	00:51:16.7	374	8:39	00:56:43.4	8:09	01:46:52.7
298	425/3991	10/115	3822	Matthew Dwyer	M	52	Lincoln	NE	361	8:01	00:54:30.2	285	8:17	00:54:16.4	8:09	01:46:53.3
299	426/3991	63/183	294	Geoff Buchta	M	29	Elkhorn	NE	201	7:36	00:50:13.9	397	8:43	00:57:07.2	8:09	01:46:56.2
300	427/3991	52/233	1418	Chris Bartling	M	39	Lincoln	NE	279	7:55	00:52:17.3	313	8:24	00:55:05.2	8:09	01:46:57.1
301	429/3991	24/135	1197	Troy Huffman	M	48	Lincoln	NE	317	8:01	00:53:46.3	288	8:18	00:54:24.0	8:09	01:47:00.4
302	430/3991	25/135	5561	Jeff Hagerty	M	46	Omaha	NE	250	7:43	00:51:32.1	357	8:36	00:56:23.3	8:09	01:47:00.8
303	431/3991	54/205	5987	Nathan Dyke	M	34	Omaha	NE	427	8:14	00:56:10.3	253	8:06	00:53:03.5	8:09	01:47:03.3
304	433/3991	55/205	1055	Daniel Seier	M	31	Omaha	NE	391	8:10	00:54:56.9	266	8:11	00:53:37.0	8:10	01:47:07.0
305	434/3991	33/192	4466	Ray Vieselmeyer	M	40	Malcolm	NE	431	8:07	00:56:14.3	273	8:13	00:53:55.4	8:10	01:47:08.4
306	435/3991	24/81	3474	Lance Cameron	M	22	Lincoln	NE	314	8:05	00:53:41.1	279	8:16	00:54:09.5	8:10	01:47:08.5
307	436/3991	53/233	844	Curtis Saunders	M	38	Lincoln	NE	323	8:00	00:53:54.6	296	8:20	00:54:40.4	8:10	01:47:09.4
308	437/3991	54/233	1297	Bo Johnson	M	37	Lincoln	NE	259	7:44	00:51:44.4	363	8:38	00:56:34.3	8:10	01:47:14.8
309	438/3991	14/30	2636	Calen Olsen	M	15	Lincoln	NE	227	7:44	00:51:15.7	362	8:37	00:56:31.6	8:10	01:47:15.6
310	439/3991	56/205	4254	Brad Cheney	M	31	Bennet	NE	157	7:23	00:48:48.8	476	8:58	00:58:49.6	8:11	01:47:17.6
311	440/3991	57/205	299	Nick Donahue	M	33	Lincoln	NE	257	7:43	00:51:42.2	375	8:39	00:56:44.2	8:11	01:47:20.6
312	442/3991	58/205	298	Wade Shipley	M	34	Lincoln	NE	256	7:43	00:51:41.5	376	8:39	00:56:44.9	8:11	01:47:21.3
313	445/3991	17/82	692	Bill Rice	M	58	Lincoln	NE	309	7:59	00:53:33.8	314	8:24	00:55:07.6	8:11	01:47:26.5
314	447/3991	11/115	2287	Duwayne Carlson	M	53	Lincoln	NE	258	7:45	00:51:44.1	371	8:39	00:56:41.7	8:11	01:47:28.9
315	448/3991	55/233	2033	Michael Pankas	M	37	Lincoln	NE	381	8:01	00:54:40.2	311	8:23	00:54:58.5	8:11	01:47:29.2
316	450/3991	34/192	3253	Clint Solano	M	41	Lincoln	NE	399	8:10	00:55:17.8	275	8:14	00:53:59.1	8:12	01:47:30.1
317	451/3991	15/30	2170	Kody Hackbart	M	16	Lincoln	NE	242	7:45	00:51:20.4	372	8:39	00:56:42.0	8:12	01:47:31.9
318	452/3991	59/205	1620	Aaron Thompson	M	33	Lincoln	NE	536	7:34	00:59:30.4	427	8:50	00:57:53.9	8:12	01:47:33.4
319	453/3991	56/233	3712	Ryan Chapman	M	36	Norfolk	NE	476	8:04	00:57:18.8	299	8:21	00:54:45.3	8:12	01:47:39.2
320	455/3991	26/135	1401	Sam Moser	M	49	Bellevue	NE	365	8:02	00:54:31.7	315	8:25	00:55:08.6	8:13	01:47:45.9
321	456/3991	16/30	6233	Seyler Monroe	M	19	Roseland	NE	327	8:02	00:53:57.5	318	8:25	00:55:12.4	8:13	01:47:51.0
322	457/3991	60/205	4600	Jason Longnecker	M	34	Lincoln	NE	370	8:00	00:54:34.9	324	8:27	00:55:24.5	8:13	01:47:52.6
323	458/3991	4/16	2645	Sam Weber	M	12	Lincoln	NE	378	8:07	00:54:39.3	297	8:20	00:54:41.4	8:13	01:47:53.1
324	459/3991	35/192	457	Jason Weber	M	41	Lincoln	NE	377	8:07	00:54:38.9	298	8:21	00:54:43.4	8:13	01:47:54.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	460/3991	12/115	719	Brad Penner	M	51	Lincoln	NE	362	8:05	00:54:30.6	305	8:23	00:54:55.0	8:13	01:47:55.3
326	462/3991	13/115	1215	Mark Traynowicz	M	52	Lincoln	NE	328	8:00	00:53:59.6	326	8:28	00:55:29.3	8:14	01:47:57.1
327	463/3991	61/205	610	Aaron Lemke	M	33	Lincoln	NE	495	8:01	00:58:03.7	323	8:27	00:55:24.4	8:14	01:47:59.0
328	464/3991	36/192	3415	Ryan Beckman	M	43	Lincoln	NE	337	8:05	00:54:15.3	312	8:24	00:55:03.9	8:14	01:48:03.0
329	466/3991	57/233	2830	Derrick Strasburg	M	38	Lincoln	NE	281	7:45	00:52:29.7	399	8:44	00:57:12.9	8:14	01:48:04.5
330	468/3991	18/82	4960	Jose Vera	M	58	Lincoln	NE	374	7:59	00:54:37.9	338	8:31	00:55:47.8	8:15	01:48:10.2
331	471/3991	62/205	2376	Eric Schelker	M	33	Omaha	NE	266	7:52	00:51:55.5	373	8:39	00:56:42.0	8:15	01:48:14.1
332	472/3991	64/183	5005	Daniel Murow	M	28	Omaha	NE	355	8:08	00:54:26.3	309	8:23	00:54:57.1	8:15	01:48:14.6
333	473/3991	58/233	1669	David Beatty	M	37	Lincoln	NE	368	8:05	00:54:33.5	319	8:25	00:55:14.2	8:15	01:48:14.8
334	474/3991	25/81	3801	David Forrest-Anderson	M	22	Lincoln	NE	464	8:20	00:57:06.3	268	8:11	00:53:38.7	8:15	01:48:17.7
335	477/3991	59/233	3280	James Barbee	M	35	Lincoln	NE	277	7:52	00:52:15.6	377	8:39	00:56:45.3	8:15	01:48:20.8
336	478/3991	60/233	991	T D Johnson	M	39	Gretna	NE	429	8:16	00:56:11.1	280	8:16	00:54:12.2	8:15	01:48:21.0
337	479/3991	37/192	4884	Todd Birk	M	40	Omaha	NE	336	7:56	00:54:14.7	356	8:36	00:56:20.9	8:15	01:48:21.2
338	481/3991	38/192	561	Jeff Spilinek	M	43	Gretna	NE	428	8:16	00:56:11.1	284	8:17	00:54:16.4	8:16	01:48:25.6
339	483/3991	14/115	5736	Justin Evertson	M	50	Waverly	NE	330	7:57	00:54:02.1	355	8:35	00:56:19.3	8:16	01:48:28.7
340	484/3991	61/233	4964	Brian Thomas	M	37	Lincoln	NE	344	8:06	00:54:22.3	322	8:27	00:55:24.1	8:16	01:48:29.0
341	485/3991	62/233	2413	Nathan Croom	M	37	Omaha	NE	410	8:16	00:55:47.2	287	8:17	00:54:20.2	8:16	01:48:29.6
342	486/3991	27/135	2606	Troy Bailey	M	48	Firth	NE	376	8:07	00:54:38.5	320	8:26	00:55:15.2	8:16	01:48:29.8
343	489/3991	26/81	4456	Tyler Montoya	M	24	Hooper	NE	218	7:39	00:51:00.5	460	8:55	00:58:29.0	8:17	01:48:36.3
344	490/3991	27/81	1230	Josh West	M	22	Lincoln	NE	333	8:01	00:54:08.4	343	8:33	00:56:03.3	8:17	01:48:36.9
345	491/3991	65/183	4163	Jacob Bonander	M	27	Lincoln	NE	404	8:11	00:55:29.5	307	8:23	00:54:55.5	8:17	01:48:38.0
346	493/3991	15/115	4017	Steve Merkel	M	54	Omaha	NE	409	8:07	00:55:42.6	325	8:28	00:55:27.9	8:17	01:48:40.3
347	496/3991	66/183	5771	Benjamin Shoptaugh	M	28	Omaha	NE	387	8:08	00:54:51.3	328	8:28	00:55:30.0	8:18	01:48:51.1
348	499/3991	8/48	769	Bob Freese	M	62	Ceresco	NE	379	7:55	00:54:39.5	388	8:42	00:56:59.6	8:18	01:48:54.9
349	500/3991	67/183	2732	Jonathan Anderson	M	27	Omaha	NE	539	8:24	00:59:34.8	272	8:13	00:53:53.6	8:18	01:48:55.5
350	501/3991	39/192	1928	Patrick Nepple	M	41	Council Bluffs	IA	334	8:03	00:54:08.6	347	8:34	00:56:08.8	8:18	01:48:56.2
351	502/3991	40/192	5379	Doug Peters	M	44	Omaha	NE	383	7:58	00:54:42.4	370	8:39	00:56:41.1	8:18	01:48:56.6
352	503/3991	16/115	450	Rob Hotz	M	53	Lincoln	NE	385	8:09	00:54:46.9	331	8:28	00:55:32.3	8:18	01:48:58.5
353	505/3991	28/135	569	Todd Eicher	M	45	Lincoln	NE	329	7:52	00:54:00.8	407	8:45	00:57:24.3	8:18	01:48:59.3
354	506/3991	63/205	1884	Keith Wysocki	M	31	Lincoln	NE	357	7:51	00:54:27.5	413	8:47	00:57:33.7	8:18	01:48:59.8
355	507/3991	63/233	2342	Fred Seckman	M	35	Lincoln	NE	348	8:04	00:54:23.7	346	8:34	00:56:06.7	8:19	01:49:02.8
356	508/3991	64/233	4506	Jason Petersen	M	38	Lincoln	NE	251	7:46	00:51:33.4	441	8:52	00:58:10.3	8:19	01:49:03.0
357	509/3991	65/233	505	Forrest Anderson	M	39	Lincoln	NE	442	8:17	00:56:32.8	300	8:21	00:54:46.3	8:19	01:49:03.7
358	512/3991	64/205	4047	Andrew Coughlin	M	33	Omaha	NE	226	7:35	00:51:15.5	502	9:04	00:59:25.2	8:19	01:49:06.0
359	514/3991	17/30	3289	Carter Monson	M	19	Lincoln	NE	220	7:46	00:51:07.5	450	8:54	00:58:18.9	8:20	01:49:14.9
360	518/3991	9/48	2103	Bill Mckay	M	64	Juniata	NE	487	8:24	00:57:33.5	282	8:16	00:54:14.6	8:20	01:49:19.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
361	519/3991	41/192	715	Jeff Bauman	M	43	Lincoln	NE	304	7:58	00:53:17.1	400	8:44	00:57:14.4	8:21	01:49:29.0
362	520/3991	42/192	2800	Simeon Bukacek	M	42	Lincoln	NE	236	7:42	00:51:18.3	486	9:00	00:59:00.0	8:21	01:49:29.4
363	521/3991	28/81	3800	Stacy Ritchie	M	21	Lincoln	NE	465	8:20	00:57:06.5	308	8:23	00:54:56.0	8:21	01:49:34.5
364	522/3991	65/205	4583	Mark Belau	M	34	Lincoln	NE	306	7:54	00:53:22.8	421	8:48	00:57:44.4	8:21	01:49:34.5
365	523/3991	66/205	5662	Luis Rios Romero	M	32	Lincoln	NE	235	7:41	00:51:18.2	494	9:02	00:59:14.2	8:21	01:49:34.8
366	524/3991	66/233	1513	Ron Dulas Jr	M	37	Lincoln	NE	164	7:25	00:48:56.5	565	9:18	01:00:59.7	8:21	01:49:36.6
367	528/3991	17/115	2798	Philip Heywood	M	54	Lincoln	NE	356	8:04	00:54:26.6	378	8:40	00:56:46.0	8:22	01:49:41.0
368	529/3991	67/205	2696	Brandon Effle	M	32	Lincoln	NE	384	8:01	00:54:42.6	402	8:45	00:57:19.7	8:22	01:49:51.5
369	534/3991	18/30	302	Salman Djingue	M	15	Lincoln	NE	467	8:27	00:57:09.2	291	8:19	00:54:31.0	8:23	01:49:57.6
370	535/3991	67/233	5149	Ron Carson	M	36	Omaha	NE	572	8:17	01:00:14.8	334	8:29	00:55:38.4	8:23	01:49:58.9
371	536/3991	68/233	391	Josh Barker	M	36	Lincoln	NE	380	8:07	00:54:39.8	380	8:40	00:56:46.8	8:23	01:49:59.7
372	538/3991	68/205	2027	Nicholas Krueger	M	32	Omaha	NE	339	8:10	00:54:18.9	359	8:37	00:56:26.6	8:23	01:50:01.1
373	539/3991	43/192	4467	Bill Udell	M	40	Lincoln	NE	466	8:27	00:57:08.9	293	8:19	00:54:34.9	8:23	01:50:01.2
374	541/3991	18/115	1945	David Kohrell	M	50	Lincoln	NE	403	8:13	00:55:28.8	353	8:35	00:56:17.4	8:24	01:50:10.8
375	542/3991	69/205	5253	Jeff Granneman	M	31	Omaha	NE	394	8:04	00:54:59.7	405	8:45	00:57:22.9	8:24	01:50:13.8
376	543/3991	69/233	2117	Nathan Goertzen	M	39	Hampton	NE	274	7:50	00:52:08.8	478	8:59	00:58:52.4	8:24	01:50:15.1
377	544/3991	68/183	5633	Gordon Miller	M	27	Lincoln	NE	397	8:16	00:55:11.3	344	8:33	00:56:04.8	8:24	01:50:16.2
378	548/3991	19/115	458	Thomas Mckitterick	M	52	Lincoln	NE	407	8:10	00:55:39.6	387	8:41	00:56:56.4	8:25	01:50:27.9
379	549/3991	20/115	1826	Byron Carpenter	M	54	Omaha	NE	372	8:02	00:54:35.7	424	8:49	00:57:49.5	8:25	01:50:28.4
380	550/3991	69/183	2183	Benjamin Wademan	M	27	Omaha	NE	228	7:42	00:51:16.3	520	9:09	00:59:57.8	8:25	01:50:28.9
381	552/3991	29/81	3803	Matthew Eglseder	M	21	Omaha	NE	292	7:53	00:52:53.9	475	8:58	00:58:48.5	8:25	01:50:31.8
382	553/3991	21/115	2211	Mark Elyea	M	53	Greenwood	NE	290	7:49	00:52:48.8	498	9:03	00:59:18.0	8:26	01:50:34.0
383	555/3991	44/192	464	Chad Kudym	M	40	Lincoln	NE	308	7:59	00:53:32.2	455	8:54	00:58:23.3	8:26	01:50:41.3
384	558/3991	45/192	1113	Brad Okamoto	M	44	Lincoln	NE	310	8:00	00:53:34.8	447	8:53	00:58:15.8	8:26	01:50:46.2
385	561/3991	29/135	4383	Christopher Sommerich	M	46	Lincoln	NE	406	8:12	00:55:38.5	393	8:42	00:57:04.2	8:27	01:50:51.4
386	562/3991	46/192	2472	Ryan King	M	42	Lincoln	NE	375	8:08	00:54:38.3	412	8:47	00:57:32.6	8:27	01:50:54.7
387	563/3991	19/30	4325	Vincent Strudl	M	15	Lincoln	NE	649	8:17	01:01:42.8	368	8:39	00:56:40.0	8:27	01:50:55.5
388	564/3991	22/115	3112	John Neal	M	53	Lincoln	NE	426	8:19	00:56:07.7	360	8:37	00:56:26.9	8:27	01:50:56.3
389	568/3991	23/115	1987	Pat Lawlor	M	53	Omaha	NE	420	8:25	00:56:00.8	341	8:32	00:55:55.8	8:28	01:51:06.6
390	570/3991	70/205	4806	Tyler Anderson	M	34	Lincoln	NE	342	8:06	00:54:21.4	433	8:51	00:58:00.2	8:28	01:51:08.3
391	572/3991	47/192	4761	Dale Ruhl	M	40	Lincoln	NE	340	8:03	00:54:19.2	457	8:55	00:58:26.2	8:28	01:51:09.9
392	573/3991	70/183	6026	Will Collins	M	29	Omaha	NE	305	7:58	00:53:19.0	482	8:59	00:58:56.2	8:28	01:51:10.0
393	574/3991	70/233	3190	Joe Pilakowski	M	38	La Vista	NE	528	8:36	00:59:05.4	304	8:22	00:54:49.7	8:28	01:51:10.4
394	575/3991	71/205	5188	Brandon Bowles	M	34	Lincoln	NE	472	8:23	00:57:14.5	349	8:35	00:56:15.1	8:28	01:51:10.7
395	577/3991	71/233	5794	Tanner Hagelstrom	M	37	Omaha	NE	373	8:05	00:54:36.7	439	8:52	00:58:08.6	8:28	01:51:11.5
396	578/3991	72/205	5451	Bentley Swan	M	34	Farnam	NE	471	8:23	00:57:14.3	350	8:35	00:56:16.1	8:28	01:51:11.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	584/3991	30/81	2286	Bradley Carlson	M	21	Lincoln	NE	268	7:47	00:51:57.4	536	9:13	01:00:22.8	8:29	01:51:23.6
398	589/3991	19/82	635	Tim Shomaker	M	56	Lincoln	NE	424	8:18	00:56:06.5	395	8:42	00:57:05.0	8:30	01:51:28.1
399	592/3991	72/233	4242	Nicholas Cruise	M	37	Kearney	NE	345	8:06	00:54:22.6	458	8:55	00:58:26.9	8:30	01:51:31.9
400	593/3991	73/205	3243	Matt Rauert	M	30	Lincoln	NE	395	8:11	00:55:00.1	428	8:50	00:57:53.9	8:30	01:51:34.1
401	594/3991	20/82	801	Jerry Woodard	M	55	Lincoln	NE	367	8:07	00:54:32.5	452	8:54	00:58:20.7	8:30	01:51:34.3
402	595/3991	73/233	3306	Daniel Walford	M	35	Lincoln	NE	627	8:29	01:01:21.1	340	8:32	00:55:55.5	8:30	01:51:34.9
403	596/3991	30/135	5708	Mark Simonson	M	49	Fremont	NE	707	8:51	01:02:47.7	267	8:11	00:53:37.1	8:30	01:51:35.2
404	598/3991	48/192	465	Mitch Jones	M	44	Lincoln	NE	346	8:07	00:54:22.7	462	8:55	00:58:30.5	8:31	01:51:42.8
405	600/3991	74/233	2975	David Wise	M	37	Underwood	IA	411	8:15	00:55:48.2	414	8:47	00:57:36.9	8:31	01:51:44.2
406	604/3991	74/205	5570	Michael Fallon	M	30	Lincoln	NE	454	8:17	00:56:56.1	411	8:47	00:57:32.5	8:31	01:51:48.9
407	605/3991	49/192	365	Tony West	M	41	Lincoln	NE	448	8:21	00:56:43.8	392	8:42	00:57:04.0	8:31	01:51:51.4
408	606/3991	75/233	4824	Brian Johnson	M	36	Nebraska City	NE	440	8:24	00:56:31.9	384	8:40	00:56:50.5	8:32	01:51:53.1
409	607/3991	50/192	4487	Duane Hronik	M	44	Lincoln	NE	347	8:07	00:54:23.5	472	8:57	00:58:42.8	8:32	01:51:54.0
410	610/3991	10/48	2147	Mark Churchill	M	62	Lincoln	NE	515	8:23	00:58:40.5	391	8:42	00:57:02.5	8:32	01:51:59.2
411	613/3991	76/233	1899	Kyle Kopetzky	M	35	Lincoln	NE	349	8:06	00:54:24.3	484	9:00	00:58:59.0	8:33	01:52:05.9
412	622/3991	75/205	6186	Jeff Sietstra	M	34	Papillion	NE	332	8:02	00:54:06.2	511	9:05	00:59:35.2	8:33	01:52:15.0
413	623/3991	21/82	630	Richard Skoda	M	56	Seward	NE	389	8:11	00:54:54.7	467	8:56	00:58:35.0	8:33	01:52:15.2
414	624/3991	51/192	1411	Jeremy Williams	M	42	Lincoln	NE	555	8:19	00:59:44.3	423	8:49	00:57:46.9	8:34	01:52:18.6
415	627/3991	71/183	3790	Drew Logeman	M	28	Omaha	NE	463	8:17	00:57:05.1	443	8:52	00:58:10.4	8:34	01:52:26.1
416	630/3991	72/183	2729	Ryan Roettger	M	25	Lincoln	NE	359	7:56	00:54:29.2	541	9:13	01:00:26.5	8:34	01:52:29.5
417	631/3991	31/135	2726	Perry Xu	M	45	Clive	IA	354	8:05	00:54:25.9	509	9:05	00:59:33.1	8:35	01:52:33.3
418	632/3991	5/16	3241	Luke Birkett	M	12	Lincoln	NE	542	8:35	00:59:36.5	352	8:35	00:56:17.2	8:35	01:52:34.4
419	636/3991	77/233	2292	Ryan Clark	M	37	De Witt	NE	521	8:31	00:58:44.8	385	8:40	00:56:51.6	8:35	01:52:41.7
420	637/3991	78/233	4274	Sam Loewe	M	37	Lincoln	NE	460	8:22	00:57:00.8	426	8:50	00:57:53.3	8:35	01:52:41.8
421	638/3991	79/233	753	Zachary Baehr	M	36	Lincoln	NE	498	8:25	00:58:15.7	409	8:46	00:57:29.8	8:35	01:52:42.8
422	640/3991	73/183	1119	Jesse Genrich	M	25	Lincoln	NE	513	8:22	00:58:39.5	430	8:50	00:57:57.7	8:36	01:52:48.0
423	643/3991	22/82	4052	John Klein	M	57	Walton	NE	573	8:42	01:00:16.5	336	8:30	00:55:45.1	8:36	01:52:50.3
424	649/3991	76/205	5922	Jesse Florang	M	34	Kearney	NE	766	8:45	01:04:15.4	329	8:28	00:55:31.4	8:36	01:52:55.2
425	650/3991	52/192	3385	Dwight Brown Jr	M	44	Lincoln	NE	382	8:12	00:54:41.3	492	9:01	00:59:09.9	8:36	01:52:55.6
426	658/3991	11/48	1203	Gregg Stokke	M	60	Lincoln	NE	514	8:25	00:58:40.1	425	8:49	00:57:50.2	8:37	01:53:01.6
427	659/3991	24/115	2846	Robert Jennings	M	50	Papillion	NE	425	8:18	00:56:07.5	470	8:57	00:58:40.9	8:37	01:53:05.5
428	660/3991	20/30	304	Keith Tran	M	15	Lincoln	NE	470	8:27	00:57:10.2	415	8:48	00:57:40.0	8:37	01:53:07.0
429	661/3991	74/183	6275	Ben Dutkiewicz	M	25	Lincoln	NE	599	8:47	01:00:52.4	330	8:28	00:55:32.0	8:37	01:53:09.2
430	664/3991	80/233	1789	Layne Monroe	M	36	Lincoln	NE	492	8:28	00:57:52.9	416	8:48	00:57:41.9	8:38	01:53:14.0
431	668/3991	53/192	5057	Chad Bauerly	M	44	Omaha	NE	529	8:35	00:59:15.5	394	8:42	00:57:04.7	8:38	01:53:23.4
432	669/3991	32/135	4868	Rusty Conrad	M	48	Kearney	NE	398	8:13	00:55:13.6	506	9:05	00:59:30.9	8:39	01:53:23.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	670/3991	81/233	5176	Nick Field	M	37	Perry	IA	993	9:20	01:13:12.7	225	7:58	00:52:12.6	8:39	01:53:23.7
434	673/3991	31/81	4240	Grant Ozaki	M	21	Lincoln	NE	660	8:53	01:01:51.7	321	8:26	00:55:15.8	8:39	01:53:28.4
435	674/3991	75/183	5885	Nick Diediker	M	28	Dakota City	NE	393	8:08	00:54:58.9	526	9:10	01:00:08.8	8:39	01:53:29.6
436	678/3991	25/115	3143	Kent Hanlin	M	54	Pierce	NE	331	7:59	00:54:02.7	571	9:20	01:01:10.6	8:39	01:53:33.9
437	682/3991	26/115	5284	Bryan Areman	M	50	Lincoln	NE	335	7:59	00:54:09.8	577	9:21	01:01:21.0	8:40	01:53:38.6
438	683/3991	33/135	494	Jim Hogg	M	48	Lincoln	NE	554	8:37	00:59:44.3	398	8:43	00:57:12.0	8:40	01:53:40.6
439	684/3991	34/135	3034	J P Caruso	M	47	Lincoln	NE	350	8:09	00:54:24.5	529	9:11	01:00:13.7	8:40	01:53:40.6
440	687/3991	77/205	1488	Greg Walklin	M	31	Lincoln	NE	527	8:37	00:59:05.4	401	8:45	00:57:19.4	8:40	01:53:47.1
441	689/3991	78/205	418	Greg Howe	M	33	Lincoln	NE	576	8:42	01:00:23.5	382	8:40	00:56:49.7	8:41	01:53:50.3
442	692/3991	23/82	556	William Newton	M	55	Pender	NE	318	8:03	00:53:46.4	574	9:20	01:01:12.0	8:41	01:53:56.5
443	693/3991	54/192	888	Matt Harris	M	44	Lincoln	NE	581	8:44	01:00:35.5	367	8:38	00:56:38.9	8:41	01:53:57.3
444	697/3991	82/233	4626	Jeremy Rupprecht	M	37	Cortland	NE	482	8:27	00:57:23.4	473	8:57	00:58:43.3	8:42	01:54:05.4
445	699/3991	76/183	3013	Adam Breitbarth	M	28	Kansas City	MO	558	8:45	00:59:47.2	379	8:40	00:56:46.3	8:42	01:54:05.9
446	700/3991	79/205	4319	Shane Weaver	M	31	Omaha	NE	477	8:24	00:57:18.8	488	9:00	00:59:02.6	8:42	01:54:07.5
447	701/3991	77/183	4650	Addison Popple	M	27	Lincoln	NE	443	8:10	00:56:32.9	544	9:14	01:00:33.4	8:42	01:54:08.3
448	702/3991	80/205	5197	Jon Jessen	M	30	O'neill	NE	503	8:31	00:58:23.2	453	8:54	00:58:21.0	8:42	01:54:08.4
449	703/3991	78/183	6173	Drew Partridge	M	26	Lincoln	NE	533	8:40	00:59:20.5	406	8:45	00:57:23.0	8:42	01:54:10.1
450	706/3991	27/115	4186	Bruce Barnhart	M	52	Omaha	NE	583	8:43	01:00:37.7	389	8:42	00:57:01.6	8:42	01:54:12.9
451	707/3991	83/233	2680	John Klotz	M	37	Lincoln	NE	641	8:52	01:01:37.8	345	8:33	00:56:06.0	8:42	01:54:14.5
452	708/3991	81/205	1115	Kelby Nitz	M	32	Seward	NE	523	8:31	00:58:48.1	456	8:55	00:58:25.4	8:43	01:54:16.1
453	709/3991	82/205	4187	Ramon Cueva	M	32	Canon City	CO	618	8:51	01:01:15.9	348	8:35	00:56:13.6	8:43	01:54:17.0
454	710/3991	28/115	4050	Jeffrey Rudy	M	50	Lincoln	NE	488	8:28	00:57:41.3	474	8:58	00:58:48.4	8:43	01:54:20.1
455	711/3991	35/135	2544	William Beecham	M	49	Lincoln	NE	551	8:40	00:59:42.5	410	8:46	00:57:30.6	8:43	01:54:20.9
456	712/3991	84/233	837	Cameron Soester	M	35	Seward	NE	405	8:15	00:55:37.5	528	9:11	01:00:13.7	8:43	01:54:21.1
457	713/3991	79/183	3284	Michael Fagan	M	29	Omaha	NE	588	8:47	01:00:42.3	381	8:40	00:56:47.9	8:43	01:54:22.1
458	715/3991	55/192	4999	Darin Foster	M	40	Omaha	NE	486	8:27	00:57:32.3	483	9:00	00:58:58.4	8:43	01:54:25.3
459	717/3991	24/82	1286	Bill Bowes	M	57	Bellevue	NE	832	8:52	01:06:35.4	351	8:35	00:56:16.7	8:43	01:54:27.3
460	719/3991	12/48	593	Jerry Easley	M	64	Lincoln	NE	622	8:50	01:01:17.3	366	8:38	00:56:36.8	8:44	01:54:29.2
461	721/3991	85/233	4913	Jeff Butterfield	M	39	Hickman	NE	418	8:15	00:55:57.6	540	9:13	01:00:25.9	8:44	01:54:31.4
462	723/3991	56/192	3203	Wei Hu	M	40	Lincoln	NE	468	8:27	00:57:09.5	490	9:01	00:59:06.9	8:44	01:54:31.6
463	724/3991	13/48	4862	Lance Maley	M	61	Gretna	NE	603	8:51	01:00:58.7	361	8:37	00:56:29.0	8:44	01:54:32.8
464	725/3991	80/183	4484	Nicholas Arneson	M	25	Lincoln	NE	456	8:24	00:56:57.3	503	9:04	00:59:26.2	8:44	01:54:32.8
465	727/3991	81/183	4860	Duston Stanczyk	M	29	Lincoln	NE	685	8:53	01:02:10.7	354	8:35	00:56:18.6	8:44	01:54:33.7
466	728/3991	86/233	5128	Michael Eschiti	M	37	Wilber	NE	563	8:38	00:59:54.7	429	8:50	00:57:57.3	8:44	01:54:33.7
467	730/3991	36/135	544	Andrew Tweedy	M	47	Omaha	NE	708	8:29	01:02:47.9	487	9:00	00:59:00.3	8:44	01:54:34.9
468	733/3991	57/192	5329	J L Vertin	M	42	Crete	NE	553	8:40	00:59:43.1	420	8:48	00:57:43.5	8:44	01:54:36.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	734/3991	82/183	4606	Jeremy Wortmann	M	28	Lincoln	NE	455	8:24	00:56:57.2	508	9:05	00:59:32.1	8:44	01:54:38.3
470	735/3991	58/192	865	Patrick Brown	M	41	Omaha	NE	299	7:55	00:53:08.3	633	9:35	01:02:47.5	8:44	01:54:41.0
471	736/3991	29/115	1948	Mark Gokie	M	53	Lincoln	NE	597	8:49	01:00:51.8	383	8:40	00:56:50.4	8:44	01:54:41.6
472	737/3991	32/81	6244	Austin Blankenau	M	22	Lincoln	NE	639	8:51	01:01:34.2	369	8:39	00:56:40.5	8:45	01:54:43.8
473	740/3991	83/205	1137	Aaron Schaad	M	30	Lincoln	NE	697	8:39	01:02:34.3	437	8:51	00:58:04.3	8:45	01:54:49.3
474	743/3991	25/82	4897	Randy Thorman	M	59	Omaha	NE	569	8:40	01:00:10.4	436	8:51	00:58:02.2	8:45	01:54:52.7
475	744/3991	84/205	1989	Jim Dowling	M	31	Monmouth	IL	783	8:53	01:04:45.1	365	8:38	00:56:35.5	8:45	01:54:52.8
476	745/3991	83/183	259	Greg Koch	M	29	Sioux Falls	SD	388	8:06	00:54:52.3	593	9:26	01:01:51.9	8:46	01:54:56.3
477	749/3991	87/233	5018	Matt Semple	M	37	Omaha	NE	548	8:41	00:59:41.8	432	8:51	00:57:59.9	8:46	01:54:57.8
478	753/3991	59/192	2102	David Burd	M	44	Lincoln	NE	445	8:17	00:56:36.3	553	9:15	01:00:41.1	8:46	01:54:58.6
479	754/3991	60/192	1321	Andy Schlosser	M	40	Omaha	NE	546	8:41	00:59:39.5	434	8:51	00:58:00.6	8:46	01:54:58.8
480	758/3991	88/233	609	Scott Haug	M	36	Elkhorn	NE	545	8:41	00:59:38.6	435	8:51	00:58:01.8	8:46	01:54:59.6
481	759/3991	14/48	1885	Kevin Keller	M	61	Lincoln	NE	512	8:40	00:58:39.5	444	8:52	00:58:10.7	8:46	01:54:59.7
482	760/3991	89/233	716	Shawn Edie	M	38	Omaha	NE	547	8:42	00:59:40.4	431	8:51	00:57:59.7	8:46	01:54:59.8
483	762/3991	37/135	2869	Scott Mclaughlin	M	48	Lincoln	NE	552	8:39	00:59:42.9	451	8:54	00:58:19.5	8:46	01:55:00.4
484	764/3991	90/233	825	Chad Wernhoff	M	39	Licoln	NE	441	8:17	00:56:32.3	559	9:16	01:00:46.4	8:46	01:55:03.9
485	767/3991	61/192	2860	Christopher Forch	M	40	Gretna	NE							8:46	01:55:04.5
486	768/3991	84/183	3983	Eric Basnett	M	27	Pleasanton	NE	485	8:18	00:57:28.1	555	9:15	01:00:41.7	8:46	01:55:05.2
487	773/3991	30/115	4664	Russ Sladky	M	51	Cedar Creek	NE	457	8:19	00:57:00.2	549	9:15	01:00:36.9	8:47	01:55:08.4
488	774/3991	26/82	1133	Mark Cederdahl	M	58	Lincoln	NE	413	8:16	00:55:49.6	562	9:18	01:00:55.5	8:47	01:55:09.6
489	776/3991	85/183	1048	Colby Dolan	M	26	Lincoln	NE	506	8:36	00:58:31.2	481	8:59	00:58:55.5	8:47	01:55:15.9
490	780/3991	31/115	4168	Jeff Cole	M	50	Lincoln	NE	643	8:58	01:01:39.3	364	8:38	00:56:35.4	8:47	01:55:20.1
491	782/3991	62/192	2295	Jim Sheets	M	41	Firth	NE	461	8:20	00:57:02.1	558	9:16	01:00:45.6	8:48	01:55:21.7
492	786/3991	85/205	5019	Jason Horvatic	M	32	Elkhorn	NE	717	8:33	01:03:00.5	500	9:03	00:59:20.0	8:48	01:55:24.4
493	789/3991	91/233	4208	Shawn Sanburn	M	38	Lincoln	NE	630	8:43	01:01:23.6	454	8:54	00:58:22.1	8:48	01:55:29.3
494	790/3991	92/233	5926	Jason Gehling	M	35	Sergeant Bluff	IA	666	8:51	01:01:53.9	408	8:46	00:57:27.7	8:48	01:55:30.8
495	795/3991	86/205	2427	Jacob Phillips	M	30	West Des Moines	IA	524	8:39	00:58:52.1	477	8:59	00:58:51.7	8:48	01:55:34.6
496	799/3991	93/233	4633	Tony Rouse	M	36	Lincoln	NE	710	8:57	01:02:49.5	386	8:41	00:56:55.7	8:49	01:55:36.0
497	801/3991	38/135	1020	Patrick Goracke	M	45	Lincoln	NE	417	8:18	00:55:54.7	573	9:20	01:01:11.9	8:49	01:55:37.2
498	802/3991	33/81	5596	Connor Griess	M	23	Lincoln	NE	396	8:04	00:55:08.9	629	9:34	01:02:45.4	8:49	01:55:37.6
499	809/3991	86/183	4461	Chris Simley	M	26	Lincoln	NE	580	8:54	01:00:34.7	404	8:45	00:57:21.9	8:49	01:55:43.3
500	810/3991	39/135	2497	Grant Trierweiler	M	49	Lincoln	NE	624	8:47	01:01:18.7	445	8:53	00:58:12.0	8:49	01:55:45.3
501	813/3991	94/233	6124	Ryan Nietfeldt	M	39	Elkhorn	NE	434	8:15	00:56:19.7	591	9:25	01:01:47.0	8:50	01:55:49.6
502	818/3991	87/183	3064	Kevin Mckenna	M	26	York	NE	683	8:44	01:02:08.5	465	8:56	00:58:34.1	8:50	01:55:51.8
503	819/3991	15/48	1163	Dick James	M	62	Verdon	NE	575	8:56	01:00:18.8	403	8:45	00:57:19.7	8:50	01:55:52.2
504	826/3991	27/82	3259	Jerry Bring	M	55	Lincoln	NE	321	8:06	00:53:51.9	637	9:36	01:02:54.4	8:50	01:55:58.7



# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
505	827/3991	95/233	371	Jay Rosenboom	M	39	Lincoln	NE	676	8:53	01:02:04.3	422	8:49	00:57:45.2	8:50	01:55:58.9
506	828/3991	63/192	5910	John Roderique	M	44	Elkhorn	NE	423	8:18	00:56:03.6	584	9:24	01:01:36.7	8:50	01:56:00.8
507	829/3991	34/81	5229	Kyle Headley	M	24	Lincoln	NE	849	9:19	01:07:16.1	306	8:23	00:54:55.1	8:51	01:56:01.9
508	830/3991	96/233	575	Vinnie Krikac	M	39	Lincoln	NE	313	8:03	00:53:40.9	651	9:39	01:03:18.4	8:51	01:56:02.7
509	831/3991	87/205	978	Paul Breitreutz	M	30	Lincoln	NE	611	8:50	01:01:08.1	440	8:52	00:58:09.7	8:51	01:56:03.9
510	832/3991	97/233	1088	Bryson Monroe	M	35	Lincoln	NE	493	8:28	00:57:52.9	545	9:14	01:00:33.5	8:51	01:56:05.4
511	833/3991	32/115	652	Darin Rich	M	50	Lincoln	NE	713	8:47	01:02:50.5	461	8:55	00:58:29.2	8:51	01:56:07.5
512	835/3991	28/82	2224	Frank Rutar	M	55	Omaha	NE	568	8:37	01:00:03.5	512	9:05	00:59:36.0	8:51	01:56:08.9
513	837/3991	33/115	2529	Jeff Torrey	M	52	Omaha	NE	633	8:38	01:01:24.8	505	9:05	00:59:30.7	8:51	01:56:09.9
514	838/3991	34/115	440	Todd Jarchow	M	51	Lincoln	NE	762	8:46	01:04:06.8	468	8:57	00:58:38.8	8:51	01:56:10.0
515	840/3991	88/183	5721	Jacob Johnson	M	26	Lincoln	NE	745	8:45	01:03:36.1	480	8:59	00:58:54.8	8:52	01:56:14.6
516	841/3991	21/30	5165	Adam Schneider	M	16	Lincoln	NE	438	8:21	00:56:28.5	582	9:23	01:01:30.4	8:52	01:56:15.7
517	844/3991	88/205	3378	Nick Topp	M	31	Lincoln	NE	684	8:52	01:02:09.8	442	8:52	00:58:10.3	8:52	01:56:18.7
518	845/3991	1/14	621	Rick Olson	M	65	Omaha	NE	519	8:41	00:58:43.4	501	9:03	00:59:22.3	8:52	01:56:18.9
519	849/3991	16/48	2858	Ralph Caddell	M	60	Gonzales	LA	419	8:20	00:55:58.2	588	9:25	01:01:43.5	8:52	01:56:20.1
520	850/3991	89/205	5889	Joseph Samuels	M	33	Lincoln	NE	712	8:52	01:02:50.2	448	8:53	00:58:17.2	8:52	01:56:22.3
521	851/3991	64/192	2770	Tarik Abdel-Monem	M	43	Lincoln	NE	680	8:46	01:02:07.3	485	9:00	00:58:59.4	8:52	01:56:26.3
522	855/3991	40/135	2663	Jim Klaasmeyer	M	48	Burr	NE	782	8:50	01:04:44.8	463	8:56	00:58:31.0	8:53	01:56:28.6
523	857/3991	98/233	3955	Chad Homolka	M	37	Columbus	NE	275	7:49	00:52:09.2	727	9:57	01:05:15.9	8:53	01:56:33.0
524	863/3991	29/82	2491	Arnie Cerny	M	56	Beatrice	NE	400	8:13	00:55:18.5	632	9:35	01:02:47.2	8:54	01:56:42.0
525	869/3991	99/233	5372	Chris Zwiener	M	35	Fremont	NE	295	7:54	00:53:05.3	719	9:54	01:04:55.0	8:54	01:56:45.7
526	871/3991	30/82	4413	Dave Pease	M	59	Peru	NE	668	8:54	01:01:54.9	459	8:55	00:58:27.6	8:54	01:56:48.9
527	873/3991	35/115	2486	Tyrone Potter	M	53	Lincoln	NE	480	8:25	00:57:22.2	585	9:24	01:01:39.5	8:54	01:56:50.5
528	879/3991	36/115	3710	Doug Barlow	M	53	Weeping Water	NE	541	8:37	00:59:35.7	538	9:13	01:00:24.9	8:55	01:56:53.3
529	880/3991	41/135	4132	Charles Hayes	M	47	Omaha	NE	777	9:02	01:04:39.2	418	8:48	00:57:42.3	8:55	01:56:53.8
530	882/3991	6/16	5674	Dominick Dreesen	M	11	Beatrice	NE	631	8:47	01:01:24.4	499	9:03	00:59:19.5	8:55	01:56:55.0
531	883/3991	35/81	754	Treyson Mcgill	M	20	Lincoln	NE	371	8:09	00:54:35.3	659	9:41	01:03:26.4	8:55	01:56:55.3
532	884/3991	100/233	5664	Lauren Thomas	M	39	Lincoln	NE	674	8:54	01:02:01.4	466	8:56	00:58:34.4	8:55	01:56:58.3
533	885/3991	89/183	5719	Brian Harmon	M	26	Omaha	NE	358	8:05	00:54:27.5	682	9:46	01:03:59.3	8:55	01:56:59.3
534	886/3991	90/205	5503	Brady Riessen	M	30	Sioux City	IA	363	8:13	00:54:30.6	645	9:38	01:03:08.5	8:55	01:57:00.0
535	888/3991	65/192	1825	Anthony Lamar	M	42	Omaha	NE	592	8:47	01:00:44.2	504	9:04	00:59:28.5	8:55	01:57:00.9
536	889/3991	91/205	3950	Jake Topping	M	32	Omaha	NE	823	8:31	01:06:13.5	572	9:20	01:01:11.2	8:55	01:57:01.4
537	894/3991	31/82	6075	Greg Freese	M	55	Lincoln	NE	638	8:46	01:01:29.5	510	9:05	00:59:33.9	8:55	01:57:05.6
538	895/3991	42/135	2096	Brett Faber	M	45	Aurora	NE	540	8:32	00:59:35.3	569	9:19	01:01:06.8	8:55	01:57:05.9
539	898/3991	43/135	383	Cory Bergt	M	45	Lincoln	NE	369	8:10	00:54:34.7	667	9:42	01:03:36.1	8:56	01:57:09.4
540	899/3991	44/135	4631	Rob Stevenson	M	47	Lincoln	NE	640	8:44	01:01:35.8	519	9:09	00:59:56.6	8:56	01:57:09.9

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
541	900/3991	92/205	4399	Eric Timperley	M	32	Lincoln	NE	776	8:55	01:04:34.5	469	8:57	00:58:40.3	8:56	01:57:11.0
542	901/3991	93/205	1392	Wayne Divis	M	34	Lincoln	NE	432	8:10	00:56:17.3	669	9:43	01:03:40.5	8:56	01:57:13.4
543	902/3991	101/233	849	Jeff Fry	M	37	Firth	NE	436	8:19	00:56:22.5	626	9:34	01:02:40.4	8:56	01:57:14.0
544	904/3991	102/233	4455	Andrew Weeks	M	38	Lincoln	NE	616	8:44	01:01:12.2	522	9:09	00:59:59.9	8:56	01:57:15.6
545	905/3991	66/192	766	Matt Grewe	M	43	Omaha	NE	435	8:23	00:56:19.9	610	9:31	01:02:21.6	8:56	01:57:16.8
546	906/3991	67/192	5872	Spencer Giles	M	40	Gretna	NE	753	9:00	01:03:45.7	446	8:53	00:58:14.5	8:56	01:57:17.1
547	909/3991	103/233	2060	Travis Langemeier	M	39	Lincoln	NE	593	8:49	01:00:44.9	507	9:05	00:59:31.7	8:56	01:57:19.0
548	912/3991	68/192	3538	Jerry Rector	M	44	Roca	NE	883	8:53	01:08:40.3	493	9:02	00:59:12.1	8:57	01:57:24.2
549	915/3991	17/48	3677	Paul Potter	M	60	Lincoln	NE	600	8:58	01:00:53.5	471	8:57	00:58:42.2	8:57	01:57:28.4
550	917/3991	104/233	3334	Michael Kowalke	M	39	Lincoln	NE	882	8:53	01:08:40.2	497	9:02	00:59:16.4	8:57	01:57:29.3
551	923/3991	69/192	5778	Scott Harrill	M	43	Lincoln	NE	483	8:18	00:57:23.5	644	9:38	01:03:08.2	8:57	01:57:32.5
552	926/3991	94/205	2711	Matt Corum	M	33	Omaha	NE	507	8:34	00:58:32.8	580	9:22	01:01:24.6	8:58	01:57:34.7
553	928/3991	105/233	2072	Joel Loos	M	39	Lincoln	NE	505	8:32	00:58:28.3	586	9:24	01:01:40.4	8:58	01:57:38.1
554	929/3991	95/205	5269	John Steuter	M	34	Walton	NE	665	8:55	01:01:53.9	491	9:01	00:59:07.6	8:58	01:57:38.3
555	935/3991	70/192	2141	Cody Hawley	M	42	Falls City	NE							8:58	01:57:42.5
556	936/3991	2/14	5410	Steven Hanson	M	65	Lincoln	NE	625	8:49	01:01:19.1	518	9:08	00:59:51.3	8:58	01:57:42.8
557	938/3991	36/81	5792	Mike True	M	20	Lincoln	NE	585	8:43	01:00:39.7	546	9:14	01:00:34.0	8:58	01:57:44.9
558	940/3991	37/81	6018	Ory Wickizer	M	21	Lincoln	NE	586	8:43	01:00:40.7	548	9:14	01:00:34.7	8:59	01:57:46.4
559	943/3991	45/135	5848	Steven Filips	M	48	Omaha	NE	601	8:52	01:00:54.5	517	9:07	00:59:46.9	8:59	01:57:51.7
560	946/3991	32/82	4030	Bill Weeks	M	59	Yutan	NE	451	8:27	00:56:50.8	622	9:33	01:02:35.9	8:59	01:57:56.8
561	949/3991	71/192	3708	William Kellagher	M	40	La Vista	NE	584	8:22	01:00:38.8	648	9:38	01:03:10.9	9:00	01:58:00.7
562	952/3991	90/183	942	Brett Schlueter	M	29	Norman	OK	728	9:05	01:03:16.5	464	8:56	00:58:33.7	9:00	01:58:03.6
563	954/3991	96/205	5746	Patrick Barvick	M	32	Hastings	NE	802	9:13	01:05:24.1	417	8:48	00:57:42.3	9:00	01:58:04.6
564	955/3991	46/135	3968	Jeff Krueger	M	46	Omaha	NE	721	9:00	01:03:09.3	489	9:01	00:59:05.9	9:00	01:58:07.1
565	956/3991	106/233	3478	Jerod Vetrovsky	M	39	Adams	NE	669	8:46	01:01:55.5	550	9:15	01:00:38.3	9:00	01:58:07.6
566	959/3991	91/183	4376	Tyrell Ross	M	28	Lincoln	NE	453	8:22	00:56:55.9	652	9:39	01:03:18.6	9:00	01:58:08.7
567	961/3991	107/233	1356	Joshua Vest	M	35	Lincoln	NE	494	8:29	00:58:01.9	620	9:33	01:02:34.5	9:00	01:58:09.8
568	962/3991	92/183	2089	Tommy Walsh	M	26	Lincoln	NE	326	8:02	00:53:57.4	733	10:00	01:05:32.1	9:00	01:58:10.2
569	963/3991	97/205	1109	Jonathan Carter	M	32	Lincoln	NE	613	8:49	01:01:09.7	534	9:12	01:00:21.2	9:00	01:58:10.3
570	964/3991	108/233	4452	Eric Keetle	M	36	Martell	NE	694	8:51	01:02:25.3	524	9:10	01:00:06.3	9:00	01:58:10.3
571	965/3991	18/48	1860	Patrick Heyn	M	62	Madison	WI	629	8:51	01:01:23.2	525	9:10	01:00:07.2	9:00	01:58:10.5
572	966/3991	38/81	4250	Max Anderson	M	23	Lincoln	NE	670	8:53	01:01:55.5	521	9:09	00:59:58.0	9:00	01:58:10.9
573	968/3991	37/115	1607	Toby Sandal	M	50	Beatrice	NE	522	8:30	00:58:47.1	617	9:32	01:02:31.1	9:00	01:58:11.7
574	969/3991	109/233	4036	Micheal Wisnieski	M	39	Omaha	NE	682	8:55	01:02:07.5	516	9:07	00:59:45.8	9:00	01:58:11.8
575	970/3991	38/115	1125	Brandon Shubert	M	50	Lincoln	NE	650	8:50	01:01:43.1	533	9:12	01:00:20.0	9:00	01:58:11.9
576	971/3991	110/233	1926	Brian Larson	M	39	Waverly	NE	392	8:13	00:54:58.5	695	9:49	01:04:20.7	9:01	01:58:12.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
577	974/3991	47/135	2191	Jon Rademacher	M	46	Lincoln	NE	632	8:52	01:01:24.5	523	9:10	01:00:06.0	9:01	01:58:17.2
578	975/3991	72/192	2545	Andy Randles	M	44	Henderson	NE	820	8:56	01:06:08.3	514	9:07	00:59:43.1	9:01	01:58:17.6
579	976/3991	98/205	4750	Allen Gilbert	M	30	Omaha	NE	681	8:47	01:02:07.5	556	9:16	01:00:42.6	9:01	01:58:18.4
580	978/3991	99/205	2105	Chris Volnek	M	32	Lincoln	NE	537	8:27	00:59:31.4	639	9:36	01:02:56.4	9:01	01:58:19.3
581	983/3991	93/183	4707	Justin Wemhoff	M	29	Omaha	NE	696	9:04	01:02:28.2	479	8:59	00:58:54.5	9:01	01:58:23.0
582	984/3991	111/233	1269	Lalit Agarwal	M	38	Lincoln	NE	615	8:51	01:01:10.3	537	9:13	01:00:23.9	9:01	01:58:23.5
583	985/3991	112/233	2042	Ben Webster	M	37	Lincoln	NE	702	9:10	01:02:42.2	449	8:54	00:58:18.1	9:01	01:58:24.2
584	986/3991	94/183	2593	Brandon Peters	M	25	Lincoln	NE	297	7:58	00:53:06.3	759	10:06	01:06:11.9	9:01	01:58:24.8
585	987/3991	95/183	5460	John Evans	M	27	Lincoln	NE	446	8:15	00:56:41.5	692	9:48	01:04:16.9	9:02	01:58:25.5
586	990/3991	100/205	2504	Mike Dudley	M	33	Mcperson	KS	577	8:46	01:00:28.5	566	9:18	01:00:59.8	9:02	01:58:27.4
587	991/3991	73/192	2666	Alan Jolito	M	44	Lincoln	NE	659	8:52	01:01:51.5	531	9:12	01:00:18.1	9:02	01:58:27.7
588	992/3991	39/115	5916	Bert Kersting	M	52	Kansas City	MO	296	7:48	00:53:05.5	793	10:17	01:07:22.3	9:02	01:58:27.8
589	993/3991	113/233	2379	Brian Hoelsing	M	38	Lincoln	NE	556	8:39	00:59:45.7	590	9:25	01:01:44.6	9:02	01:58:28.0
590	996/3991	74/192	3758	Kirk Nelson	M	40	Thurston	NE	452	8:29	00:56:55.3	635	9:35	01:02:49.4	9:02	01:58:28.4
591	998/3991	101/205	4676	Ryan Cole	M	32	Omaha	NE	759	8:54	01:03:58.6	527	9:11	01:00:13.1	9:02	01:58:33.6
592	1000/3991	102/205	1908	Travis Simpson	M	31	Omaha	NE	439	8:18	00:56:29.9	688	9:47	01:04:11.3	9:02	01:58:34.0
593	1002/3991	114/233	1395	Dylan Pueppke	M	39	Omaha	NE	757	8:53	01:03:57.4	532	9:12	01:00:19.2	9:02	01:58:34.8
594	1006/3991	115/233	5382	Demoine Adams	M	35	Lincoln	NE	662	8:52	01:01:52.8	542	9:14	01:00:28.8	9:02	01:58:37.8
595	1009/3991	39/81	5134	Andrew Spader	M	21	Henderson	NE	566	8:39	01:00:02.2	596	9:27	01:01:56.6	9:03	01:58:40.3
596	1011/3991	22/30	6150	Ryan Shadle	M	18	Omaha	NE	768	9:04	01:04:24.5	496	9:02	00:59:15.8	9:03	01:58:41.7
597	1015/3991	103/205	4059	Chris Johnstone	M	32	Omaha	NE	496	8:31	00:58:07.6	636	9:36	01:02:53.1	9:03	01:58:45.1
598	1016/3991	96/183	6312	Will Morris	M	26	Lincoln	NE	535	8:36	00:59:29.8	613	9:31	01:02:24.3	9:03	01:58:46.2
599	1020/3991	104/205	5465	Tyler Miles	M	30	Lincoln	NE	671	8:38	01:01:58.2	606	9:29	01:02:11.6	9:03	01:58:49.2
600	1021/3991	75/192	6120	Manuel Tort	M	42	Sioux Falls	SD	474	8:28	00:57:16.8	650	9:39	01:03:17.3	9:03	01:58:50.0
601	1022/3991	116/233	2396	Jeff Sharp	M	38	Lincoln	NE	298	7:56	00:53:07.1	776	10:11	01:06:48.2	9:04	01:58:51.7
602	1030/3991	40/115	1101	Steve Schulte	M	51	Lincoln	NE	667	8:54	01:01:54.5	551	9:15	01:00:39.9	9:04	01:59:00.3
603	1031/3991	19/48	1652	Jerry Trainer	M	62	Lincoln	NE	748	8:52	01:03:38.5	560	9:17	01:00:51.3	9:04	01:59:00.5
604	1033/3991	76/192	2326	Brad Koch	M	41	Lincoln	NE	775	8:55	01:04:34.5	543	9:14	01:00:33.2	9:04	01:59:03.3
605	1036/3991	77/192	1704	Jess Roe	M	43	Lincoln	NE	414	8:19	00:55:50.5	705	9:51	01:04:34.7	9:05	01:59:08.8
606	1041/3991	105/205	622	Adrian Lara	M	31	Lincoln	NE	518	8:34	00:58:41.7	642	9:37	01:03:02.5	9:05	01:59:11.4
607	1042/3991	117/233	2428	Michael Dixon	M	39	Omaha	NE	508	8:37	00:58:36.5	625	9:34	01:02:39.9	9:05	01:59:12.0
608	1044/3991	106/205	1646	Ryan Sieler	M	32	Lincoln	NE	653	8:50	01:01:45.5	578	9:22	01:01:22.1	9:05	01:59:13.9
609	1048/3991	118/233	6197	John Lambert	M	38	Elkhorn	NE	637	8:52	01:01:28.9	570	9:19	01:01:07.7	9:05	01:59:16.4
610	1049/3991	78/192	6207	Adam Brank	M	41	Lincoln	NE	605	8:48	01:01:01.3	583	9:24	01:01:34.6	9:05	01:59:16.6
611	1050/3991	79/192	3632	Shane Tucker	M	40	Lincoln	NE	473	8:28	00:57:16.7	672	9:44	01:03:46.8	9:05	01:59:16.6
612	1053/3991	33/82	5038	Michael Petersen	M	56	Ainsworth	NE	741	9:00	01:03:33.4	535	9:13	01:00:22.7	9:06	01:59:22.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
613	1056/3991	107/205	1823	Alvaro Pinto	M	34	Lincoln	NE	623	8:51	01:01:17.9	579	9:22	01:01:23.6	9:06	01:59:26.2
614	1059/3991	119/233	2928	Daniel Zach	M	37	Lincoln	NE	534	8:46	00:59:24.7	601	9:27	01:01:59.5	9:06	01:59:28.4
615	1061/3991	108/205	1606	Erik Ahlmann	M	34	Lincoln	NE	500	8:29	00:58:20.8	675	9:45	01:03:53.4	9:06	01:59:29.4
616	1063/3991	120/233	287	Adam Brehm	M	35	Omaha	NE	705	8:59	01:02:44.7	552	9:15	01:00:40.7	9:07	01:59:35.2
617	1068/3991	109/205	2436	Wynn Lafferty	M	34	Lincoln	NE	578	8:49	01:00:32.5	597	9:27	01:01:57.0	9:08	01:59:45.3
618	1069/3991	80/192	5858	Aaron Meyerle	M	41	Papillion	NE	734	8:58	01:03:21.5	563	9:18	01:00:56.1	9:08	01:59:45.8
619	1070/3991	48/135	4846	Thomas Hempel	M	45	Omaha	NE	447	8:25	00:56:42.7	708	9:52	01:04:37.9	9:08	01:59:47.8
620	1072/3991	110/205	5804	Nate Mcintire	M	33	Lincoln	NE	747	8:47	01:03:37.7	605	9:29	01:02:10.7	9:08	01:59:47.9
621	1078/3991	81/192	3821	Matthew Novosad	M	40	Lincoln	NE	490	8:32	00:57:50.8	678	9:45	01:03:56.8	9:08	01:59:54.2
622	1079/3991	49/135	3819	John Lefever	M	45	Lincoln	NE	489	8:32	00:57:50.7	679	9:45	01:03:57.2	9:08	01:59:54.2
623	1080/3991	82/192	813	Arun Pondicherry	M	42	Lincoln	NE	501	8:39	00:58:21.3	649	9:39	01:03:13.1	9:08	01:59:54.9
624	1083/3991	83/192	1655	Andy Connor	M	40	Omaha	NE	510	8:37	00:58:38.3	656	9:41	01:03:26.1	9:08	01:59:55.6
625	1085/3991	41/115	1583	Con Murray	M	54	Lincoln	NE	289	7:52	00:52:44.3	826	10:25	01:08:20.0	9:08	01:59:55.8
626	1086/3991	42/115	2523	Tom Wood	M	54	Lincoln	NE	938	9:11	01:10:37.5	515	9:07	00:59:44.0	9:09	01:59:58.9
627	1089/3991	50/135	851	Erik Eggland	M	47	Ankeny	IA	672	8:46	01:01:59.2	627	9:34	01:02:40.5	9:09	02:00:06.6
628	1090/3991	97/183	6255	Curtis Johnson	M	27	Lincoln	NE	560	8:42	00:59:48.5	643	9:38	01:03:07.1	9:09	02:00:06.7
629	1093/3991	84/192	1386	Matt Stricker	M	40	Lincoln	NE	598	8:51	01:00:52.1	602	9:29	01:02:07.3	9:09	02:00:09.6
630	1096/3991	43/115	3205	Jerry Bricker	M	52	Lincoln	NE	711	8:54	01:02:49.6	592	9:26	01:01:51.3	9:10	02:00:12.6
631	1097/3991	98/183	5956	Bernie Pieper	M	26	Lincoln	NE	612	8:50	01:01:09.7	609	9:30	01:02:18.4	9:10	02:00:13.7
632	1098/3991	121/233	1788	Aaron Duncan	M	35	Lincoln	NE	654	8:54	01:01:47.8	594	9:27	01:01:54.5	9:10	02:00:16.4
633	1100/3991	51/135	4696	Brett Vasek	M	46	Omaha	NE	462	8:26	00:57:02.5	723	9:55	01:05:02.7	9:10	02:00:18.0
634	1102/3991	52/135	1644	Scott Shaw	M	47	Lincoln	NE	763	9:02	01:04:12.8	568	9:19	01:01:04.8	9:10	02:00:19.2
635	1105/3991	53/135	507	John Giannou	M	49	Stromsburg	NE	478	8:30	00:57:19.3	709	9:52	01:04:38.6	9:10	02:00:21.4
636	1107/3991	111/205	704	Dan Syde	M	30	Lincoln	NE	509	8:40	00:58:36.7	664	9:42	01:03:34.7	9:10	02:00:21.9
637	1108/3991	44/115	4607	Kurt Krugerud	M	52	Omaha	NE	658	9:04	01:01:50.6	564	9:18	01:00:57.2	9:10	02:00:22.1
638	1113/3991	54/135	5530	Christopher Peterson	M	46	Lincoln	NE	557	8:48	00:59:45.8	630	9:34	01:02:45.5	9:11	02:00:26.7
639	1115/3991	45/115	6168	Timothy Hayes	M	53	Omaha	NE	755	8:56	01:03:50.3	600	9:27	01:01:59.1	9:11	02:00:30.2
640	1116/3991	85/192	1316	Sean Kenney	M	42	Bellevue	NE	744	9:07	01:03:34.6	557	9:16	01:00:43.3	9:11	02:00:32.2
641	1117/3991	122/233	4296	Chad Brown	M	35	Milford	NE	731	9:02	01:03:17.8	576	9:21	01:01:17.7	9:11	02:00:32.6
642	1119/3991	112/205	5428	Nathan Bornemeier	M	32	Lincoln	NE	720	8:59	01:03:08.3	587	9:25	01:01:42.5	9:12	02:00:36.4
643	1120/3991	113/205	1877	Joe Gourlay	M	32	Lincoln	NE	433	8:17	00:56:17.5	760	10:07	01:06:21.7	9:12	02:00:39.2
644	1121/3991	123/233	3835	Nate Lee	M	35	Lincoln	NE	430	8:22	00:56:13.3	748	10:03	01:05:50.4	9:12	02:00:39.8
645	1123/3991	99/183	3094	Marcus Cech	M	28	Lincoln	NE	602	8:33	01:00:56.2	711	9:52	01:04:39.5	9:12	02:00:40.7
646	1124/3991	114/205	3192	Matt Kotera	M	30	Lincoln	NE	520	8:35	00:58:43.8	697	9:50	01:04:25.2	9:12	02:00:41.5
647	1126/3991	115/205	1168	Kaj Stauffer	M	33	Lincoln	NE	499	8:36	00:58:19.1	694	9:49	01:04:20.3	9:12	02:00:42.2
648	1127/3991	124/233	4538	Casey Winkels	M	38	Lincoln	NE	479	8:28	00:57:21.4	726	9:57	01:05:12.8	9:12	02:00:43.5

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
649	1129/3991	100/183	4573	Mark Schroeder	M	26	Omaha	NE	608	8:53	01:01:02.8	615	9:32	01:02:29.0	9:12	02:00:46.3
650	1130/3991	46/115	4804	Brian Johnson	M	51	Holdrege	NE	302	7:57	00:53:14.5	841	10:29	01:08:44.0	9:12	02:00:48.6
651	1131/3991	101/183	4112	Austin Scroggin	M	28	Omaha	NE	595	8:44	01:00:50.9	660	9:41	01:03:30.5	9:12	02:00:49.1
652	1132/3991	125/233	3278	Lance Davis	M	37	Lincoln	NE	517	8:34	00:58:41.6	712	9:52	01:04:42.2	9:13	02:00:50.2
653	1133/3991	55/135	1720	David Johnson	M	46	Lincoln	NE	562	8:38	00:59:54.5	690	9:48	01:04:14.4	9:13	02:00:50.8
654	1134/3991	126/233	3119	Brian Ternus	M	36	Gretna	NE	412	8:12	00:55:48.6	782	10:14	01:07:03.7	9:13	02:00:50.8
655	1138/3991	102/183	5385	Nicholas Berg	M	28	Lincoln	NE	841	9:21	01:06:50.5	513	9:06	00:59:41.2	9:13	02:00:57.6
656	1144/3991	86/192	4930	Ryan Zuspan	M	40	Lincoln	NE	709	8:55	01:02:48.9	621	9:33	01:02:35.2	9:13	02:01:01.0
657	1147/3991	87/192	5648	Ritchie Meyer	M	40	Page	NE	738	8:46	01:03:29.9	663	9:42	01:03:34.2	9:14	02:01:03.6
658	1154/3991	116/205	4636	Rob Rector	M	30	Lincoln	NE	746	9:07	01:03:37.5	581	9:22	01:01:27.2	9:14	02:01:11.1
659	1159/3991	117/205	3673	Richard Weibye	M	34	Ankeny	IA	511	8:39	00:58:38.5	699	9:50	01:04:28.9	9:14	02:01:14.7
660	1162/3991	47/115	4498	Phip Ross	M	50	Lincoln	NE	937	9:13	01:10:35.9	561	9:17	01:00:52.6	9:15	02:01:20.2
661	1167/3991	88/192	4406	Johnny Blankenship	M	41	Lincoln	NE	437	8:22	00:56:26.6	768	10:09	01:06:31.6	9:15	02:01:26.1
662	1169/3991	56/135	5943	Rick Miller	M	47	Minatare	NE	531	8:44	00:59:18.5	689	9:48	01:04:11.6	9:15	02:01:27.0
663	1174/3991	48/115	1339	Jim Coover	M	51	Cairo	NE	645	8:54	01:01:40.3	647	9:38	01:03:09.2	9:16	02:01:32.8
664	1177/3991	127/233	6328	Daniel Kennedy	M	36	Omaha	NE	703	8:59	01:02:42.4	631	9:34	01:02:46.1	9:16	02:01:37.1
665	1182/3991	3/14	1414	Scott Stuckey	M	65	Lincoln	NE	366	8:05	00:54:32.2	835	10:28	01:08:39.0	9:17	02:01:42.1
666	1183/3991	49/115	5827	Don Anderson	M	54	Lincoln	NE	857	8:52	01:07:28.8	665	9:42	01:03:35.4	9:17	02:01:42.8
667	1185/3991	103/183	2382	Keith Knoop	M	28	Lincoln	NE	628	9:14	01:01:22.8	575	9:21	01:01:16.5	9:17	02:01:45.9
668	1188/3991	128/233	4167	Karl Houfek	M	36	Bellevue	NE	831	9:01	01:06:35.2	628	9:34	01:02:42.2	9:17	02:01:47.3
669	1189/3991	104/183	4648	David Rastede	M	28	Allen	NE							9:17	02:01:47.9
670	1191/3991	118/205	4054	Brad Osborn	M	34	Lincoln	NE	484	8:26	00:57:24.9	771	10:09	01:06:33.3	9:17	02:01:50.7
671	1193/3991	129/233	2566	Scott Gealy	M	39	Lincoln	NE	817	9:22	01:05:58.8	539	9:13	01:00:25.9	9:17	02:01:51.8
672	1197/3991	130/233	1859	T J Morris	M	36	Superior	NE	733	9:02	01:03:20.8	634	9:35	01:02:48.6	9:18	02:02:03.1
673	1198/3991	119/205	4515	Kevin Forch	M	31	Lincoln	NE	778	9:10	01:04:39.3	598	9:27	01:01:58.3	9:18	02:02:03.1
674	1200/3991	105/183	5990	Kaleb Vanmeter	M	28	Lincoln	NE	691	8:52	01:02:18.3	683	9:46	01:04:01.6	9:18	02:02:06.3
675	1202/3991	40/81	2741	Tom Jara	M	24	Lincoln	NE	564	9:05	00:59:56.3	623	9:33	01:02:36.6	9:18	02:02:07.4
676	1204/3991	106/183	4024	Geoff Pierce	M	26	Sumner	NE	549	8:43	00:59:41.8	720	9:55	01:04:57.6	9:19	02:02:08.5
677	1206/3991	107/183	5924	Reese Florang	M	29	Kearney	NE	767	8:45	01:04:15.8	716	9:53	01:04:47.7	9:19	02:02:10.9
678	1207/3991	131/233	1563	Heath Petsche	M	38	Roca	NE	636	8:54	01:01:28.8	673	9:44	01:03:48.6	9:19	02:02:11.9
679	1208/3991	89/192	5853	Brad Millard	M	42	Omaha	NE	739	9:09	01:03:30.1	607	9:30	01:02:15.0	9:19	02:02:12.0
680	1211/3991	132/233	1032	Scott Brown	M	36	Lincoln	NE	679	9:08	01:02:06.2	612	9:31	01:02:23.4	9:19	02:02:13.2
681	1212/3991	50/115	2829	Brent Welch	M	50	Lincoln	NE	842	9:09	01:06:52.9	608	9:30	01:02:16.0	9:19	02:02:13.5
682	1213/3991	41/81	4174	Evan Schutte	M	20	Omaha	NE	698	8:57	01:02:36.1	668	9:42	01:03:36.4	9:19	02:02:16.3
683	1214/3991	90/192	6288	Jason Quist	M	40	Doniphan	NE	526	8:38	00:59:03.3	741	10:01	01:05:39.4	9:19	02:02:16.4
684	1216/3991	91/192	1472	Bret Bickel	M	43	Gretna	NE	743	9:07	01:03:34.5	619	9:33	01:02:33.3	9:19	02:02:20.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
685	1217/3991	4/14	406	Paul Boeshart	M	65	Lincoln	NE	789	8:54	01:04:54.7	680	9:45	01:03:57.2	9:19	02:02:20.9
686	1221/3991	42/81	4587	Coleman Baker	M	21	Stromsburg	NE	873	9:25	01:08:23.1	554	9:15	01:00:41.7	9:20	02:02:24.6
687	1223/3991	92/192	4686	Bradley Musick	M	41	Lincoln	NE	458	8:19	00:57:00.5	814	10:22	01:07:55.2	9:20	02:02:25.4
688	1224/3991	23/30	1337	Evan Rich	M	15	Lincoln	NE	765	9:00	01:04:14.9	654	9:40	01:03:24.3	9:20	02:02:25.8
689	1226/3991	120/205	2408	Scott Frohn	M	31	Lincoln	NE	661	8:58	01:01:51.9	670	9:43	01:03:43.8	9:20	02:02:27.8
690	1228/3991	24/30	1492	Simon Wegrzyn	M	17	Lincoln	NE	401	8:16	00:55:24.1	822	10:25	01:08:16.0	9:20	02:02:29.0
691	1231/3991	43/81	2772	Taylor Stockamp	M	24	Scribner	NE	818	9:11	01:06:01.5	611	9:31	01:02:23.0	9:21	02:02:37.2
692	1234/3991	44/81	4638	Trevor Blair	M	20	Lincoln	NE	559	8:28	00:59:47.8	787	10:16	01:07:15.1	9:21	02:02:44.2
693	1240/3991	121/205	1421	Andrew Hopp	M	32	Gretna	NE	604	8:28	01:00:59.3	789	10:16	01:07:17.2	9:21	02:02:46.6
694	1242/3991	45/81	2875	Ben Powell	M	22	Lincoln	NE	771	9:11	01:04:28.4	624	9:33	01:02:37.5	9:22	02:02:50.5
695	1248/3991	93/192	3201	Scott Hoppe	M	44	Papillion	NE	922	9:33	01:10:16.3	530	9:12	01:00:17.9	9:22	02:02:53.8
696	1251/3991	34/82	1845	Joseph Bavitz	M	56	Lincoln	NE	635	8:53	01:01:27.2	713	9:52	01:04:42.9	9:22	02:02:54.2
697	1253/3991	94/192	1633	Chad Nadgwick	M	43	Lincoln	NE	864	9:20	01:07:51.2	589	9:25	01:01:44.0	9:22	02:02:56.6
698	1260/3991	51/115	2314	Troy Jensen	M	53	Lincoln	NE	688	8:56	01:02:13.7	701	9:50	01:04:29.5	9:23	02:03:03.7
699	1261/3991	133/233	5115	Brian Ullman	M	38	Omaha	NE	701	8:48	01:02:41.6	731	9:59	01:05:27.6	9:23	02:03:08.8
700	1263/3991	57/135	5324	Brian Gilliland	M	48	Lincoln	NE	866	9:11	01:07:53.4	641	9:37	01:03:00.0	9:23	02:03:10.3
701	1265/3991	108/183	5759	Andrew Lynam	M	28	Omaha	NE	596	8:44	01:00:51.4	750	10:04	01:05:56.5	9:23	02:03:12.3
702	1266/3991	58/135	1273	Mark Fahleson	M	48	Lincoln	NE	752	9:06	01:03:42.5	666	9:42	01:03:36.0	9:24	02:03:16.7
703	1267/3991	134/233	727	Joel Bacon	M	38	Lincoln	NE	673	8:52	01:01:59.5	725	9:56	01:05:09.9	9:24	02:03:17.0
704	1268/3991	20/48	495	Tad Eickman	M	62	Wilber	NE	614	8:57	01:01:10.3	707	9:51	01:04:37.1	9:24	02:03:18.8
705	1269/3991	95/192	1574	Torrey Baker	M	40	Lincoln	NE	814	9:08	01:05:53.4	657	9:41	01:03:26.3	9:24	02:03:20.9
706	1273/3991	46/81	4305	Carl Post	M	24	Omaha	NE	610	8:53	01:01:06.2	724	9:56	01:05:09.9	9:24	02:03:23.4
707	1280/3991	122/205	3371	Max Yashirin	M	33	Lincoln	NE	567	8:31	01:00:02.7	809	10:20	01:07:45.4	9:25	02:03:36.2
708	1282/3991	109/183	2013	Steven Hentzen	M	27	Lincoln	NE	855	9:10	01:07:24.9	661	9:41	01:03:31.3	9:25	02:03:37.8
709	1283/3991	52/115	4288	Greg Biggs	M	53	Lincoln	NE	664	8:54	01:01:53.8	728	9:58	01:05:17.9	9:25	02:03:38.5
710	1286/3991	135/233	2959	Jason Simons	M	36	Marysville	KS	770	8:54	01:04:24.9	729	9:59	01:05:23.9	9:26	02:03:44.3
711	1287/3991	96/192	1937	David Churchill	M	44	Wilber	NE	621	9:03	01:01:17.3	696	9:49	01:04:23.6	9:26	02:03:46.3
712	1289/3991	25/30	5245	Marty Schildt	M	17	Pleasant Dale	NE	945	9:08	01:11:03.1	677	9:45	01:03:55.5	9:26	02:03:49.4
713	1292/3991	59/135	2236	Brian Hyland	M	49	Bellevue	NE	870	9:21	01:08:04.1	618	9:33	01:02:33.2	9:27	02:03:53.4
714	1294/3991	35/82	3572	Ron Banegas	M	57	Fairfax	VA	779	9:08	01:04:39.8	685	9:46	01:04:02.7	9:27	02:03:54.7
715	1295/3991	60/135	1060	Scott Wiebe	M	45	Lincoln	NE	481	8:26	00:57:22.6	834	10:28	01:08:36.0	9:27	02:03:54.7
716	1296/3991	21/48	562	Dale Rasmussen	M	60	Ceresco	NE	793	9:18	01:05:06.8	640	9:36	01:02:56.9	9:27	02:03:54.9
717	1301/3991	110/183	5729	Erik Platt	M	25	Richfield	MN	827	9:14	01:06:23.1	658	9:41	01:03:26.4	9:27	02:03:58.3
718	1304/3991	136/233	4936	Brian Cunningham	M	37	La Vista	NE	722	9:04	01:03:09.5	704	9:51	01:04:33.6	9:27	02:04:01.2
719	1309/3991	111/183	5543	Ross Dailey	M	27	Lincoln	NE	543	8:46	00:59:36.5	772	10:10	01:06:36.8	9:27	02:04:05.2
720	1311/3991	61/135	5542	Jason Schroeder	M	46	Glenwood	IA	544	8:46	00:59:37.0	773	10:10	01:06:38.0	9:28	02:04:08.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
721	1313/3991	53/115	1872	Todd Havlat	M	52	Lincoln	NE	875	9:27	01:08:27.3	603	9:29	01:02:09.2	9:28	02:04:08.4
722	1314/3991	47/81	2333	Nathan Jungck	M	23	Lincoln	NE	811	9:12	01:05:41.5	676	9:45	01:03:54.2	9:28	02:04:10.1
723	1317/3991	97/192	1777	Jeff Fleming	M	43	Wayne	NE	689	8:52	01:02:14.1	756	10:05	01:06:04.4	9:28	02:04:13.1
724	1318/3991	123/205	1878	Aaron Christian	M	34	Bellevue	NE	833	8:48	01:06:37.1	769	10:09	01:06:31.6	9:28	02:04:15.3
725	1319/3991	98/192	2118	Jacob Drueke	M	42	Lincoln	NE	806	8:43	01:05:31.7	783	10:14	01:07:04.0	9:28	02:04:16.0
726	1321/3991	22/48	5611	David Crook	M	61	Humboldt	NE	943	9:03	01:10:56.7	722	9:55	01:04:59.7	9:28	02:04:16.6
727	1322/3991	112/183	2341	Zach Baedke	M	28	Omaha	NE	651	8:58	01:01:44.5	734	10:00	01:05:32.2	9:28	02:04:17.4
728	1327/3991	137/233	479	Lance Murry	M	38	Hickman	NE	657	8:54	01:01:50.5	752	10:04	01:05:59.2	9:29	02:04:19.6
729	1329/3991	23/48	3362	Douglas Stack	M	61	North Platte	NE	871	9:29	01:08:17.5	604	9:29	01:02:10.1	9:29	02:04:20.5
730	1330/3991	124/205	2702	Lee Heerten	M	30	Lincoln	NE	714	8:39	01:02:52.4	803	10:20	01:07:41.2	9:29	02:04:21.8
731	1332/3991	138/233	2515	Nathaniel Zabel	M	35	Lincoln	NE	984	9:44	01:12:45.2	547	9:14	01:00:34.6	9:29	02:04:24.3
732	1333/3991	99/192	3312	Jesse Hansen	M	41	Omaha	NE	819	9:09	01:06:01.5	700	9:50	01:04:29.1	9:29	02:04:27.4
733	1338/3991	62/135	2493	Dan Pokorney	M	46	Kearney	NE	760	8:56	01:03:59.5	751	10:04	01:05:56.9	9:29	02:04:29.2
734	1341/3991	100/192	6022	Brian Gable	M	43	Lincoln	NE	812	9:16	01:05:49.9	671	9:43	01:03:44.0	9:29	02:04:31.2
735	1342/3991	54/115	1494	Rick Damkroger	M	54	Firth	NE	742	9:00	01:03:33.8	732	10:00	01:05:31.0	9:30	02:04:33.2
736	1343/3991	101/192	4462	Andre Barry	M	42	Lincoln	NE	617	8:44	01:01:12.2	788	10:16	01:07:17.0	9:30	02:04:33.5
737	1345/3991	139/233	5378	Nathan Godwin	M	35	Lincoln	NE	504	8:24	00:58:23.7	877	10:37	01:09:34.5	9:30	02:04:36.4
738	1346/3991	102/192	5837	Jeffrey Stearnes	M	42	Papillion	NE	692	8:55	01:02:21.2	758	10:05	01:06:09.2	9:30	02:04:37.3
739	1361/3991	55/115	3707	Jeff Schmidt	M	54	Lincoln	NE	735	9:02	01:03:22.3	745	10:01	01:05:42.9	9:31	02:04:54.3
740	1364/3991	113/183	3581	Dylan Mayberry	M	25	Omaha	NE	491	8:23	00:57:51.5	886	10:40	01:09:57.8	9:31	02:04:58.2
741	1365/3991	103/192	667	Bill O'Neill	M	43	Gretna	NE	787	9:03	01:04:49.8	739	10:01	01:05:37.0	9:32	02:04:58.7
742	1370/3991	140/233	5015	Jason Thomsen	M	35	Lincoln	NE	449	8:25	00:56:47.4	884	10:40	01:09:55.0	9:32	02:05:07.6
743	1372/3991	114/183	5077	Colby Honke	M	25	Lincoln	NE	788	9:05	01:04:50.2	737	10:00	01:05:35.0	9:32	02:05:08.8
744	1375/3991	36/82	1324	Jim Esola	M	56	Omaha	NE	869	9:39	01:08:02.8	595	9:27	01:01:55.8	9:32	02:05:10.3
745	1376/3991	115/183	2475	Jeff Nienhueser	M	29	Lincoln	NE	561	8:30	00:59:53.7	871	10:36	01:09:29.4	9:33	02:05:11.8
746	1379/3991	116/183	2932	Kyle Broderick	M	29	Lincoln	NE	927	9:34	01:10:21.9	616	9:32	01:02:30.5	9:33	02:05:16.6
747	1382/3991	56/115	3156	Terry Pramberg	M	50	Lincoln	NE	693	8:50	01:02:23.3	795	10:17	01:07:24.8	9:33	02:05:21.0
748	1383/3991	141/233	2312	Marcus Goeschel	M	37	Lincoln	NE	390	8:10	00:54:55.7	923	10:58	01:11:51.8	9:33	02:05:23.4
749	1384/3991	142/233	4622	Aaron Meysenburg	M	36	Lincoln	NE	648	9:03	01:01:42.7	754	10:05	01:06:03.0	9:33	02:05:23.5
750	1388/3991	57/115	1572	Kevin Meysenburg	M	52	Norfolk	NE	647	9:03	01:01:42.7	755	10:05	01:06:03.2	9:33	02:05:23.8
751	1391/3991	58/115	537	David Steffen	M	54	Lincoln	NE	794	8:48	01:05:08.3	808	10:20	01:07:44.0	9:34	02:05:27.7
752	1398/3991	1/6	796	Keith Swarts	M	71	Omaha	NE	798	9:18	01:05:13.3	706	9:51	01:04:36.0	9:34	02:05:33.0
753	1402/3991	125/205	4068	Jonathan Whitehead	M	31	Lincoln	NE	813	9:01	01:05:50.9	765	10:08	01:06:26.6	9:34	02:05:36.3
754	1405/3991	37/82	1470	Rick Hagge	M	57	Plattsmouth	NE	790	9:15	01:04:56.2	721	9:55	01:04:59.3	9:35	02:05:40.0
755	1407/3991	117/183	5327	Adam Post	M	27	Lincoln	NE	502	8:32	00:58:22.6	880	10:38	01:09:44.2	9:35	02:05:42.9
756	1412/3991	63/135	1815	Paul Maass	M	49	Omaha	NE	856	9:25	01:07:25.9	684	9:46	01:04:02.2	9:35	02:05:48.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
757	1415/3991	126/205	3169	Ryan Eckstein	M	30	Omaha	NE	646	8:56	01:01:41.5	791	10:16	01:07:21.2	9:36	02:05:53.0
758	1416/3991	127/205	3970	Michael Greenwood	M	30	Omaha	NE	839	9:01	01:06:47.9	775	10:11	01:06:48.2	9:36	02:05:53.6
759	1417/3991	38/82	1190	Scott Sughroue	M	59	Lincoln	NE	718	9:11	01:03:02.3	746	10:01	01:05:42.9	9:36	02:05:54.1
760	1420/3991	143/233	3251	Ryan Luedtke	M	36	Lincoln	NE	687	8:54	01:02:11.3	800	10:19	01:07:37.0	9:36	02:05:56.5
761	1421/3991	59/115	1734	Brad Johnson	M	50	Lincoln	NE	1087	10:11	01:16:59.6	495	9:02	00:59:15.3	9:36	02:05:58.0
762	1424/3991	144/233	2458	Kurt Ramaekers	M	36	Lincoln	NE	450	8:21	00:56:49.3	908	10:52	01:11:13.4	9:36	02:06:01.1
763	1426/3991	39/82	818	Claude Berreckman	M	57	Cozad	NE	737	9:12	01:03:26.2	744	10:01	01:05:42.5	9:36	02:06:01.6
764	1430/3991	128/205	2077	Michael Mason D'croz	M	30	Lincoln	NE	591	8:55	01:00:43.2	799	10:19	01:07:35.3	9:37	02:06:04.9
765	1433/3991	129/205	3891	Tyson Tilton	M	34	York	NE	804	9:22	01:05:29.6	714	9:52	01:04:44.0	9:37	02:06:08.4
766	1434/3991	64/135	858	Jano Madsen	M	46	Lincoln	NE	897	9:39	01:09:05.9	638	9:36	01:02:54.4	9:37	02:06:10.5
767	1436/3991	130/205	1957	Tyler Morrison	M	31	Lincoln	NE	571	8:45	01:00:14.3	849	10:30	01:08:50.6	9:37	02:06:15.3
768	1437/3991	118/183	5321	Isaac Welborn	M	26	Blair	NE	780	8:56	01:04:41.2	805	10:20	01:07:41.4	9:38	02:06:17.8
769	1439/3991	131/205	4058	Roy Patterson	M	31	Omaha	NE	497	8:32	00:58:10.6	896	10:45	01:10:25.4	9:38	02:06:20.7
770	1441/3991	60/115	1182	Kurt Beck	M	51	Ne	NE	853	9:26	01:07:22.5	703	9:51	01:04:31.2	9:38	02:06:24.6
771	1443/3991	145/233	1674	Brandon Boldt	M	38	Lincoln	NE	899	9:37	01:09:07.1	655	9:40	01:03:24.4	9:38	02:06:25.8
772	1445/3991	132/205	1665	Matt Erb	M	31	Lincoln	NE	716	8:45	01:02:58.8	859	10:32	01:09:02.5	9:38	02:06:27.5
773	1447/3991	146/233	728	Steve Colonna	M	37	Lincoln	NE	725	9:03	01:03:11.5	786	10:15	01:07:12.6	9:39	02:06:31.8
774	1452/3991	104/192	2019	Chad Dustin	M	41	Lincoln	NE	773	9:02	01:04:31.5	790	10:16	01:07:18.2	9:39	02:06:34.0
775	1468/3991	40/82	1308	Mike Boshart	M	56	Lincoln	NE	715	8:52	01:02:58.7	840	10:29	01:08:43.5	9:40	02:06:49.0
776	1469/3991	5/14	1969	Blaine Johnson	M	66	York	NE	706	9:01	01:02:45.8	807	10:20	01:07:43.9	9:40	02:06:49.0
777	1474/3991	105/192	5252	Stephen Engel	M	41	Lincoln	NE	663	8:55	01:01:53.7	827	10:27	01:08:29.5	9:40	02:06:55.0
778	1475/3991	24/48	1349	David Peters	M	60	Omaha	NE	946	9:50	01:11:04.7	614	9:32	01:02:28.5	9:40	02:06:55.5
779	1476/3991	147/233	2339	J J Hansen	M	39	Omaha	NE	469	8:25	00:57:09.8	921	10:57	01:11:43.7	9:40	02:06:55.5
780	1477/3991	106/192	6200	Jerry Mitchell	M	41	Omaha	NE	815	9:14	01:05:53.5	763	10:08	01:06:24.9	9:41	02:07:00.1
781	1484/3991	107/192	2970	Andy Perry	M	44	Auburn	NE	1076	9:56	01:16:18.1	599	9:27	01:01:59.1	9:41	02:07:04.2
782	1485/3991	61/115	1114	Mike Lewis	M	51	Omaha	NE	913	9:45	01:09:53.1	646	9:38	01:03:08.6	9:41	02:07:04.6
783	1488/3991	62/115	2445	Kent Endacott	M	50	Lincoln	NE	761	8:53	01:04:00.7	853	10:30	01:08:51.5	9:41	02:07:06.6
784	1493/3991	108/192	5036	Tim Hahn	M	44	Lincoln	NE	949	9:12	01:11:07.8	777	10:12	01:06:48.6	9:41	02:07:08.9
785	1495/3991	148/233	1811	Mark Lauby	M	36	Lincoln	NE	888	9:35	01:08:49.6	693	9:49	01:04:20.3	9:42	02:07:10.2
786	1500/3991	7/16	2097	Jason Rathbone	M	14	Waverly	NE	677	8:51	01:02:04.9	863	10:33	01:09:09.2	9:42	02:07:13.3
787	1503/3991	65/135	4419	Jeffrey Wiens	M	45	York	NE	606	8:57	01:01:01.8	831	10:28	01:08:35.1	9:42	02:07:15.8
788	1504/3991	109/192	4420	Anthony Kreifels	M	41	York	NE	607	8:57	01:01:01.8	832	10:28	01:08:35.4	9:42	02:07:16.2
789	1505/3991	63/115	2008	Alan Eighme	M	53	Lincoln	NE	889	9:35	01:08:53.5	698	9:50	01:04:25.9	9:42	02:07:16.7
790	1506/3991	110/192	4955	Chris Stohs	M	40	Clive	IA	756	9:04	01:03:52.5	811	10:21	01:07:48.9	9:42	02:07:17.1
791	1508/3991	66/135	466	Vinnie Macklin	M	49	Lincoln	NE	848	9:31	01:07:15.1	718	9:54	01:04:54.3	9:42	02:07:19.8
792	1512/3991	64/115	3462	Damian Bricko	M	52	Lincoln	NE	751	9:05	01:03:41.3	812	10:21	01:07:49.4	9:43	02:07:25.1



# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
793	1514/3991	111/192	3237	Jeffrey Morrnick	M	42	Grand Island	NE	656	8:56	01:01:49.5	851	10:30	01:08:50.7	9:43	02:07:26.4
794	1515/3991	149/233	2842	Dave Miller	M	36	Pittsburg	KS	845	9:18	01:07:09.8	767	10:08	01:06:28.7	9:43	02:07:27.9
795	1516/3991	150/233	2541	Justin Kurtzer	M	39	Lincoln	NE	792	8:57	01:05:04.4	844	10:30	01:08:46.5	9:43	02:07:29.3
796	1517/3991	151/233	4378	Rick Seamann	M	39	Lincoln	NE	652	8:55	01:01:44.8	861	10:32	01:09:04.9	9:43	02:07:29.9
797	1527/3991	152/233	3899	Jeremy Shoemaker	M	37	Lincoln	NE	726	9:07	01:03:13.1	815	10:22	01:07:55.8	9:44	02:07:41.7
798	1528/3991	67/135	2542	Eric Holstein	M	46	Elkhorn	NE	880	9:36	01:08:38.8	715	9:53	01:04:44.7	9:44	02:07:42.2
799	1530/3991	48/81	2422	Trenton Jakub	M	21	Bruno	NE	729	9:01	01:03:16.6	839	10:29	01:08:41.9	9:44	02:07:48.1
800	1540/3991	119/183	3211	Daniel Rubeck	M	25	Columbus	NE	942	9:46	01:10:55.0	681	9:45	01:03:57.5	9:45	02:07:57.5
801	1541/3991	112/192	5161	Chad Martin	M	41	Lincoln	NE	865	9:17	01:07:53.2	781	10:14	01:07:03.1	9:45	02:07:57.5
802	1542/3991	41/82	832	David Tuma	M	56	Omaha	NE	736	9:03	01:03:24.6	833	10:28	01:08:35.9	9:45	02:07:58.6
803	1546/3991	113/192	2417	Matthew Skretta	M	41	Lincoln	NE	655	8:53	01:01:49.2	882	10:39	01:09:47.2	9:46	02:08:03.3
804	1547/3991	114/192	2776	Greg Mousel	M	43	Juniata	NE	589	8:40	01:00:42.5	907	10:52	01:11:12.1	9:46	02:08:04.5
805	1553/3991	26/30	4172	Shawn Hoffman	M	17	Ft. Leavenworth	KS	867	9:03	01:07:57.1	842	10:29	01:08:44.0	9:46	02:08:06.9
806	1554/3991	153/233	1083	Andy Voss	M	39	Lincoln	NE	678	9:08	01:02:06.1	823	10:25	01:08:17.7	9:46	02:08:07.6
807	1555/3991	42/82	1992	Chris Johnson	M	58	Omaha	NE	929	9:51	01:10:24.5	662	9:42	01:03:33.9	9:46	02:08:07.8
808	1557/3991	154/233	4827	Daniel Weyer	M	38	Lincoln	NE	675	8:56	01:02:03.7	878	10:37	01:09:36.0	9:46	02:08:11.0
809	1563/3991	49/81	1285	Will Inamura	M	20	Lincoln	NE	868	9:32	01:08:02.6	747	10:02	01:05:46.3	9:46	02:08:14.7
810	1569/3991	115/192	1108	Matthew Pedersen	M	44	Omaha	NE	941	9:43	01:10:54.9	710	9:52	01:04:39.2	9:47	02:08:21.0
811	1570/3991	50/81	5490	Jacob Bergdolt	M	21	Gresham	OR	810	9:16	01:05:36.4	801	10:19	01:07:39.0	9:47	02:08:21.5
812	1572/3991	25/48	519	Joe Sweeney	M	62	Lincoln	NE	844	9:26	01:07:04.7	770	10:09	01:06:31.8	9:47	02:08:24.3
813	1577/3991	120/183	354	Matt Kuske	M	26	Lincoln	NE	550	8:41	00:59:42.3	915	10:55	01:11:34.4	9:48	02:08:30.1
814	1578/3991	116/192	3924	Chris Bogus	M	43	Lincoln	NE	416	8:09	00:55:54.1	996	11:27	01:15:03.4	9:48	02:08:30.6
815	1587/3991	26/48	460	Kevin Van Nostrand	M	63	Lincoln	NE	884	9:03	01:08:40.6	869	10:35	01:09:24.2	9:49	02:08:41.4
816	1599/3991	155/233	6122	Chad Mustard	M	38	Omaha	NE	644	9:03	01:01:39.8	873	10:36	01:09:30.4	9:49	02:08:51.8
817	1603/3991	156/233	1188	Nick Baker	M	39	Omaha	NE	910	9:29	01:09:36.2	774	10:11	01:06:42.7	9:50	02:08:55.3
818	1604/3991	117/192	4094	Eric Chambers	M	41	Omaha	NE	1048	9:55	01:15:36.4	674	9:45	01:03:53.3	9:50	02:08:55.9
819	1606/3991	121/183	6071	Casey Prewitt	M	26	Omaha	NE	834	9:15	01:06:39.3	825	10:25	01:08:19.2	9:50	02:08:59.8
820	1607/3991	133/205	5823	Shane Hamilton	M	31	Valentine	NE	781	9:11	01:04:43.8	850	10:30	01:08:50.6	9:50	02:09:00.5
821	1610/3991	68/135	2101	Craig Beiermann	M	45	Lincoln	NE	758	9:05	01:03:58.4	870	10:36	01:09:26.9	9:50	02:09:01.2
822	1615/3991	43/82	1220	Greg Prochazka	M	57	Lincoln	NE	935	9:41	01:10:34.5	740	10:01	01:05:37.2	9:50	02:09:07.1
823	1619/3991	65/115	251	Chuck Parker	M	53	Lincoln	NE	932	9:52	01:10:32.2	702	9:50	01:04:30.6	9:51	02:09:12.9
824	1620/3991	69/135	456	Bryon Pickett	M	47	Lincoln	NE	803	9:09	01:05:24.8	865	10:33	01:09:12.2	9:51	02:09:13.6
825	1628/3991	118/192	2378	Eric Rempel	M	40	Palmyra	NE	890	9:44	01:08:54.5	738	10:01	01:05:36.9	9:52	02:09:22.3
826	1634/3991	119/192	1569	Travis Russell	M	44	Lincoln	NE	926	9:45	01:10:21.5	736	10:00	01:05:33.6	9:52	02:09:25.5
827	1635/3991	122/183	1347	Roger Cattle	M	26	Lincoln	NE	732	9:00	01:03:20.5	895	10:44	01:10:23.2	9:52	02:09:26.3
828	1636/3991	134/205	941	Chad Katzberg	M	34	Lincoln	NE	805	9:18	01:05:31.3	829	10:27	01:08:32.4	9:52	02:09:27.6

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
829	1638/3991	123/183	1624	Nate Johnsen	M	27	Omaha	NE	826	9:08	01:06:22.2	879	10:37	01:09:37.4	9:52	02:09:31.7
830	1641/3991	120/192	5800	Matthew Finney	M	44	Council Bluffs	IA	1018	10:27	01:14:18.8	567	9:19	01:01:01.4	9:52	02:09:33.6
831	1645/3991	121/192	415	Shawn Carlson	M	40	Lincoln	NE	1033	9:58	01:15:12.8	691	9:48	01:04:16.9	9:53	02:09:39.3
832	1648/3991	122/192	3862	Mike Roth	M	43	Omaha	NE	724	9:26	01:03:10.5	813	10:22	01:07:54.7	9:53	02:09:42.1
833	1653/3991	135/205	555	Kevin Fuji	M	31	Omaha	NE	971	10:01	01:12:10.6	686	9:47	01:04:08.6	9:54	02:09:47.5
834	1657/3991	51/81	4470	Ryan Kortus	M	24	Lincoln	NE	525	8:45	00:58:56.5	937	11:04	01:12:34.1	9:54	02:09:54.5
835	1662/3991	8/16	204	Kyle Babst	M	9	Wahoo	NE	1094	10:10	01:17:24.9	653	9:40	01:03:22.5	9:55	02:10:01.0
836	1663/3991	66/115	3406	David Waver	M	54	Omaha	NE	886	9:21	01:08:44.1	838	10:29	01:08:41.6	9:55	02:10:01.0
837	1664/3991	123/192	414	Timothy Farmer	M	44	Lincoln	NE	854	9:31	01:07:24.9	804	10:20	01:07:41.3	9:55	02:10:02.1
838	1667/3991	157/233	5682	Brian O'hare	M	39	Crete	NE	915	9:21	01:09:58.3	852	10:30	01:08:51.2	9:55	02:10:06.2
839	1669/3991	70/135	4969	Scott Tontegode	M	47	Lincoln	NE	838	9:16	01:06:46.8	868	10:35	01:09:22.1	9:55	02:10:08.4
840	1670/3991	71/135	2383	Mark Adams	M	46	Omaha	NE	861	9:09	01:07:37.9	889	10:43	01:10:12.7	9:55	02:10:10.5
841	1679/3991	67/115	4443	Greg Schleppenbach	M	51	Lincoln	NE	1005	9:53	01:13:48.1	735	10:00	01:05:32.2	9:56	02:10:20.9
842	1684/3991	158/233	6134	David Darling	M	36	Waverly	NE	754	9:13	01:03:46.3	887	10:40	01:09:58.1	9:56	02:10:25.3
843	1687/3991	159/233	5496	Gary Riibe	M	36	Dakota Dunes	SD	830	9:01	01:06:34.5	913	10:54	01:11:25.9	9:57	02:10:30.8
844	1688/3991	44/82	653	Mark Olson	M	55	Lincoln	NE	956	9:38	01:11:26.7	794	10:17	01:07:23.1	9:57	02:10:30.9
845	1689/3991	72/135	252	Ron Murphy	M	49	Lincoln	NE	931	9:52	01:10:31.7	749	10:03	01:05:51.9	9:57	02:10:31.2
846	1690/3991	124/183	840	Taylor Weichman	M	29	Madison	WI	872	9:34	01:08:22.8	810	10:20	01:07:46.9	9:57	02:10:31.8
847	1691/3991	68/115	3233	Bill McClure	M	54	Lincoln	NE	619	8:53	01:01:16.7	930	11:02	01:12:16.4	9:57	02:10:31.9
848	1694/3991	125/183	5844	Nate Wilder	M	25	Lincoln	NE	906	9:37	01:09:22.8	797	10:17	01:07:27.8	9:57	02:10:32.9
849	1697/3991	126/183	2218	Ricky Thompson Iii	M	26	Omaha	NE	1008	9:51	01:13:51.8	753	10:04	01:06:00.0	9:57	02:10:36.9
850	1698/3991	6/14	771	Bob Torell	M	65	Lincoln	NE	960	9:54	01:11:40.2	743	10:01	01:05:42.3	9:57	02:10:36.9
851	1701/3991	73/135	3085	David Niemann	M	48	Lincoln	NE	992	9:47	01:13:08.6	766	10:08	01:06:27.0	9:57	02:10:37.9
852	1703/3991	124/192	3350	Joe Hylak	M	44	Lavista	NE	923	9:33	01:10:16.3	820	10:23	01:08:04.1	9:57	02:10:39.1
853	1704/3991	125/192	1882	D J Hawke	M	41	Hickman	NE	917	9:02	01:10:04.5	914	10:54	01:11:28.2	9:58	02:10:39.6
854	1707/3991	126/192	229	Todd Pickering	M	43	Kearney	NE	891	9:18	01:08:55.9	881	10:39	01:09:45.8	9:58	02:10:44.3
855	1708/3991	52/81	1534	Shane Watteyne	M	20	Lincoln	NE	516	8:39	00:58:41.2	972	11:18	01:14:07.3	9:58	02:10:50.4
856	1709/3991	136/205	271	Thomas Jones	M	30	Omaha	NE	582	8:54	01:00:36.7	934	11:03	01:12:27.1	9:58	02:10:50.9
857	1710/3991	137/205	270	Josh Pryor	M	30	La Vista	NE	590	8:55	01:00:43.2	932	11:02	01:12:20.9	9:58	02:10:51.5
858	1713/3991	127/192	4682	Harley Scott	M	44	Funk	NE	634	8:50	01:01:26.7	950	11:08	01:13:01.2	9:59	02:10:55.7
859	1724/3991	138/205	1295	Mathias Wendeln	M	32	Beatrice	NE	989	9:37	01:13:01.1	816	10:22	01:07:56.4	9:59	02:11:01.8
860	1731/3991	53/81	3625	Ryan Jensen	M	21	Blair	NE	968	9:49	01:12:00.7	779	10:12	01:06:52.9	10:00	02:11:11.3
861	1732/3991	27/48	697	Louis Hedlund	M	61	Lincoln	NE	874	9:30	01:08:24.5	855	10:31	01:08:54.0	10:00	02:11:12.0
862	1734/3991	74/135	893	Vino Rodriguez	M	45	Lincoln	NE	1065	10:14	01:16:00.8	687	9:47	01:04:08.7	10:00	02:11:15.2
863	1736/3991	75/135	668	Keith Richert	M	45	Gresham	NE	1049	9:54	01:15:42.3	764	10:08	01:06:25.4	10:01	02:11:19.5
864	1740/3991	127/183	263	Darin Russell	M	29	Lincoln	NE	957	9:48	01:11:30.8	784	10:15	01:07:10.9	10:01	02:11:23.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
865	1746/3991	45/82	4410	Steve Comfort	M	56	Lincoln	NE	996	9:47	01:13:16.1	796	10:17	01:07:25.6	10:02	02:11:34.5
866	1747/3991	139/205	6274	Jon Ruyle	M	33	Kearney	NE	895	9:28	01:09:02.5	872	10:36	01:09:30.1	10:02	02:11:37.0
867	1753/3991	160/233	3099	Brad Bentjen	M	35	Waverly	NE	905	9:42	01:09:22.6	819	10:23	01:08:03.1	10:02	02:11:41.3
868	1755/3991	76/135	4564	Dennis Heuke	M	48	Lincoln	NE	860	9:26	01:07:33.3	883	10:40	01:09:52.6	10:02	02:11:44.5
869	1760/3991	69/115	5873	Brian Bossard	M	54	Lincoln	NE	786	8:54	01:04:49.6	958	11:12	01:13:23.6	10:03	02:11:47.0
870	1761/3991	161/233	4718	Clay Siefken	M	35	Bennet	NE	973	9:34	01:12:11.8	860	10:32	01:09:03.1	10:03	02:11:47.2
871	1762/3991	77/135	4700	Matt Coakley	M	48	Wahoo	NE	795	9:11	01:05:09.5	917	10:55	01:11:36.2	10:03	02:11:48.4
872	1764/3991	78/135	1508	Jim Baumann	M	49	Hickman	NE	828	9:32	01:06:26.5	867	10:35	01:09:20.9	10:03	02:11:49.3
873	1767/3991	79/135	1979	Marty Walter	M	48	Lincoln	NE	774	9:20	01:04:33.5	901	10:47	01:10:43.0	10:03	02:11:53.2
874	1768/3991	70/115	4465	Doug Durham	M	50	Lincoln	NE	997	9:59	01:13:29.2	761	10:08	01:06:23.9	10:03	02:11:53.3
875	1771/3991	128/183	5468	Justin Carter	M	25	Hemingford	NE	594	8:38	01:00:45.4	999	11:29	01:15:17.2	10:03	02:11:54.4
876	1772/3991	54/81	4314	Ryan Messman	M	24	Beatrice	NE	704	8:51	01:02:43.2	967	11:16	01:13:52.3	10:03	02:11:55.4
877	1777/3991	128/192	390	Brad Buresh	M	40	Lincoln	NE	1028	10:14	01:15:05.9	717	9:54	01:04:52.6	10:04	02:11:59.6
878	1785/3991	129/183	4120	Andrew Hill	M	28	Lincoln	NE	642	8:56	01:01:39.1	962	11:13	01:13:32.4	10:04	02:12:07.3
879	1786/3991	130/183	5087	Dustin Florian	M	29	Lincoln	NE	936	9:39	01:10:35.7	854	10:30	01:08:52.3	10:04	02:12:07.3
880	1789/3991	28/48	768	Jim Peter	M	63	Lincoln	NE	972	9:58	01:12:10.8	778	10:12	01:06:51.4	10:04	02:12:09.3
881	1795/3991	162/233	2260	Shawn Hostetler	M	38	Pickrell	NE	574	8:47	01:00:17.1	989	11:24	01:14:40.3	10:05	02:12:14.8
882	1804/3991	129/192	1056	Jamie Ramaekers	M	43	Lincoln	NE	928	9:49	01:10:23.9	817	10:23	01:08:00.9	10:05	02:12:23.5
883	1805/3991	163/233	4328	Michael Tracy	M	36	Lincoln	NE	1102	10:11	01:17:46.8	742	10:01	01:05:39.8	10:05	02:12:23.8
884	1809/3991	55/81	4886	Cooper Domgard	M	24	Lincoln	NE	459	8:28	00:57:00.6	1046	11:44	01:16:55.9	10:06	02:12:29.2
885	1811/3991	130/192	1223	Glen Nelson	M	44	Bennet	NE	878	9:40	01:08:36.9	862	10:33	01:09:06.7	10:06	02:12:31.0
886	1812/3991	131/192	5616	Chad Bruce	M	40	Wahoo	NE	699	9:07	01:02:39.2	943	11:06	01:12:46.6	10:06	02:12:31.2
887	1816/3991	71/115	5836	Joe Snyder	M	52	Bloomfield	IA	887	9:42	01:08:46.9	858	10:31	01:08:58.7	10:06	02:12:36.1
888	1821/3991	164/233	4890	Abe Hinman	M	36	Callaway	NE	695	8:59	01:02:26.9	966	11:15	01:13:46.3	10:07	02:12:42.1
889	1824/3991	72/115	360	Joel Christensen	M	53	Gretna	NE	538	8:40	00:59:33.7	1016	11:35	01:15:53.0	10:07	02:12:43.1
890	1825/3991	165/233	987	Todd Pfeil	M	39	Lincoln	NE	934	10:00	01:10:33.1	785	10:15	01:07:11.4	10:07	02:12:43.6
891	1829/3991	73/115	1152	Randall Davis	M	50	Elkhorn	NE	852	9:16	01:07:19.8	928	11:00	01:12:03.6	10:07	02:12:48.1
892	1832/3991	74/115	2070	Dale Oxenhardt	M	52	Lincoln	NE	1059	10:08	01:15:56.4	762	10:08	01:06:23.9	10:07	02:12:49.6
893	1833/3991	140/205	307	Matthew Holman	M	31	Lincoln	NE	958	9:48	01:11:31.2	830	10:27	01:08:33.2	10:07	02:12:50.0
894	1834/3991	131/183	492	Patrick Brennan	M	28	Lincoln	NE	750	9:10	01:03:40.3	939	11:06	01:12:44.3	10:08	02:12:50.7
895	1843/3991	46/82	661	Stan Kapustka	M	55	Lincoln	NE	981	9:58	01:12:32.1	806	10:20	01:07:43.1	10:08	02:13:03.3
896	1848/3991	27/30	5991	Guadalupe Dimas	M	18	Ohiowa	NE	1031	10:05	01:15:10.3	780	10:13	01:06:58.4	10:09	02:13:07.1
897	1852/3991	80/135	1456	Jason Kaiser	M	46	Lincoln	NE	837	9:16	01:06:45.8	933	11:03	01:12:23.4	10:09	02:13:09.5
898	1854/3991	132/183	2687	Mitch Novotny	M	29	Ashland	NE	975	9:48	01:12:14.7	857	10:31	01:08:54.7	10:09	02:13:10.7
899	1863/3991	81/135	1081	John Schoneweis	M	47	Beatrice	NE	976	9:51	01:12:17.1	843	10:29	01:08:46.0	10:10	02:13:20.7
900	1868/3991	133/183	5208	Luke Taylor	M	25	York	NE	1077	9:38	01:16:20.4	894	10:43	01:10:16.8	10:10	02:13:26.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
901	1871/3991	75/115	470	Daniel Andeson	M	52	Omaha	NE	1083	10:23	01:16:50.9	730	9:59	01:05:25.3	10:11	02:13:31.1
902	1874/3991	47/82	3126	Michael Miller	M	56	Lincoln	NE	863	9:15	01:07:43.5	947	11:08	01:12:56.2	10:11	02:13:35.1
903	1878/3991	166/233	594	Jon Brezenski	M	36	Columbus	NE	530	8:40	00:59:17.2	1044	11:44	01:16:54.4	10:11	02:13:41.4
904	1884/3991	167/233	4045	John Moorhead	M	38	Lincoln	NE	723	9:10	01:03:10.1	964	11:14	01:13:39.9	10:12	02:13:46.8
905	1890/3991	82/135	2611	Scott Thompson	M	45	Omaha	NE	796	9:34	01:05:10.5	906	10:51	01:11:07.0	10:12	02:13:51.1
906	1897/3991	134/183	2904	Nathan Waterman	M	26	Lincoln	NE	1012	10:07	01:14:00.6	802	10:19	01:07:39.7	10:13	02:13:57.7
907	1898/3991	56/81	5892	Benjamin Czarnecki	M	21	Sioux Falls	SD	907	9:39	01:09:24.6	898	10:47	01:10:39.5	10:13	02:13:58.4
908	1904/3991	83/135	5039	Mark Fletcher	M	46	York	NE	686	8:57	01:02:11.3	1001	11:29	01:15:18.5	10:13	02:14:01.5
909	1905/3991	135/183	5567	Joe Buntyn	M	28	Lincoln	NE	881	9:34	01:08:39.3	911	10:53	01:11:21.4	10:13	02:14:02.3
910	1912/3991	141/205	1106	Jeff Ahern	M	31	Lincoln	NE	1038	9:51	01:15:15.6	874	10:36	01:09:30.8	10:13	02:14:06.5
911	1916/3991	142/205	1619	Travis Arnold	M	32	Gretna	NE	859	9:31	01:07:32.9	922	10:57	01:11:46.7	10:14	02:14:10.1
912	1917/3991	84/135	977	Jon Jonson	M	49	Lincoln	NE	579	8:53	01:00:32.8	1019	11:35	01:15:57.9	10:14	02:14:11.0
913	1921/3991	85/135	5140	Rob Nickolaus	M	47	Lincoln	NE	1035	9:59	01:15:14.6	847	10:30	01:08:47.9	10:14	02:14:15.6
914	1923/3991	168/233	6142	Austin Rowser	M	37	Omaha	NE	772	9:09	01:04:29.2	976	11:20	01:14:18.1	10:14	02:14:16.8
915	1924/3991	57/81	4396	Kirk Vodicka	M	24	Omaha	NE	847	9:23	01:07:13.5	942	11:06	01:12:46.0	10:14	02:14:18.4
916	1927/3991	9/16	4342	Justin Rathbone	M	14	Waverly	NE	1055	10:25	01:15:52.7	757	10:05	01:06:04.4	10:14	02:14:20.9
917	1930/3991	48/82	2139	Dennis Kottwitz	M	55	Lincoln	NE	998	9:56	01:13:29.8	866	10:34	01:09:15.9	10:15	02:14:24.4
918	1934/3991	136/183	5256	Aaron Phillips	M	29	Stromsburg	NE	925	9:35	01:10:18.4	919	10:56	01:11:41.7	10:15	02:14:32.0
919	1935/3991	169/233	6171	Rajan Bhattarai	M	38	Omaha	NE	816	9:14	01:05:54.8	970	11:17	01:13:57.9	10:15	02:14:33.0
920	1936/3991	86/135	676	Bryce Johnson	M	49	Lincoln	NE	807	9:26	01:05:34.4	940	11:06	01:12:45.5	10:15	02:14:33.7
921	1944/3991	132/192	5930	Kent Vosburg	M	40	Abilene	KS	877	9:21	01:08:29.2	957	11:12	01:13:23.0	10:16	02:14:40.1
922	1945/3991	137/183	6005	James Douty	M	26	Lincoln	NE	999	9:56	01:13:31.4	875	10:37	01:09:33.0	10:16	02:14:41.9
923	1946/3991	138/183	1678	Ben McGill	M	26	Lincoln	NE	1043	10:15	01:15:26.3	798	10:19	01:07:34.5	10:16	02:14:46.4
924	1950/3991	170/233	5894	Tony Heiniger	M	37	Powhattan	KS	719	8:50	01:03:04.2	1045	11:44	01:16:55.5	10:17	02:14:52.8
925	1952/3991	76/115	606	John Laffin	M	54	Lincoln	NE	740	9:14	01:03:32.8	980	11:21	01:14:20.7	10:17	02:14:55.3
926	1955/3991	133/192	5249	Matt Rogers	M	42	Omaha	NE	690	8:57	01:02:16.5	1027	11:38	01:16:15.2	10:17	02:14:57.0
927	1957/3991	171/233	3805	Greg Payne	M	35	Lincoln	NE	1074	10:12	01:16:10.6	821	10:24	01:08:09.0	10:17	02:14:59.3
928	1962/3991	134/192	1796	Jason Koch	M	40	Lincoln	NE	784	9:06	01:04:45.3	1005	11:31	01:15:27.5	10:18	02:15:05.3
929	1963/3991	87/135	2065	John Stillely	M	49	Lincoln	NE	930	9:54	01:10:25.9	893	10:43	01:10:14.1	10:18	02:15:06.2
930	1966/3991	77/115	2214	Stu Kerns	M	53	Roca	NE	898	9:33	01:09:06.8	938	11:05	01:12:35.9	10:18	02:15:12.5
931	1967/3991	135/192	1079	Chris Bultsma	M	40	Omaha	NE	801	9:12	01:05:22.9	993	11:26	01:14:54.3	10:18	02:15:14.0
932	1970/3991	143/205	3645	Benjamin Christensen	M	34	Omaha	NE	944	9:36	01:11:00.5	931	11:02	01:12:18.3	10:19	02:15:17.3
933	1984/3991	136/192	1626	Craig Songster	M	41	Lincoln	NE	1061	10:14	01:15:58.3	836	10:28	01:08:39.2	10:21	02:15:44.3
934	1986/3991	139/183	6156	Jacob Petersen	M	29	Elkhorn	NE	799	8:50	01:05:20.3	1064	11:53	01:17:54.3	10:21	02:15:46.3
935	1992/3991	78/115	3000	Richard Wiedenbeck	M	54	Walton	NE	1086	10:13	01:16:59.1	856	10:31	01:08:54.3	10:22	02:15:55.7
936	1997/3991	140/183	1598	Tyler Goodrich	M	27	Bennet	NE	950	9:46	01:11:09.2	926	10:59	01:11:59.1	10:22	02:16:02.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
937	2003/3991	58/81	6273	Isaac Pieper	M	24	Lincoln	NE	821	9:36	01:06:11.8	954	11:09	01:13:06.8	10:22	02:16:03.5
938	2006/3991	88/135	2990	Dale Mcdaniel	M	46	Lincoln	NE	1070	10:21	01:16:07.8	824	10:25	01:08:17.9	10:23	02:16:09.4
939	2010/3991	144/205	4876	Chadd Stutheit	M	30	Lincoln	NE	987	10:06	01:12:50.8	888	10:41	01:10:00.7	10:23	02:16:12.6
940	2013/3991	141/183	5751	Brock Hansen	M	29	Lincoln	NE	964	9:39	01:11:48.1	951	11:09	01:13:04.4	10:23	02:16:18.6
941	2017/3991	137/192	386	Keith May	M	40	Lincoln	NE	1030	10:18	01:15:09.3	846	10:30	01:08:47.7	10:24	02:16:21.1
942	2020/3991	79/115	1904	Brad Johnson	M	53	Lincoln	NE	1029	10:18	01:15:08.3	848	10:30	01:08:48.4	10:24	02:16:22.9
943	2021/3991	145/205	4355	Eric Fleming	M	32	Lincoln	NE	791	9:17	01:04:57.8	1007	11:31	01:15:28.8	10:24	02:16:23.0
944	2029/3991	138/192	2628	Ryan Shaffer	M	40	Lincoln	NE	954	10:06	01:11:21.6	890	10:43	01:10:12.8	10:24	02:16:27.8
945	2033/3991	146/205	2159	Jared List	M	31	Lincoln	NE	1082	10:16	01:16:47.9	864	10:33	01:09:09.8	10:24	02:16:28.1
946	2035/3991	172/233	4792	Mike Jones	M	38	Council Bluffs	IA	800	9:29	01:05:20.9	982	11:21	01:14:22.2	10:24	02:16:31.3
947	2036/3991	173/233	2457	Charles Bausch	M	37	Adams	NE	896	9:42	01:09:04.2	949	11:08	01:12:59.6	10:24	02:16:32.3
948	2038/3991	59/81	2353	Jace Bausch	M	24	Lincoln	NE	900	9:42	01:09:07.3	948	11:08	01:12:57.2	10:24	02:16:32.6
949	2039/3991	139/192	979	Jason Holsten	M	42	Lincoln	NE	911	9:41	01:09:44.3	952	11:09	01:13:04.9	10:24	02:16:32.7
950	2042/3991	49/82	5214	Peter Watterws	M	56	Lincoln	NE	1125	10:34	01:19:18.2	792	10:17	01:07:22.0	10:25	02:16:34.9
951	2046/3991	140/192	463	William Stolzenburg	M	44	Lincoln	NE	609	8:56	01:01:05.2	1068	11:55	01:18:03.5	10:25	02:16:40.6
952	2047/3991	174/233	6102	Jon Barry	M	36	Jefferson City	MO	1096	10:08	01:17:26.5	892	10:43	01:10:13.7	10:25	02:16:41.3
953	2052/3991	89/135	3849	Timothy Topil	M	49	Lincoln	NE	980	10:05	01:12:28.8	900	10:47	01:10:42.9	10:26	02:16:46.6
954	2054/3991	175/233	290	Ben Hennecke	M	39	Lincoln	NE	1178	10:29	01:22:34.1	818	10:23	01:08:01.9	10:26	02:16:47.1
955	2056/3991	176/233	2196	Matthew Beller	M	39	Lincoln	NE	939	9:43	01:10:53.7	953	11:09	01:13:06.0	10:26	02:16:49.7
956	2057/3991	29/48	3757	Mike Olson	M	64	Lincoln	NE	948	9:46	01:11:07.3	946	11:06	01:12:48.8	10:26	02:16:50.2
957	2059/3991	142/183	4496	Tom Beller	M	26	Omaha	NE	940	9:43	01:10:53.9	955	11:09	01:13:07.3	10:26	02:16:52.1
958	2062/3991	80/115	1745	Paul Ries	M	50	Lincoln	NE	1115	10:14	01:18:38.2	885	10:40	01:09:55.2	10:26	02:16:57.5
959	2065/3991	90/135	1880	Matthew Bellamy	M	47	Cairo	NE	902	9:42	01:09:09.1	959	11:12	01:13:25.9	10:26	02:16:58.7
960	2068/3991	81/115	2831	David Ernesti	M	52	Lincoln	NE	1092	10:26	01:17:16.7	837	10:29	01:08:41.3	10:27	02:17:04.2
961	2069/3991	91/135	3453	Michael Brouwer	M	46	Olathe	KS	924	9:56	01:10:17.4	924	10:59	01:11:57.4	10:27	02:17:06.7
962	2071/3991	7/14	6321	Terry Barber	M	66	Lincoln	NE	969	10:02	01:12:04.6	910	10:53	01:11:20.8	10:27	02:17:09.0
963	2087/3991	82/115	1111	Joe Billesbach	M	51	Beatrice	NE	727	9:08	01:03:16.4	1057	11:52	01:17:44.8	10:29	02:17:35.6
964	2092/3991	143/183	5768	Alex Henery	M	28	Omaha	NE	700	9:23	01:02:41.2	1023	11:37	01:16:08.1	10:30	02:17:40.9
965	2093/3991	50/82	1167	Gary Bader	M	55	Gresham	NE	1050	9:54	01:15:42.3	944	11:06	01:12:46.9	10:30	02:17:41.0
966	2096/3991	92/135	3196	Todd Mason	M	47	Firth	NE	769	9:41	01:04:24.5	975	11:20	01:14:16.1	10:30	02:17:45.1
967	2099/3991	177/233	3321	Aaron Reagan	M	37	Papillion	NE	893	9:35	01:08:57.7	995	11:27	01:15:01.3	10:30	02:17:48.6
968	2100/3991	141/192	1284	Steve Urbauer	M	44	Lincoln	NE	1089	10:06	01:17:04.1	918	10:56	01:11:37.0	10:30	02:17:48.7
969	2104/3991	60/81	5306	Schyler Kerns	M	22	Lincoln	NE	620	8:46	01:01:16.8	1095	12:16	01:20:26.1	10:31	02:17:53.4
970	2116/3991	83/115	1423	Scott Strasburger	M	52	Lincoln	NE	933	9:49	01:10:32.5	965	11:15	01:13:45.0	10:32	02:18:07.0
971	2123/3991	93/135	2459	David Roth	M	47	Ashland	NE	1101	10:28	01:17:41.1	876	10:37	01:09:33.7	10:32	02:18:13.5
972	2131/3991	178/233	6315	James Soukup	M	35	Lincoln	NE	1013	10:07	01:14:05.3	925	10:59	01:11:57.4	10:33	02:18:19.2

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
973	2133/3991	144/183	3974	Jamey Kennel	M	28	Gretna	NE	1141	10:37	01:20:13.7	845	10:30	01:08:47.0	10:33	02:18:25.1
974	2136/3991	147/205	2501	Joshua Popp	M	32	Lincoln	NE	730	9:02	01:03:17.8	1079	12:05	01:19:11.7	10:33	02:18:25.9
975	2138/3991	142/192	659	Kiran Poda	M	42	Lincoln	NE	961	9:55	01:11:43.6	960	11:12	01:13:27.7	10:33	02:18:26.7
976	2146/3991	94/135	3598	Dan Defreeze	M	48	Nebraska City	NE	921	9:45	01:10:11.5	988	11:24	01:14:40.2	10:34	02:18:37.6
977	2149/3991	51/82	5325	Brent Schweitzer	M	55	Milford	NE	879	9:52	01:08:38.6	971	11:17	01:13:59.1	10:34	02:18:39.8
978	2153/3991	30/48	2677	David McBride	M	63	Lincoln	NE	1002	10:06	01:13:40.2	935	11:03	01:12:27.6	10:34	02:18:41.9
979	2154/3991	145/183	2739	Brandon Biba	M	29	Lincoln	NE	840	9:34	01:06:49.5	1018	11:35	01:15:57.1	10:34	02:18:43.3
980	2155/3991	146/183	3076	Cody Hanson	M	29	Lincolne	NE	797	9:07	01:05:10.7	1075	12:03	01:19:00.5	10:35	02:18:45.3
981	2157/3991	143/192	4662	Chris Pressler	M	42	Lincoln	NE	1116	10:23	01:18:49.8	899	10:47	01:10:41.9	10:35	02:18:46.1
982	2166/3991	84/115	2697	Richard Teel	M	53	Lincoln	NE	1186	10:45	01:22:50.1	828	10:27	01:08:31.2	10:36	02:18:58.6
983	2167/3991	147/183	2309	Lane White	M	29	Lincoln	NE	1118	10:23	01:18:59.1	904	10:49	01:10:54.2	10:36	02:18:58.7
984	2173/3991	148/205	2195	Mitchel Mccarthy	M	34	Lincoln	NE	1041	10:07	01:15:22.9	941	11:06	01:12:45.8	10:36	02:19:06.6
985	2180/3991	95/135	4428	Tom Michalek	M	47	Hastings	NE	988	9:58	01:12:52.5	968	11:16	01:13:54.1	10:37	02:19:17.2
986	2182/3991	179/233	1656	Brett Jeseritz	M	35	Omaha	NE	986	10:15	01:12:48.3	929	11:00	01:12:05.8	10:37	02:19:18.7
987	2185/3991	144/192	4430	Jeremy Kildare	M	41	Lincoln	NE	977	9:59	01:12:18.9	969	11:17	01:13:57.1	10:38	02:19:24.9
988	2193/3991	145/192	1468	Dan Oltman	M	40	Denton	NE	843	9:28	01:07:01.9	1052	11:48	01:17:23.7	10:38	02:19:30.4
989	2195/3991	146/192	2708	Jason Evans	M	42	Lincoln	NE	955	9:45	01:11:23.3	1010	11:32	01:15:37.9	10:38	02:19:31.8
990	2196/3991	31/48	1237	Richard A Rogers	M	61	Lincoln	NE	1000	10:03	01:13:32.8	963	11:14	01:13:35.7	10:38	02:19:31.8
991	2198/3991	147/192	2750	Toby Comer	M	40	Grand Island	NE	1039	9:56	01:15:21.1	984	11:21	01:14:23.9	10:38	02:19:32.5
992	2203/3991	180/233	1645	Joshua Schwarten	M	38	Lincoln	NE	1026	10:21	01:14:54.8	920	10:56	01:11:43.0	10:38	02:19:35.0
993	2208/3991	148/183	6320	Eric Nelson	M	29	Lincoln	NE	822	9:48	01:06:12.3	1004	11:31	01:15:26.2	10:39	02:19:43.3
994	2213/3991	148/192	5160	Kalvin Follett	M	44	Lincoln	NE	909	9:46	01:09:35.4	1013	11:33	01:15:42.6	10:39	02:19:45.4
995	2223/3991	85/115	1277	K O Inamura	M	52	Lincoln	NE	885	9:38	01:08:42.9	1043	11:43	01:16:45.7	10:40	02:19:54.2
996	2224/3991	52/82	228	Joseph Driscoll	M	58	Prospect	CT	1121	10:32	01:19:05.8	902	10:49	01:10:52.5	10:40	02:19:55.7
997	2229/3991	149/205	5469	Justin Jenness	M	30	Sheldon	IA	808	9:03	01:05:35.5	1100	12:18	01:20:35.9	10:40	02:19:56.0
998	2232/3991	61/81	4752	Josh Roth	M	22	Lincoln	NE	570	8:53	01:00:12.2	1116	12:28	01:21:43.3	10:40	02:19:58.6
999	2240/3991	181/233	1134	Don Tomlinson	M	38	Lincoln	NE	858	9:35	01:07:29.2	1049	11:47	01:17:13.5	10:41	02:20:05.0
1000	2242/3991	182/233	4393	Ed Ring	M	37	Lincoln	NE	966	9:58	01:11:57.3	991	11:24	01:14:46.6	10:41	02:20:07.6
1001	2243/3991	53/82	1035	James Fischer	M	57	Lincoln	NE	1011	10:02	01:13:59.7	983	11:21	01:14:23.5	10:41	02:20:08.0
1002	2245/3991	150/205	3438	Mike Grady	M	33	Lincoln	NE	1188	10:37	01:22:53.8	897	10:47	01:10:38.3	10:41	02:20:14.1
1003	2257/3991	183/233	2912	Jason Steele	M	38	Lincoln	NE	953	9:46	01:11:19.5	1030	11:40	01:16:27.8	10:42	02:20:26.6
1004	2260/3991	54/82	6109	Tom Dobbe	M	59	Lincoln	NE	1068	10:15	01:16:02.3	956	11:11	01:13:18.6	10:43	02:20:31.4
1005	2268/3991	184/233	5430	Joshua Miller	M	38	Lincoln	NE	1095	10:08	01:17:26.3	978	11:20	01:14:19.0	10:44	02:20:46.1
1006	2270/3991	149/192	4368	Jeffrey Graff	M	44	Waverly	NE	974	9:58	01:12:13.4	1003	11:30	01:15:25.8	10:44	02:20:49.1
1007	2271/3991	55/82	2671	Monte Froehlich	M	56	Lincoln	NE	965	10:34	01:11:55.9	916	10:55	01:11:36.2	10:44	02:20:50.4
1008	2275/3991	86/115	583	Tom Upton	M	50	Lincoln	NE	1078	10:10	01:16:24.7	974	11:19	01:14:13.5	10:44	02:20:53.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1009	2276/3991	149/183	1532	William Heitshusen	M	29	Moore	OK	824	9:34	01:06:16.9	1071	11:56	01:18:15.8	10:45	02:20:56.3
1010	2278/3991	150/192	2240	Mark Rolfsmeyer	M	44	Seward	NE	835	9:48	01:06:42.4	1041	11:43	01:16:45.2	10:45	02:20:57.2
1011	2280/3991	150/183	4619	Colby Hobbs	M	26	Lincoln	NE	836	9:48	01:06:45.6	1038	11:42	01:16:41.8	10:45	02:20:58.8
1012	2283/3991	56/82	770	Kevin Watteyne	M	58	Lincoln	NE	1060	10:08	01:15:56.8	987	11:23	01:14:38.7	10:45	02:21:04.9
1013	2284/3991	151/192	2273	Brad Behne	M	44	Lincoln	NE	1090	10:25	01:17:06.3	945	11:06	01:12:47.9	10:45	02:21:05.1
1014	2285/3991	151/205	3539	Aron Filbert	M	34	Omaha	NE	1024	10:11	01:14:47.5	977	11:20	01:14:18.5	10:45	02:21:06.5
1015	2290/3991	62/81	4656	Michael Hollman	M	21	Grand Island	NE	1167	10:49	01:21:36.6	891	10:43	01:10:13.1	10:46	02:21:09.2
1016	2292/3991	152/192	1289	Nagaraju Mudhelli	M	43	Lincoln	NE	970	9:58	01:12:04.8	1014	11:34	01:15:49.6	10:46	02:21:11.5
1017	2293/3991	57/82	688	Dennis Pracheil	M	57	Dorchester	NE	1133	10:39	01:19:48.5	912	10:54	01:11:24.6	10:46	02:21:11.9
1018	2294/3991	153/192	3364	Zac Roberts	M	41	Lincoln	NE	851	9:33	01:07:18.5	1073	12:00	01:18:36.9	10:46	02:21:12.6
1019	2295/3991	63/81	4257	Weston Foxhoven	M	23	Lincoln	NE	1009	10:03	01:13:55.8	1002	11:30	01:15:22.8	10:46	02:21:14.2
1020	2298/3991	32/48	5049	Steven Richardson	M	60	North Bend	NE	829	9:29	01:06:33.4	1077	12:04	01:19:08.2	10:46	02:21:17.7
1021	2307/3991	58/82	1617	Pat Donahue	M	58	Lincoln	NE	1103	10:16	01:17:47.3	973	11:19	01:14:13.0	10:47	02:21:27.9
1022	2318/3991	96/135	375	Michael Keating	M	45	Lincoln	NE	1007	9:54	01:13:51.6	1039	11:42	01:16:43.5	10:48	02:21:39.6
1023	2319/3991	97/135	3788	Richard Anderson	M	48	Omaha	NE	1159	10:48	01:20:56.9	903	10:49	01:10:53.3	10:48	02:21:41.6
1024	2322/3991	98/135	1018	Bill Nunez	M	46	Lincoln	NE	916	9:58	01:10:03.9	1028	11:39	01:16:22.9	10:48	02:21:44.6
1025	2333/3991	59/82	623	Scot Morrison	M	55	Lincoln	NE	1119	10:47	01:19:00.1	909	10:52	01:11:16.8	10:49	02:21:56.5
1026	2334/3991	99/135	3796	Gary Zoucha	M	49	Omaha	NE	1156	10:50	01:20:55.2	905	10:49	01:10:55.0	10:49	02:21:57.6
1027	2352/3991	60/82	2994	Tim Cech	M	55	Lincoln	NE	1106	10:15	01:17:54.2	997	11:28	01:15:09.3	10:51	02:22:18.9
1028	2354/3991	152/205	1076	Chris Petersen	M	32	Waterloo	NE	1085	10:14	01:16:58.6	1000	11:29	01:15:18.2	10:51	02:22:23.3
1029	2360/3991	154/192	4098	Andy Copenharve	M	41	Omaha	NE	1047	9:55	01:15:35.8	1055	11:49	01:17:28.1	10:52	02:22:30.7
1030	2365/3991	155/192	5887	Adrian Olivera	M	41	Lincoln	NE	846	9:50	01:07:11.8	1069	11:55	01:18:07.9	10:52	02:22:37.3
1031	2366/3991	61/82	1561	Barry Hoover	M	56	Lincoln	NE	1145	10:46	01:20:18.2	927	10:59	01:12:02.7	10:52	02:22:37.4
1032	2370/3991	87/115	2074	Greg Welch	M	53	Lincoln	NE	1064	10:16	01:16:00.3	1006	11:31	01:15:28.2	10:53	02:22:46.4
1033	2380/3991	185/233	4533	Tom Chapman	M	39	Omaha	NE	978	9:56	01:12:23.8	1062	11:53	01:17:52.9	10:54	02:23:00.9
1034	2383/3991	186/233	2050	Mike Stolle	M	38	Lincoln	NE	1097	10:07	01:17:30.8	1035	11:42	01:16:40.0	10:54	02:23:02.1
1035	2387/3991	187/233	292	Venkat Malireddi	M	38	Lincoln	NE	1014	10:17	01:14:13.8	1012	11:33	01:15:42.4	10:55	02:23:07.8
1036	2394/3991	188/233	5135	Taylor Kelso	M	39	Omaha	NE							10:56	02:23:19.8
1037	2398/3991	100/135	999	Dan Lambe	M	45	Lincoln	NE	1020	10:26	01:14:20.3	994	11:26	01:14:58.8	10:56	02:23:25.1
1038	2403/3991	153/205	3314	Dain Christensen	M	30	Lincoln	NE	1146	10:29	01:20:20.8	990	11:24	01:14:44.4	10:56	02:23:30.6
1039	2406/3991	156/192	1701	Eric Johnson	M	41	Lincoln	NE	1023	10:05	01:14:40.6	1054	11:49	01:17:27.9	10:57	02:23:32.9
1040	2411/3991	151/183	3934	Anthony Keever	M	28	Lincoln	NE	1044	10:16	01:15:32.3	1025	11:38	01:16:14.0	10:57	02:23:35.2
1041	2418/3991	152/183	4423	Evan Hanlin	M	25	Lincoln	NE	1017	10:15	01:14:14.3	1033	11:40	01:16:29.9	10:57	02:23:43.4
1042	2424/3991	153/183	1801	Brian Frankenberg	M	28	Lincoln	NE	1151	10:37	01:20:45.2	979	11:20	01:14:19.4	10:58	02:23:54.8
1043	2429/3991	154/183	5525	Clay Peterson	M	29	Lincoln	NE	914	9:51	01:09:54.8	1082	12:07	01:19:25.0	10:59	02:24:01.9
1044	2433/3991	62/82	396	Chris Pro	M	58	Lincoln	NE	1032	10:25	01:15:10.7	1015	11:34	01:15:50.2	10:59	02:24:07.3

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1045	2434/3991	189/233	2222	Todd Stoves	M	38	Lincoln	NE	1073	10:25	01:16:09.1	1017	11:35	01:15:53.1	10:59	02:24:10.5
1046	2436/3991	64/81	6202	Paul Guyer	M	24	Roca	NE	967	10:37	01:11:58.5	986	11:23	01:14:38.5	11:00	02:24:16.3
1047	2437/3991	88/115	1805	William Stott	M	52	Omaha	NE	1079	10:18	01:16:25.6	1042	11:43	01:16:45.6	11:00	02:24:18.9
1048	2439/3991	155/183	5989	Paul Lanphier	M	29	Omaha	NE	1072	10:41	01:16:08.2	981	11:21	01:14:21.5	11:00	02:24:21.5
1049	2441/3991	154/205	2780	Zach Ziemba	M	32	Clarks	NE	1004	10:02	01:13:46.8	1074	12:00	01:18:40.4	11:01	02:24:26.0
1050	2445/3991	190/233	6254	Benjamin Reynolds	M	38	Hooper	NE	850	9:28	01:07:18.4	1125	12:35	01:22:31.0	11:01	02:24:32.3
1051	2447/3991	89/115	2761	John Corrado	M	50	Omaha	NE	1071	10:21	01:16:08.2	1036	11:42	01:16:41.0	11:01	02:24:33.7
1052	2449/3991	155/205	4324	Kevin Mohr	M	30	Syracuse	NE	1198	10:51	01:23:29.9	961	11:13	01:13:31.5	11:01	02:24:37.7
1053	2453/3991	101/135	2766	Chad Soupir	M	46	Omaha	NE	1091	10:29	01:17:08.1	1020	11:36	01:16:00.5	11:02	02:24:46.7
1054	2458/3991	33/48	2793	Jack Broderick	M	63	Seward	NE	982	10:20	01:12:33.8	1048	11:47	01:17:11.0	11:03	02:24:56.0
1055	2459/3991	156/183	2516	Tyler Spahn	M	28	Lincoln	NE	1003	10:14	01:13:42.8	1061	11:52	01:17:49.9	11:03	02:24:58.1
1056	2461/3991	34/48	3967	Bryce Anderson	M	62	Omaha	NE	1100	10:17	01:17:39.7	1056	11:50	01:17:34.5	11:03	02:25:00.3
1057	2474/3991	10/16	4869	Pete Wittmann	M	11	Lincoln	NE	1120	10:30	01:19:05.6	1032	11:40	01:16:29.6	11:05	02:25:22.3
1058	2476/3991	157/192	1537	Viji Pushkaran	M	43	Lincoln	NE	1193	10:35	01:23:13.6	1022	11:37	01:16:06.8	11:05	02:25:26.6
1059	2479/3991	191/233	5841	Mitch Munstermann	M	38	Omaha	NE	1150	10:50	01:20:36.5	985	11:22	01:14:27.1	11:06	02:25:31.0
1060	2481/3991	192/233	2960	Joe Lorraine	M	38	Lincoln	NE	1122	10:25	01:19:09.8	1050	11:47	01:17:16.8	11:06	02:25:33.8
1061	2482/3991	157/183	6165	Bret Grinde	M	28	Omaha	NE	1114	10:19	01:18:37.6	1063	11:53	01:17:53.7	11:06	02:25:34.1
1062	2484/3991	90/115	2580	Richard Henriques	M	54	Lincoln	NE	995	9:49	01:13:14.3	1109	12:24	01:21:15.7	11:06	02:25:38.3
1063	2493/3991	102/135	2751	Chase Brown	M	48	Dakota Dunes	SD	1069	10:21	01:16:05.8	1067	11:54	01:18:03.0	11:07	02:25:56.1
1064	2498/3991	8/14	451	Stan Selfridge	M	65	Lincoln	NE	920	9:59	01:10:10.7	1098	12:18	01:20:34.0	11:08	02:26:00.0
1065	2499/3991	63/82	3022	Robert Schoettger	M	59	Lincoln	NE	1208	11:13	01:24:15.1	936	11:04	01:12:31.1	11:08	02:26:03.3
1066	2506/3991	158/192	1685	Ryan Weidman	M	41	Bellevue	NE	1138	10:38	01:19:54.8	1029	11:39	01:16:24.2	11:08	02:26:06.2
1067	2513/3991	159/192	5227	Mike Buchholz	M	44	Lincoln	NE	1015	10:15	01:14:13.8	1076	12:04	01:19:03.8	11:09	02:26:16.5
1068	2520/3991	158/183	2809	Trevor Whit	M	27	Lincoln	NE	876	9:49	01:08:28.8	1119	12:31	01:22:04.7	11:10	02:26:26.3
1069	2521/3991	64/82	963	Bob Morgan	M	56	Lincoln	NE	1179	10:52	01:22:35.5	998	11:29	01:15:13.4	11:10	02:26:26.8
1070	2527/3991	159/183	2889	Justin Young	M	29	Omaha	NE	1171	10:37	01:21:52.1	1047	11:44	01:16:56.0	11:10	02:26:32.0
1071	2528/3991	156/205	1627	Kevin Cleary	M	30	Omaha	NE	1140	10:45	01:20:12.3	1021	11:36	01:16:04.9	11:10	02:26:32.0
1072	2531/3991	157/205	416	Brock Minert	M	32	Lincoln	NE	918	9:58	01:10:08.2	1108	12:23	01:21:12.4	11:10	02:26:35.4
1073	2539/3991	193/233	1042	Gus Golter	M	39	Lincoln	NE	1139	10:51	01:20:12.1	1008	11:32	01:15:35.1	11:11	02:26:42.5
1074	2546/3991	91/115	1582	Jeff Hopkins	M	50	Omaha	NE	1066	10:25	01:16:01.3	1072	11:59	01:18:30.6	11:11	02:26:47.3
1075	2547/3991	160/192	1546	Scott Wagner	M	44	Lincoln	NE	1021	10:11	01:14:24.3	1092	12:13	01:20:01.5	11:11	02:26:47.7
1076	2557/3991	161/192	5583	Eric Mcculley	M	42	Kearney	NE	1105	10:18	01:17:52.2	1087	12:08	01:19:33.3	11:13	02:27:07.6
1077	2558/3991	194/233	3513	Marcelo Plioplis	M	35	Lincoln	NE	1110	10:35	01:18:15.3	1058	11:52	01:17:45.1	11:13	02:27:07.6
1078	2560/3991	11/16	2407	Denham Free	M	11	Hickman	NE	1182	11:02	01:22:42.2	992	11:25	01:14:51.2	11:13	02:27:10.3
1079	2565/3991	35/48	2511	Daniel Judge	M	61	Berrien Springs	MI	1123	10:20	01:19:13.7	1084	12:08	01:19:30.0	11:13	02:27:15.3
1080	2570/3991	162/192	1408	Andrew Liakos	M	40	Omaha	NE	565	8:46	00:59:59.5	1210	13:43	01:29:51.0	11:14	02:27:20.7



# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1081	2572/3991	92/115	5479	Mike Spiehs	M	50	Cortland	NE	1052	10:13	01:15:47.6	1094	12:16	01:20:21.9	11:14	02:27:21.3
1082	2581/3991	12/16	4440	Austin Earnest	M	12	Lincoln	NE	1027	10:27	01:15:05.3	1078	12:05	01:19:09.4	11:15	02:27:41.1
1083	2584/3991	160/183	2370	Lucas Best	M	27	Lincoln	NE	983	9:58	01:12:38.5	1122	12:34	01:22:21.1	11:16	02:27:42.8
1084	2586/3991	36/48	1382	Bob Kelly	M	64	Lincoln	NE	1166	10:55	01:21:36.3	1024	11:38	01:16:13.1	11:16	02:27:44.8
1085	2592/3991	158/205	5406	Mark Winter	M	30	Lincoln	NE	1165	10:55	01:21:35.1	1026	11:38	01:16:14.3	11:16	02:27:46.8
1086	2600/3991	37/48	2231	James Conley	M	60	Lincoln	NE	1129	10:45	01:19:29.6	1053	11:49	01:17:25.1	11:16	02:27:52.6
1087	2606/3991	159/205	3925	Josh Higgins	M	30	Lincoln	NE	1081	10:27	01:16:33.4	1083	12:07	01:19:27.4	11:17	02:27:56.9
1088	2608/3991	195/233	1566	Kelly Hoffschneider	M	39	Lincoln	NE	894	9:46	01:09:01.4	1146	12:49	01:24:01.5	11:17	02:28:03.3
1089	2632/3991	93/115	1641	Joel Hansen	M	53	Omaha	NE	1099	10:35	01:17:34.6	1081	12:06	01:19:18.5	11:20	02:28:41.5
1090	2637/3991	160/205	3687	Esteban Camargo	M	30	Kentwood	MI	1051	10:24	01:15:44.5	1099	12:18	01:20:35.7	11:20	02:28:45.0
1091	2638/3991	103/135	478	Matt Mundorf	M	45	Lincoln	NE	1148	10:50	01:20:29.3	1060	11:52	01:17:45.3	11:20	02:28:45.3
1092	2639/3991	9/14	374	Doyle Helmink	M	66	Lincoln	NE	1010	10:15	01:13:58.7	1113	12:27	01:21:36.1	11:20	02:28:45.9
1093	2644/3991	163/192	3388	George Hammett	M	43	Lincoln	NE	1054	10:10	01:15:50.6	1120	12:32	01:22:09.5	11:21	02:28:51.3
1094	2646/3991	164/192	650	Josh Severin	M	42	Lincoln	NE	1187	11:03	01:22:53.8	1031	11:40	01:16:29.6	11:21	02:28:52.7
1095	2653/3991	10/14	3590	Merle Halter	M	65	North Platte	NE	1163	11:01	01:21:25.4	1040	11:43	01:16:44.8	11:21	02:28:59.7
1096	2655/3991	161/205	2221	Charles Carder	M	30	The Colony	TX	1128	10:36	01:19:20.5	1085	12:08	01:19:31.0	11:22	02:29:00.3
1097	2656/3991	196/233	3400	Colby Vesely	M	38	Lincoln	NE	1168	10:51	01:21:39.2	1065	11:53	01:17:54.5	11:22	02:29:00.8
1098	2672/3991	104/135	3146	James Johnson	M	49	Sabetha	KS	1062	10:22	01:15:58.9	1110	12:24	01:21:16.9	11:22	02:29:11.1
1099	2673/3991	38/48	445	Michael Engel	M	60	Lincoln	NE	1109	10:35	01:18:08.8	1090	12:11	01:19:52.0	11:22	02:29:11.4
1100	2676/3991	161/183	5359	Richard Lewis	M	27	Lincoln	NE	1162	10:41	01:21:22.3	1080	12:06	01:19:17.0	11:23	02:29:15.7
1101	2680/3991	162/205	6216	Seth Rexilius	M	33	Palmyra	NE	908	9:45	01:09:34.6	1156	13:02	01:25:26.6	11:23	02:29:19.3
1102	2685/3991	105/135	2045	Steve Carstensen	M	47	Lincoln	NE	1006	10:26	01:13:50.1	1107	12:21	01:20:58.1	11:23	02:29:21.6
1103	2687/3991	197/233	4611	Brad Braun	M	36	Papillion	NE	1045	10:35	01:15:34.1	1091	12:12	01:19:58.7	11:23	02:29:22.0
1104	2689/3991	198/233	587	Tim Tworek	M	35	Omaha	NE	979	10:14	01:12:25.5	1123	12:34	01:22:22.1	11:23	02:29:26.0
1105	2696/3991	162/183	2176	Adam Maas	M	26	Blair	NE	892	9:35	01:08:57.6	1177	13:15	01:26:47.7	11:25	02:29:39.8
1106	2699/3991	94/115	5076	Kent Battles	M	52	Wayzata	MN	1040	10:30	01:15:21.9	1105	12:20	01:20:52.9	11:25	02:29:45.0
1107	2700/3991	199/233	5481	Preston Harimon	M	36	Nantucket	MA	1169	11:10	01:21:39.6	1034	11:41	01:16:36.3	11:25	02:29:45.2
1108	2701/3991	163/183	6061	John Larsen	M	27	Lincoln	NE	952	10:01	01:11:14.1	1148	12:50	01:24:09.2	11:25	02:29:46.0
1109	2704/3991	106/135	1707	Brandon Webb	M	45	Lincoln	NE	1016	10:21	01:14:14.1	1117	12:30	01:21:56.7	11:25	02:29:46.1
1110	2706/3991	200/233	3563	Sean Elliott	M	35	Wahoo	NE	1154	10:55	01:20:48.7	1070	11:56	01:18:10.4	11:25	02:29:46.4
1111	2711/3991	164/183	6025	Mat Lehn	M	27	Lincoln	NE	951	10:01	01:11:14.1	1149	12:50	01:24:09.7	11:25	02:29:51.3
1112	2715/3991	95/115	2510	Todd Noecker	M	52	Omaha	NE	1093	10:34	01:17:18.4	1103	12:19	01:20:43.4	11:26	02:30:00.3
1113	2723/3991	65/81	3765	Tyler Hileman	M	21	Kearney	NE	1022	10:27	01:14:33.1	1115	12:28	01:21:42.8	11:27	02:30:15.1
1114	2726/3991	107/135	1112	Rick Manthey	M	47	Omaha	NE	912	9:45	01:09:53.0	1171	13:10	01:26:20.5	11:27	02:30:17.0
1115	2727/3991	201/233	3519	Mike Nelson	M	38	Grand Island	NE	1107	10:11	01:17:56.3	1139	12:45	01:23:35.1	11:27	02:30:18.2
1116	2728/3991	108/135	2992	Lance Larson	M	48	Lincoln	NE	1037	10:39	01:15:15.3	1097	12:17	01:20:29.0	11:27	02:30:18.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1117	2729/3991	39/48	3574	Robert Schoenleber	M	60	Lincoln	NE	962	9:46	01:11:44.3	1172	13:10	01:26:21.0	11:28	02:30:21.3
1118	2732/3991	109/135	1706	Dave Waters	M	48	Lincoln	NE	1117	10:22	01:18:57.3	1124	12:35	01:22:29.0	11:28	02:30:24.1
1119	2738/3991	202/233	874	Justin Clements	M	35	Omaha	NE	825	9:38	01:06:20.3	1189	13:22	01:27:34.7	11:29	02:30:41.6
1120	2739/3991	163/205	5602	Bart Jeseritz	M	32	Gretna	NE	1056	10:23	01:15:52.7	1129	12:37	01:22:40.5	11:30	02:30:46.1
1121	2759/3991	28/30	3780	Andrew O'neill	M	19	Lincoln	NE	901	9:43	01:09:08.7	1190	13:24	01:27:46.7	11:33	02:31:26.5
1122	2760/3991	65/82	939	Sam Schlueter	M	56	Hastings	NE	1063	10:42	01:15:59.3	1111	12:24	01:21:17.4	11:33	02:31:28.4
1123	2772/3991	13/16	3025	Jack Cooper	M	10	Hickman	NE	1216	11:17	01:24:36.4	1059	11:52	01:17:45.3	11:34	02:31:45.5
1124	2775/3991	96/115	2777	Scott Barker	M	53	Council Bluffs	IA	1075	10:24	01:16:15.7	1142	12:47	01:23:44.7	11:35	02:31:53.1
1125	2780/3991	203/233	2040	Joe Niedbalski	M	36	Lincoln	NE	991	10:08	01:13:08.2	1158	13:03	01:25:34.3	11:35	02:32:01.9
1126	2782/3991	110/135	1413	Sam Gregg	M	49	Omaha	NE	1131	11:18	01:19:42.6	1066	11:54	01:18:00.2	11:36	02:32:03.8
1127	2786/3991	11/14	3368	Richard Halvorsen	M	69	Lincoln	NE	1019	10:05	01:14:19.9	1167	13:08	01:26:06.2	11:36	02:32:14.1
1128	2791/3991	111/135	4398	Mojtaba Fatemi	M	45	Lincoln	NE	1185	10:36	01:22:48.1	1131	12:40	01:22:58.1	11:38	02:32:30.2
1129	2812/3991	165/192	1914	Nate Hinman	M	40	Fairbury	NE	1224	11:02	01:25:05.6	1104	12:20	01:20:51.4	11:41	02:33:09.7
1130	2817/3991	66/82	2899	James Gustafson	M	57	Lincoln	NE	994	9:57	01:13:14.1	1191	13:25	01:27:57.6	11:41	02:33:12.0
1131	2836/3991	164/205	2698	Tyler White	M	34	Lincoln	NE	1227	11:19	01:25:16.8	1086	12:08	01:19:32.7	11:43	02:33:42.1
1132	2852/3991	165/183	2246	Zed Adams	M	29	Lincoln	NE	1080	11:05	01:16:31.1	1112	12:25	01:21:23.7	11:45	02:34:04.9
1133	2857/3991	204/233	1164	Jason Anderson	M	38	Omaha	NE	1124	10:51	01:19:15.1	1134	12:41	01:23:04.6	11:45	02:34:09.2
1134	2859/3991	166/183	6110	Reid Norder	M	26	Omaha	NE	1088	10:40	01:17:03.3	1150	12:51	01:24:14.0	11:45	02:34:11.0
1135	2860/3991	67/82	1136	Kelley Beasley	M	57	Lincoln	NE	1235	11:23	01:26:32.7	1088	12:08	01:19:34.8	11:45	02:34:11.1
1136	2865/3991	112/135	2940	Brian Kastl	M	49	Lincoln	NE	1098	10:30	01:17:33.4	1157	13:03	01:25:29.1	11:46	02:34:17.8
1137	2876/3991	166/192	1622	Eduardo Bousson	M	41	Lincoln	NE	904	9:40	01:09:20.3	1226	13:56	01:31:20.0	11:47	02:34:40.9
1138	2879/3991	165/205	2318	Jeremy Fries	M	34	Lincoln	NE	1137	11:05	01:19:52.8	1118	12:31	01:22:04.4	11:48	02:34:43.5
1139	2884/3991	68/82	760	Scott Schwisow	M	56	Beatrice	NE	1204	11:01	01:24:02.9	1126	12:35	01:22:31.0	11:48	02:34:46.2
1140	2887/3991	69/82	5356	Tom Kaiser	M	56	Eagle	NE	1157	10:55	01:20:56.3	1136	12:42	01:23:15.9	11:48	02:34:47.3
1141	2888/3991	14/16	2431	Carson Loll	M	9	Lincoln	NE	1265	12:05	01:29:57.9	1011	11:33	01:15:39.7	11:48	02:34:48.7
1142	2889/3991	113/135	1747	Thomas Vajgrt	M	48	Seward	NE	1200	11:27	01:23:40.5	1089	12:10	01:19:45.6	11:48	02:34:50.4
1143	2890/3991	166/205	3753	Mark Didde	M	30	Lincoln	NE	1084	10:28	01:16:52.3	1170	13:09	01:26:14.4	11:48	02:34:50.6
1144	2892/3991	97/115	5829	Prashant Joshi	M	51	Omaha	NE	1268	11:50	01:30:16.1	1051	11:48	01:17:20.8	11:49	02:34:55.2
1145	2902/3991	205/233	2334	Chris Young	M	38	Lincoln	NE	1212	11:05	01:24:23.6	1127	12:36	01:22:32.6	11:50	02:35:10.5
1146	2908/3991	167/183	3407	Cody Parker	M	29	Lincoln	NE	990	10:00	01:13:05.3	1208	13:42	01:29:47.8	11:51	02:35:20.8
1147	2909/3991	167/205	4281	Phil Boicher	M	30	Lincoln	NE	1219	11:28	01:24:48.8	1093	12:14	01:20:13.0	11:51	02:35:22.9
1148	2912/3991	168/205	4933	Matt Kriegler	M	32	Omaha	NE	1067	10:35	01:16:01.3	1168	13:08	01:26:07.5	11:51	02:35:27.1
1149	2913/3991	114/135	4488	Mark Krings	M	48	Lincoln	NE	959	10:17	01:11:38.6	1192	13:26	01:28:02.7	11:51	02:35:27.6
1150	2921/3991	167/192	3007	Rick Tast	M	42	Lincoln	NE	1239	12:03	01:27:33.2	1037	11:42	01:16:41.2	11:52	02:35:43.3
1151	2924/3991	168/192	2285	Dodge Rick	M	40	Beatrice	NE	1172	11:10	01:22:22.9	1128	12:36	01:22:36.9	11:53	02:35:49.4
1152	2927/3991	70/82	582	Mickey Muthersbaugh	M	58	Lincoln	NE	1135	10:59	01:19:49.9	1145	12:49	01:24:00.1	11:53	02:35:56.7

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1153	2929/3991	115/135	5994	Marshall Johnson	M	49	Omaha	NE	1111	10:31	01:18:15.8	1184	13:18	01:27:08.0	11:54	02:36:02.1
1154	2930/3991	12/14	5365	Grant Story	M	68	Omaha	NE	1112	10:31	01:18:16.3	1183	13:18	01:27:07.9	11:54	02:36:02.6
1155	2939/3991	206/233	2152	Jesse Pandorf	M	35	Kearney	NE	1226	11:23	01:25:12.3	1114	12:28	01:21:41.2	11:55	02:36:16.1
1156	2941/3991	98/115	5213	Kevin Welch	M	51	Lincoln	NE	1153	10:58	01:20:47.5	1152	12:53	01:24:27.8	11:55	02:36:19.4
1157	2947/3991	2/6	4061	Scott Timmermier	M	73	Omaha	NE	985	10:45	01:12:45.4	1165	13:08	01:26:03.3	11:56	02:36:28.2
1158	2953/3991	116/135	1046	Rob Ringler	M	48	Seward	NE	1222	11:08	01:24:55.6	1138	12:45	01:23:33.6	11:56	02:36:35.1
1159	2961/3991	207/233	5628	Gabriel Smith	M	37	Wahoo	NE	1221	11:15	01:24:52.5	1132	12:40	01:22:59.7	11:57	02:36:46.4
1160	2964/3991	169/205	1242	Aaron Cook	M	33	Wichita	KS	1184	10:48	01:22:47.5	1163	13:08	01:26:01.9	11:57	02:36:50.3
1161	2971/3991	99/115	4881	John Hogue	M	50	Omaha	NE	1142	11:09	01:20:15.1	1147	12:49	01:24:02.4	11:59	02:37:09.8
1162	2972/3991	29/30	741	Ryan Stungis	M	18	Omaha	NE	1042	10:29	01:15:26.2	1195	13:30	01:28:31.0	11:59	02:37:12.3
1163	2984/3991	208/233	5862	Marc Hunley	M	39	Omaha	NE	1136	10:51	01:19:51.7	1173	13:11	01:26:22.7	12:01	02:37:32.8
1164	2987/3991	71/82	2744	Gregory Mertz	M	55	Lincoln	NE	1256	11:30	01:29:15.9	1121	12:33	01:22:17.6	12:01	02:37:37.3
1165	2989/3991	66/81	5600	Dillon Wieland	M	21	Wayne	NE	1034	9:54	01:15:13.3	1235	14:09	01:32:41.9	12:01	02:37:39.1
1166	2990/3991	209/233	5593	Ryan Lowry-Lee	M	36	Lincoln	NE	1036	9:55	01:15:15.2	1234	14:08	01:32:40.3	12:01	02:37:39.6
1167	2991/3991	40/48	4809	Rich Couch	M	62	Seward	NE	1158	10:49	01:20:56.8	1178	13:15	01:26:51.6	12:01	02:37:44.5
1168	2996/3991	67/81	5591	Cory Collins	M	24	Lincoln	NE	1104	10:29	01:17:48.7	1198	13:36	01:29:07.8	12:02	02:37:49.4
1169	3005/3991	13/14	1897	Avery Pickering	M	67	Lincoln	NE	1143	10:50	01:20:15.9	1180	13:16	01:26:59.7	12:03	02:38:00.3
1170	3006/3991	170/205	5658	Justin Pflanz	M	32	Lincoln	NE	1264	11:49	01:29:49.5	1102	12:18	01:20:37.6	12:03	02:38:02.5
1171	3010/3991	100/115	3117	Mark Montgomery	M	54	Kearney	NE	1191	11:20	01:23:03.9	1143	12:47	01:23:46.4	12:03	02:38:06.7
1172	3015/3991	72/82	574	Dennis Martin	M	55	Lincoln	NE	1152	11:02	01:20:46.2	1161	13:07	01:25:55.6	12:04	02:38:13.4
1173	3019/3991	171/205	1696	Ryan Jeannette	M	30	Omaha	NE	1263	11:53	01:29:48.3	1096	12:17	01:20:28.2	12:04	02:38:19.9
1174	3028/3991	210/233	1554	Matthew Cartwright	M	35	Lincoln	NE	1108	10:33	01:18:05.2	1203	13:39	01:29:24.9	12:05	02:38:34.0
1175	3032/3991	172/205	2010	Cole Stukenholtz	M	31	Lincoln	NE	1190		01:23:02.6	1009	11:32	01:15:35.4	12:06	02:38:38.1
1176	3037/3991	101/115	5141	Michael Deibert	M	52	Lincoln	NE	1189	11:06	01:23:00.2	1164	13:08	01:26:03.1	12:06	02:38:49.9
1177	3044/3991	173/205	2567	David Donaldson	M	32	Omaha	NE	1057	10:35	01:15:54.8	1205	13:41	01:29:39.7	12:08	02:39:04.3
1178	3050/3991	169/192	984	Jeff Larsen	M	44	Lincoln	NE	1175	11:10	01:22:29.8	1162	13:07	01:26:00.7	12:08	02:39:12.3
1179	3053/3991	211/233	3109	Russ Robbins	M	36	Lincoln	NE	963	10:08	01:11:45.1	1236	14:10	01:32:51.6	12:08	02:39:14.3
1180	3054/3991	174/205	1463	Brad Creal	M	34	Lincoln	NE	1247	11:40	01:28:28.8	1130	12:38	01:22:47.6	12:09	02:39:16.5
1181	3063/3991	102/115	2134	Mark Varner	M	50	Deshler	NE	1252	11:40	01:28:45.1	1133	12:40	01:23:04.0	12:09	02:39:29.4
1182	3065/3991	212/233	1217	Will Ernest	M	36	Firth	NE	1147	11:11	01:20:23.7	1169	13:09	01:26:13.8	12:10	02:39:31.2
1183	3068/3991	175/205	2471	Chris Kooyman	M	33	Omaha	NE	1058	10:36	01:15:56.3	1213	13:46	01:30:10.5	12:10	02:39:37.3
1184	3076/3991	213/233	5198	Nick Pischel	M	35	Lincoln	NE	903	9:55	01:09:14.6	1251	14:29	01:34:56.5	12:12	02:39:56.3
1185	3079/3991	176/205	4825	Ben Reis	M	31	Lincoln	NE	1277	12:07	01:31:40.9	1101	12:18	01:20:36.4	12:12	02:39:58.9
1186	3085/3991	177/205	6218	Tim Goodnight	M	34	Omaha	NE	1194	10:36	01:23:17.6	1220	13:51	01:30:45.2	12:13	02:40:16.9
1187	3088/3991	41/48	4064	Robert Ness	M	60	Burwell	NE	862	9:34	01:07:40.3	1267	14:54	01:37:40.9	12:14	02:40:23.2
1188	3094/3991	117/135	5017	Randy Lay	M	47	Omaha	NE	1234	11:37	01:26:22.8	1151	12:52	01:24:22.9	12:14	02:40:32.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1189	3096/3991	118/135	755	Shawn Mcgill	M	47	Lincoln	NE	1173	12:10	01:22:24.1	1106	12:21	01:20:56.3	12:15	02:40:39.6
1190	3101/3991	119/135	1153	Jeff McNulty	M	47	Omaha	NE	1210	11:30	01:24:19.7	1155	13:01	01:25:21.7	12:15	02:40:43.1
1191	3104/3991	214/233	6051	Joshua Boustead	M	39	Omaha	NE	1241	11:47	01:27:47.6	1137	12:44	01:23:29.5	12:15	02:40:46.0
1192	3111/3991	178/205	5138	Josh Jewell	M	32	Lincoln	NE	1233	11:27	01:26:22.7	1160	13:07	01:25:54.9	12:16	02:40:56.0
1193	3112/3991	42/48	2763	Craig Derickson	M	60	Lincoln	NE	1249	11:48	01:28:34.9	1140	12:45	01:23:35.5	12:16	02:40:56.1
1194	3113/3991	170/192	4283	Kevin Niekamp	M	44	Overland Park	KS	1195	11:53	01:23:18.1	1135	12:41	01:23:07.0	12:17	02:41:01.5
1195	3122/3991	120/135	2815	Byron Riesen	M	48	Beatrice	NE	1155	10:41	01:20:49.7	1223	13:56	01:31:16.5	12:18	02:41:17.5
1196	3129/3991	73/82	4494	Norm Braaten	M	56	Lincoln	NE	1254	11:26	01:28:55.3	1175	13:11	01:26:25.9	12:18	02:41:25.3
1197	3132/3991	168/183	5315	Joshua Warnke	M	29	Lincoln	NE	1207	10:53	01:24:14.5	1214	13:46	01:30:11.9	12:19	02:41:29.8
1198	3133/3991	103/115	1526	Steve Mossman	M	50	Lincoln	NE	1149	11:51	01:20:31.3	1144	12:47	01:23:47.9	12:19	02:41:30.2
1199	3135/3991	121/135	5044	Gregory Penny	M	45	Omaha	NE	1134	10:59	01:19:48.8	1204	13:41	01:29:37.8	12:19	02:41:39.5
1200	3139/3991	104/115	388	Jeff King	M	52	Lincoln	NE	1203	11:05	01:23:58.9	1199	13:36	01:29:09.3	12:20	02:41:46.5
1201	3141/3991	179/205	1371	Jordan Duncan	M	32	Lincoln	NE	1269	11:55	01:30:21.1	1141	12:46	01:23:42.4	12:20	02:41:47.5
1202	3142/3991	169/183	6137	Blaine Morse	M	29	Omaha	NE	1206	10:53	01:24:14.3	1217	13:49	01:30:32.5	12:20	02:41:50.7
1203	3147/3991	3/6	446	Michael Ortiz	M	71	Lincoln	NE	1259	11:47	01:29:39.3	1153	12:57	01:24:52.5	12:21	02:42:05.3
1204	3148/3991	171/192	1900	Brent Baum	M	44	Lincoln	NE	1220	11:06	01:24:51.7	1202	13:38	01:29:19.4	12:21	02:42:06.3
1205	3154/3991	68/81	4579	Austin Lenhoff	M	24	Lincoln	NE	809	8:53	01:05:35.8	1297	15:54	01:44:08.9	12:23	02:42:23.1
1206	3155/3991	215/233	214	Joseph Nguyen	M	37	Cedar Rapids	IA	1201	11:10	01:23:50.8	1200	13:37	01:29:14.6	12:23	02:42:23.5
1207	3158/3991	122/135	785	Keith Sewell	M	48	Lincoln	NE	1164	11:13	01:21:33.3	1197	13:36	01:29:05.5	12:24	02:42:33.7
1208	3159/3991	180/205	2881	Brandon Rife	M	31	Lincoln	NE	1127	10:54	01:19:19.6	1222	13:54	01:31:07.6	12:24	02:42:37.3
1209	3162/3991	181/205	1216	Cody Williams	M	31	Lincoln	NE	1197	11:31	01:23:29.7	1181	13:17	01:27:06.8	12:24	02:42:37.8
1210	3163/3991	170/183	5177	Kelly Dodds	M	28	Lincoln	NE	1196	11:31	01:23:29.5	1182	13:18	01:27:07.6	12:24	02:42:38.6
1211	3164/3991	172/192	459	Tim Menke	M	40	Lincoln	NE	1251	11:45	01:28:42.3	1159	13:04	01:25:39.8	12:24	02:42:39.3
1212	3171/3991	74/82	1929	Jon Link	M	55	Alexandria	VA	1202	11:43	01:23:55.8	1174	13:11	01:26:24.4	12:26	02:43:11.4
1213	3174/3991	123/135	5491	Todd Tabor	M	49	Walton	NE	1176	10:59	01:22:31.2	1225	13:56	01:31:17.8	12:27	02:43:15.9
1214	3181/3991	182/205	4148	Craig Stenger	M	34	Sioux Falls	SD	1228	11:58	01:25:31.1	1154	12:57	01:24:54.0	12:27	02:43:21.4
1215	3197/3991	183/205	4271	Nick Keizer	M	32	Kearney	NE	1180	10:46	01:22:36.3	1241	14:16	01:33:27.4	12:30	02:44:02.3
1216	3201/3991	184/205	3214	Jeffrey Soula	M	31	Lincoln	NE	1177	11:34	01:22:31.8	1193	13:28	01:28:15.4	12:31	02:44:05.6
1217	3210/3991	185/205	2234	Jonathan Wright	M	34	Lincoln	NE	1246	11:44	01:28:26.6	1188	13:22	01:27:33.7	12:32	02:44:28.1
1218	3212/3991	75/82	3603	Danny Derr	M	55	Lincoln	NE	1225	11:53	01:25:08.3	1176	13:13	01:26:39.4	12:33	02:44:31.9
1219	3215/3991	173/192	2284	Chris Bundy	M	40	Omaha	NE	1130	11:25	01:19:34.7	1206	13:41	01:29:41.0	12:33	02:44:34.0
1220	3225/3991	216/233	3501	Michael Grosshans	M	38	Firth	NE	1205	11:05	01:24:05.1	1231	14:04	01:32:10.6	12:34	02:44:50.5
1221	3227/3991	174/192	3480	David Grosshans	M	43	Lincoln	NE	1144	10:30	01:20:17.6	1257	14:39	01:35:58.7	12:34	02:44:51.1
1222	3244/3991	175/192	6076	Travis Mueller	M	41	Lincoln	NE	1262	11:45	01:29:45.8	1194	13:30	01:28:30.9	12:37	02:45:34.8
1223	3252/3991	69/81	4334	Randy Wilmes	M	24	Lincoln	NE	1046	10:34	01:15:34.6	1259	14:43	01:36:24.9	12:38	02:45:43.6
1224	3255/3991	105/115	3653	Gregg Stubbendieck	M	51	Lincoln	NE	1237	11:36	01:26:58.6	1211	13:44	01:29:57.2	12:39	02:45:57.1

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1225	3259/3991	106/115	2086	Jim King	M	54	Lincoln	NE	1283	12:05	01:32:13.6	1179	13:16	01:26:55.2	12:40	02:46:05.6
1226	3265/3991	186/205	4432	John Demitroff	M	30	Lincoln	NE	1245	11:33	01:28:22.3	1218	13:49	01:30:35.6	12:41	02:46:18.2
1227	3266/3991	107/115	3479	Will Bindel	M	51	Lincoln	NE	1236	11:35	01:26:50.5	1215	13:48	01:30:25.3	12:41	02:46:19.4
1228	3275/3991	187/205	4401	Damien Shull	M	32	Council Bluffs	IA	1170	11:13	01:21:45.3	1237	14:12	01:33:04.9	12:42	02:46:35.7
1229	3277/3991	217/233	2146	Josh Burkle	M	35	Lincoln	NE	1160	11:19	01:20:59.7	1233	14:06	01:32:26.6	12:42	02:46:36.3
1230	3288/3991	218/233	738	Jeff Erb	M	37	Lincoln	NE	1161	11:24	01:21:00.9	1232	14:05	01:32:15.0	12:44	02:46:58.6
1231	3291/3991	124/135	1282	Patrick McClure	M	45	Lincoln	NE	1282	12:23	01:32:11.1	1166	13:08	01:26:04.0	12:45	02:47:10.9
1232	3292/3991	188/205	372	Mark Antonson	M	31	Lincoln	NE	1240	11:42	01:27:44.4	1216	13:49	01:30:31.7	12:45	02:47:11.2
1233	3296/3991	176/192	640	Craig Ogden	M	40	Malcolm	NE	1025	10:50	01:14:53.6	1258	14:41	01:36:16.5	12:45	02:47:15.2
1234	3297/3991	43/48	3071	Larry Lococo	M	63	Lincoln	NE	1271	11:49	01:30:29.2	1209	13:42	01:29:50.3	12:45	02:47:15.8
1235	3301/3991	125/135	5652	John Guernsey	M	45	Lincoln	NE	1260	12:01	01:29:42.3	1196	13:31	01:28:36.6	12:46	02:47:22.1
1236	3305/3991	70/81	4802	Nick Peters	M	22	Denton	NE	1001	10:24	01:13:37.8	1276	15:09	01:39:18.6	12:46	02:47:31.2
1237	3311/3991	71/81	2740	Josh Morrison	M	21	Lincoln	NE	1132	10:48	01:19:44.3	1264	14:47	01:36:52.7	12:47	02:47:43.1
1238	3319/3991	30/30	5189	Colin Dufoe	M	15	Lincoln	NE	1174	11:07	01:22:25.7	1253	14:33	01:35:18.9	12:49	02:48:09.7
1239	3336/3991	76/82	3547	Ronald Roeber	M	58	Lincoln	NE	1287	12:28	01:33:18.3	1185	13:18	01:27:09.1	12:52	02:48:52.0
1240	3346/3991	177/192	3499	Gabe Milhon	M	42	Grans Island	NE	1217	11:03	01:24:46.3	1263	14:47	01:36:50.1	12:54	02:49:17.3
1241	3350/3991	171/183	1416	Christopher Lewis	M	26	Lincoln	NE	1255	11:54	01:29:03.6	1227	13:58	01:31:30.4	12:56	02:49:32.8
1242	3356/3991	126/135	4170	Randall Hoffman	M	49	Ft. Leavenworth	KS	1274	12:36	01:31:05.9	1186	13:18	01:27:10.7	12:56	02:49:43.8
1243	3360/3991	189/205	3290	J D Flynn	M	33	Lincoln	NE	1238	11:55	01:27:05.3	1229	14:01	01:31:50.1	12:57	02:49:53.7
1244	3361/3991	127/135	1325	Michael Loll	M	46	Lincoln	NE	1266	12:05	01:29:58.9	1221	13:52	01:30:49.8	12:58	02:50:00.8
1245	3363/3991	172/183	6164	Paul Ostermeyer	M	27	Kansas City	MO	1209	11:14	01:24:17.5	1260	14:43	01:36:25.0	12:58	02:50:04.7
1246	3367/3991	128/135	3488	Andy Grosshans	M	46	Waverly	NE	1243	11:43	01:28:17.6	1239	14:15	01:33:21.8	12:58	02:50:11.2
1247	3370/3991	173/183	6163	Brian Ford	M	29	Omaha	NE	1242	11:44	01:28:06.6	1238	14:14	01:33:19.9	12:59	02:50:16.9
1248	3377/3991	15/16	2429	Blaine Loll	M	11	Lincoln	NE	1183	11:03	01:22:43.3	1270	14:58	01:38:05.6	13:00	02:50:32.0
1249	3384/3991	77/82	3220	Douglas Almgren	M	55	Papillion	NE	1199	12:04	01:23:30.8	1228	13:58	01:31:32.7	13:01	02:50:41.4
1250	3396/3991	44/48	639	Robert Fiedler	M	64	Pleasant Dale	NE	1272	12:09	01:30:31.8	1224	13:56	01:31:16.8	13:02	02:50:53.5
1251	3402/3991	219/233	971	Matt Anderson	M	39	Lincoln	NE	1298	12:45	01:36:18.6	1187	13:21	01:27:29.9	13:03	02:51:05.3
1252	3406/3991	108/115	5856	Phillip Lenoble	M	53	Elkhorn	NE	1250	11:40	01:28:39.8	1249	14:27	01:34:38.9	13:03	02:51:07.1
1253	3410/3991	178/192	1601	Brian Harter	M	41	Lincoln	NE	1192	11:32	01:23:12.4	1256	14:38	01:35:52.5	13:04	02:51:26.0
1254	3413/3991	190/205	1766	Jeff Nicklas	M	31	Lincoln	NE	1211	11:49	01:24:21.1	1245	14:22	01:34:06.7	13:05	02:51:33.4
1255	3415/3991	72/81	2787	Tom Fogarty	M	21	Omaha	NE	1213	11:20	01:24:32.2	1266	14:51	01:37:18.6	13:05	02:51:38.4
1256	3422/3991	191/205	6175	Patrick Berge	M	32	Lincoln	NE	1296	12:38	01:35:31.9	1201	13:37	01:29:16.9	13:07	02:52:04.1
1257	3426/3991	73/81	3014	Cody Schuldt	M	21	Lincoln	NE	1214	11:20	01:24:32.6	1269	14:56	01:37:53.2	13:08	02:52:12.4
1258	3430/3991	220/233	6206	Kyle Johnson	M	35	Omaha	NE	1113	10:49	01:18:31.5	1289	15:31	01:41:39.8	13:09	02:52:35.9
1259	3431/3991	74/81	4509	Zachary White	M	22	Ceresco	NE	1275	11:58	01:31:06.6	1246	14:23	01:34:19.0	13:10	02:52:43.9
1260	3446/3991	179/192	3573	Christopher Bolesen	M	41	Lincoln	NE	1299	12:45	01:36:21.8	1212	13:44	01:30:02.5	13:14	02:53:36.0

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1261	3449/3991	221/233	6078	Josh Marshall	M	39	Lincoln	NE	1278	12:06	01:31:42.3	1247	14:24	01:34:25.2	13:15	02:53:45.1
1262	3452/3991	192/205	4679	James Poulsen	M	34	Lincoln	NE	1244	12:31	01:28:18.8	1230	14:02	01:31:57.6	13:16	02:54:03.1
1263	3454/3991	75/81	2816	Dillon Petschke	M	23	Malcolm	NE	1261	12:09	01:29:44.3	1248	14:25	01:34:26.9	13:16	02:54:06.4
1264	3458/3991	76/81	2449	Tanner Woodward	M	21	Lincoln	NE	1248	12:00	01:28:30.2	1254	14:36	01:35:39.5	13:17	02:54:18.0
1265	3459/3991	222/233	831	Mike Fields	M	37	Lincoln	NE							13:17	02:54:19.6
1266	3473/3991	223/233	2202	Greg Hutmacher	M	38	Lincoln	NE	1229	11:24	01:25:32.6	1280	15:21	01:40:35.5	13:22	02:55:17.4
1267	3483/3991	224/233	4820	Doug Mcknight	M	35	Plattsmouth	NE	1126	11:39	01:19:18.6	1278	15:12	01:39:34.5	13:25	02:55:54.8
1268	3488/3991	193/205	2781	Alex Borremans	M	32	Lincoln	NE	1231	11:23	01:26:13.8	1288	15:30	01:41:36.5	13:26	02:56:16.4
1269	3489/3991	194/205	6151	Josh Hanes	M	31	Weeping Water	NE	1291	12:40	01:34:19.5	1240	14:15	01:33:22.0	13:27	02:56:20.7
1270	3494/3991	225/233	3987	Jeff Sadler	M	35	Lincoln	NE	1258	11:54	01:29:36.8	1273	15:03	01:38:36.7	13:28	02:56:34.2
1271	3500/3991	77/81	2897	Adam Mentgen	M	24	Lincoln	NE	1276	12:09	01:31:20.5	1265	14:50	01:37:15.7	13:29	02:56:51.1
1272	3502/3991	226/233	3872	Adam Marco	M	38	Lincoln	NE	1289	12:16	01:33:25.6	1261	14:45	01:36:38.7	13:30	02:57:04.1
1273	3509/3991	78/81	6210	Deric Boden	M	20	Lincoln	NE	1284	12:27	01:32:14.8	1255	14:36	01:35:43.4	13:31	02:57:20.2
1274	3524/3991	195/205	4849	Brian Weisenberg	M	33	Omaha	NE	1181	11:25	01:22:39.8	1295	15:46	01:43:17.0	13:35	02:58:07.9
1275	3528/3991	227/233	1374	Chris Allen	M	36	Lincoln	NE	1280	12:08	01:31:47.9	1274	15:05	01:38:50.0	13:36	02:58:21.2
1276	3530/3991	14/14	5415	Marvin Quinn	M	67	Oklahoma City	OK	1253	11:51	01:28:47.1	1285	15:23	01:40:47.3	13:37	02:58:30.1
1277	3532/3991	109/115	4516	Marti Krings	M	50	Lincoln	NE	1053	10:56	01:15:50.3	1307	16:20	01:47:00.6	13:37	02:58:38.1
1278	3552/3991	129/135	3457	Jeff Niedbalski	M	46	Lincoln	NE	1230	12:08	01:26:10.5	1279	15:16	01:40:05.0	13:41	02:59:34.6
1279	3558/3991	130/135	2113	Tracy Krzycki	M	47	Lincoln	NE	1301	13:08	01:37:51.1	1243	14:18	01:33:45.8	13:43	02:59:52.4
1280	3566/3991	110/115	6031	Mark Hoffman	M	50	Lincoln	NE	1303	13:04	01:38:30.1	1250	14:27	01:34:41.3	13:45	03:00:19.6
1281	3571/3991	78/82	968	Doug Merriman	M	59	Lincoln	NE	1281	12:11	01:31:58.1	1282	15:22	01:40:39.2	13:45	03:00:27.9
1282	3573/3991	196/205	2644	Chris Gorman	M	32	Lincoln	NE	1290	12:25	01:33:43.7	1275	15:09	01:39:15.5	13:46	03:00:36.0
1283	3580/3991	111/115	1822	Dan Finn	M	50	Lincoln	NE	1322	13:54	01:43:37.6	1207	13:42	01:29:44.5	13:47	03:00:52.3
1284	3591/3991	79/82	3491	Ray Mckenna	M	57	York	NE	1324	13:51	01:44:04.6	1219	13:50	01:30:39.8	13:50	03:01:27.5
1285	3598/3991	174/183	6158	Nick Long	M	25	Lincoln	NE	1218	12:00	01:24:47.6	1294	15:45	01:43:15.1	13:52	03:01:54.9
1286	3601/3991	80/82	982	Steve Bartek	M	55	Lincoln	NE	1232	11:51	01:26:18.6	1298	15:56	01:44:24.1	13:53	03:02:01.6
1287	3605/3991	81/82	1366	Ted Volkmer	M	55	Lincoln	NE	1315	13:31	01:41:38.4	1244	14:21	01:34:01.7	13:55	03:02:35.0
1288	3623/3991	180/192	1578	Criz Sanchez	M	41	Lincoln	NE	1295	12:29	01:35:20.1	1290	15:34	01:42:00.9	14:01	03:03:48.9
1289	3624/3991	131/135	2803	Thad Boyer	M	45	Sioux City	IA	1286	12:36	01:33:05.2	1287	15:27	01:41:17.2	14:01	03:03:53.0
1290	3626/3991	175/183	5780	Tony Pusateri	M	29	Bennet	NE	1292	12:53	01:34:56.5	1277	15:11	01:39:31.0	14:02	03:03:58.8
1291	3628/3991	4/6	4134	Scott Burger	M	70	Omaha	NE	1304	13:06	01:38:46.4	1272	15:00	01:38:21.1	14:03	03:04:11.3
1292	3629/3991	82/82	1593	Kelly Heath	M	55	Lincoln	NE	1273		01:30:51.4	1242	14:16	01:33:31.0	14:03	03:04:22.5
1293	3631/3991	197/205	3589	Austin Kershner	M	30	Omaha	NE	1297	12:40	01:35:40.2	1292	15:35	01:42:09.5	14:07	03:05:11.1
1294	3637/3991	198/205	4197	Adam Dowling	M	31	Seward	NE	1257	12:21	01:29:29.1	1301	16:00	01:44:48.2	14:09	03:05:41.9
1295	3640/3991	176/183	3390	John Goza	M	27	Lincoln	NE	1307	13:36	01:39:01.8	1262	14:45	01:36:41.5	14:10	03:05:50.9
1296	3642/3991	181/192	4244	Jason Taylor	M	42	Kearney	NE	1302	13:21	01:38:08.4	1271	15:00	01:38:20.9	14:10	03:05:51.4

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

## Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1297	3648/3991	177/183	5761	Max Clouatre	M	26	Lincoln	NE	1223	11:56	01:24:58.1	1313	16:34	01:48:36.0	14:14	03:06:47.9
1298	3654/3991	178/183	2229	Joshua Mehдинia	M	26	Lincoln	NE	1267	12:41	01:30:09.9	1296	15:53	01:44:07.1	14:16	03:07:11.9
1299	3662/3991	45/48	2400	Phil Tegeler	M	64	Lincoln	NE	1311	13:11	01:39:55.1	1286	15:26	01:41:11.7	14:18	03:07:33.1
1300	3663/3991	46/48	4145	Robert Mastera	M	63	Lincoln	NE	1215	11:12	01:24:36.2	1322	17:26	01:54:12.0	14:18	03:07:36.2
1301	3671/3991	112/115	1445	Ken Nitzel	M	51	Lincoln	NE	1329	14:12	01:45:40.6	1252	14:30	01:35:02.3	14:20	03:08:05.8
1302	3673/3991	199/205	2078	Jacob Hammans	M	33	Omaha	NE	1293	13:26	01:34:59.5	1283	15:23	01:40:46.7	14:24	03:08:47.4
1303	3675/3991	200/205	5876	Brad Uhl	M	32	West Des Moines	IA	1308	13:54	01:39:17.5	1268	14:55	01:37:43.1	14:24	03:08:52.2
1304	3683/3991	113/115	5639	Joe Stratton	M	50	Kearney	NE	1300	13:19	01:36:27.3	1293	15:37	01:42:17.4	14:27	03:09:31.3
1305	3686/3991	114/115	5480	Jim Ballard	M	50	Raymond	NE	1285	12:50	01:32:54.3	1305	16:06	01:45:28.1	14:27	03:09:34.3
1306	3690/3991	16/16	1464	Gavin Brester	M	13	Lincoln	NE	1317	13:43	01:41:53.3	1281	15:21	01:40:37.5	14:31	03:10:30.4
1307	3710/3991	228/233	2308	Quincy Hubbard	M	35	Lincoln	NE	1326	14:02	01:45:12.1	1284	15:23	01:40:47.1	14:42	03:12:48.3
1308	3716/3991	229/233	1473	Kory Keller	M	35	Lincoln	NE	1318	13:32	01:42:17.9	1302	16:00	01:44:54.4	14:46	03:13:36.6
1309	3723/3991	79/81	6069	Adam Schutz	M	23	Omaha	NE	1270	12:18	01:30:27.2	1320	17:20	01:53:32.6	14:48	03:14:12.6
1310	3727/3991	80/81	2586	Chris Walsh	M	21	Lincoln	NE	1305	13:21	01:38:48.9	1306	16:18	01:46:48.6	14:49	03:14:20.9
1311	3736/3991	182/192	3597	Randall Wymore	M	42	Lincoln	NE	1306	13:14	01:38:50.9	1314	16:35	01:48:43.6	14:54	03:15:29.3
1312	3737/3991	183/192	854	Kevin Schlautman	M	43	Lincoln	NE	1313	13:29	01:40:32.1	1310	16:22	01:47:13.7	14:55	03:15:37.6
1313	3739/3991	5/6	5696	Fred Coffman	M	74	Omaha	NE	1323	13:47	01:43:46.1	1304	16:05	01:45:26.3	14:55	03:15:44.2
1314	3746/3991	132/135	3766	Kent Forke	M	48	Lincoln	NE	1312	13:28	01:40:25.8	1312	16:29	01:48:01.0	14:58	03:16:16.2
1315	3752/3991	230/233	491	Darin Person	M	39	Lincoln	NE	1334	14:30	01:48:23.8	1291	15:35	01:42:08.0	15:02	03:17:08.4
1316	3757/3991	201/205	2071	Ty Lafferty	M	32	Lincoln	NE	1310	13:48	01:39:52.9	1308	16:21	01:47:06.5	15:04	03:17:34.7
1317	3759/3991	202/205	4879	Ryan Lorchick	M	30	Lincoln	NE	1320	13:44	01:42:42.5	1311	16:26	01:47:39.5	15:04	03:17:40.9
1318	3768/3991	6/6	3133	Richard Wassinger	M	70	Plattsmouth	NE	1332	14:16	01:46:37.9	1300	15:58	01:44:35.5	15:06	03:18:06.4
1319	3771/3991	184/192	4621	Chris Carlson	M	44	Blair	NE	1279	11:56	01:31:47.3	1330	18:22	02:00:18.1	15:08	03:18:29.7
1320	3790/3991	185/192	584	Andy Plummer	M	41	Omaha	NE	1294	12:29	01:35:19.5	1328	18:10	01:59:00.3	15:19	03:20:47.9
1321	3791/3991	186/192	370	Ian Thompson	M	40	Lincoln	NE	1328	14:00	01:45:14.8	1315	16:39	01:49:08.9	15:19	03:20:55.5
1322	3797/3991	187/192	4618	Jerod Benter	M	40	320Th St	IA	1309	13:27	01:39:51.9	1323	17:26	01:54:14.9	15:26	03:22:20.9
1323	3805/3991	231/233	967	Michael Johnette	M	39	Omaha	NE	1314	13:12	01:40:40.2	1326	17:45	01:56:17.1	15:28	03:22:51.1
1324	3807/3991	133/135	3019	David Dye	M	47	Dalton	NE	1319	14:15	01:42:29.1	1316	16:43	01:49:35.8	15:28	03:22:56.5
1325	3844/3991	188/192	5102	Eric Moorehead	M	44	Lincoln	NE	1316		01:41:44.1	1303	16:05	01:45:22.2	15:47	03:27:06.3
1326	3846/3991	134/135	3692	Shane Rhian	M	45	Lincoln	NE	1340	15:43	01:56:53.2	1299	15:57	01:44:33.2	15:49	03:27:33.1
1327	3847/3991	47/48	3343	Richard Holdcroft	M	61	Bellevue	NE	1338	15:22	01:53:35.1	1309	16:21	01:47:09.4	15:51	03:27:51.9
1328	3863/3991	189/192	4570	Matt Stricker	M	40	Lincoln	NE							16:07	03:31:29.1
1329	3875/3991	190/192	5137	Mark Ferrell	M	43	Bellevue	NE	1336	14:47	01:50:21.2	1327	17:46	01:56:25.6	16:16	03:33:17.1
1330	3878/3991	203/205	5209	Joshua Christolear	M	31	Lincoln	NE	1333	14:25	01:47:06.9	1329	18:12	01:59:13.3	16:18	03:33:42.6
1331	3885/3991	115/115	5187	Jon Husen	M	53	Syracuse	NE	1331	15:10	01:45:57.2	1325	17:32	01:54:56.5	16:20	03:34:19.4
1332	3887/3991	204/205	5986	Andrew Duffy	M	30	Lincoln	NE	1330	14:22	01:45:54.1	1332	18:28	02:01:03.6	16:24	03:35:10.8

# The Good Life Halfsy

November 1, 2015

## Overall Results - Male

Half Marathon

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First Half			Last Half			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1333	3889/3991	179/183	5095	Benjamin Wheeler	M	25	Lincoln	NE	1337	16:01	01:51:19.6	1317	16:51	01:50:26.1	16:25	03:35:23.1
1334	3906/3991	81/81	3137	Kellen Coon	M	23	Lincoln	NE	1321	14:38	01:42:49.1	1335	18:35	02:01:49.1	16:36	03:37:42.8
1335	3911/3991	232/233	3464	Brian Helmberger	M	39	Hickman	NE	1341	15:52	01:57:15.7	1321	17:25	01:54:09.6	16:38	03:38:06.1
1336	3913/3991	180/183	5366	Austin Novotny	M	29	Lincoln	NE	1335	14:44	01:49:15.9	1334	18:34	02:01:38.2	16:38	03:38:10.8
1337	3930/3991	181/183	5312	Kyle Schwaninger	M	27	Lincoln	NE	1344	16:54	02:03:46.9	1318	16:52	01:50:28.7	16:52	03:41:16.7
1338	3932/3991	182/183	5307	Tyler Conrad	M	27	Lincoln	NE	1343	16:54	02:03:46.1	1319	16:52	01:50:32.1	16:53	03:41:19.6
1339	3937/3991	135/135	373	Terry Powers	M	45	Lincoln	NE	1288	12:38	01:33:20.5	1339	21:13	02:19:00.9	16:55	03:41:50.9
1340	3946/3991	183/183	5435	Kyle Hagaman	M	25	Lincoln	NE	1339	15:33	01:53:56.6	1336	18:42	02:02:30.2	17:07	03:44:27.4
1341	3949/3991	48/48	2731	Bruce Thiel	M	63	Lincoln	NE	1325	14:05	01:44:09.4	1337	20:23	02:13:35.4	17:13	03:45:52.0
1342	3953/3991	191/192	3638	Jeff Hubbard	M	44	Lincoln	NE	1327	14:03	01:45:13.3	1338	20:30	02:14:21.3	17:16	03:46:23.7
1343	3964/3991	192/192	4209	Chris Duncan	M	40	Lincoln	NE	1342	16:31	02:01:14.1	1333	18:31	02:01:18.5	17:30	03:49:32.1
1344	3976/3991	233/233	2226	Robert Cushman	M	35	Lincoln	NE	1345	19:00	02:18:13.3	1324	17:30	01:54:39.9	18:14	03:59:10.7
1345	3985/3991	205/205	3505	Brice Davis	M	33	Lincoln	NE	1346	20:25	02:24:42.2	1331	18:25	02:00:43.1	19:24	04:14:29.8