

Overall 5K RUN

Grace's Lemonade 5K Run

Ada Hayden Park * Ames, IA

Saturday, July 24, 2021

Plc	M\F	Division	Age	Name	City	St	Gun	mpm
1	1	1 OVM	17	Carter Peterson	Ames	IA	18:47	6:03
2	2	1 M15	17	Nicolas Thompson	State Center	IA	18:57	6:06
3	1	1 OVF	15	Claire Helmers	Ames	IA	18:58	6:06
4	3	1 M20	22	Arik Yakobson	Ames	IA	20:17	6:32
5	4	2 M15	17	Will Copley	Ames	IA	21:04	6:47
6	5	2 M20	29	Jonas Jium	Ames	IA	21:06	6:48
7	6	1 M30	37	Joel Logan	Ames	IA	21:11	6:49
8	7	1 M9	12	Samuel Sadow	Ames	IA	21:16	6:51
9	2	1 F15	16	Emelia Hauser	State Center	IA	21:23	6:53
10	8	3 M20	23	Chance Webster	Cedar Rapids	IA	21:33	6:56
11	9	1 M50	50	Jim Ryken	Ames	IA	21:34	6:56
12	10	2 M9	13	Aiden Hippen	Clear Lake	IA	21:43	6:59
13	11	3 M9	14	Dylan Thompson	State Center	IA	22:16	7:10
14	12	1 M40	49	Helmers Matt	Ames	IA	22:20	7:11
15	13	2 M30	36	Josh Kampen	Ames	IA	22:31	7:15
16	14	3 M30	38	Jon Sargent	Ames	IA	23:04	7:26
17	3	2 F15	18	Klaire Jungling	Prairie City	IA	23:23	7:32
18	15	3 M15	18	Connor Hamers	Ames	IA	23:32	7:34
19	4	3 F15	18	Mary Thatcher	Ames	IA	23:42	7:38
20	5	4 F15	19	Hannah Thatcher	Ames	IA	23:42	7:38
21	6	5 F15	19	Elysse Trost	Waterloo	IA	23:47	7:39
22	16	4 M9	12	Arslan Nebbe	Ames	IA	23:51	7:41
23	17	4 M20	27	Aziz Idris	Ames	IA	23:54	7:41
24	18	5 M9	9	George Logan	Ames	IA	23:54	7:42
25	19	5 M20	29	Aaron Lauber	Ames	IA	24:04	7:45
26	7	1 F20	26	Sierra Lauber	Ames	IA	24:34	7:54
27	20	2 M40	46	Josh Sents	Gilbert	IA	24:59	8:02
28	21	2 M50	52	Mark Leichty	Ames	IA	25:03	8:04
29	8	6 F15	19	Frances Loeffelho	Waukee	IA	25:13	8:07
30	9	1 F9	9	Miriam Sadow	Ames	IA	25:15	8:08
31	22	3 M40	46	Aaron Sadow	Ames	IA	25:15	8:08
32	23	1 JRM	5	Tobias Boveia	Ames	IA	25:35	8:14
33	24	4 M40	40	Joseph Boveia	Ames	IA	25:35	8:14
34	10	1 F50	56	Chris Mahoney	Avon Lake	OH	25:51	8:19
35	25	5 M40	49	Adam Halter	Melbourne	IA	26:01	8:22
36	26	6 M9	12	Owen Meier	Ames	IA	26:10	8:25
37	27	7 M9	10	Gavin Murphy	Ames	IA	26:11	8:26
38	11	1 F40	46	Rita Hamers	Ames	IA	26:12	8:26
39	28	6 M40	48	Andy Jordan	Ellsworth	IA	26:13	8:26
40	12	2 F50	59	Judi Eyles	Ames	IA	26:14	8:27
41	29	3 M50	53	Chad Copley	Ames	IA	26:36	8:34
42	13	2 F40	41	Jill Heeren	Charles City	IA	26:38	8:34
43	14	3 F40	48	Marcie Niegsch	Ames	IA	26:48	8:38
44	30	4 M50	56	Dave Evans	Ames	IA	26:56	8:40
45	31	8 M9	13	Jonathan Ryken	Ames	IA	27:00	8:41
46	15	2 F9	11	Ella Leichty	Ames	IA	27:25	8:50
47	16	1 F30	30	Holly Carter	Ames	IA	27:28	8:51
48	32	4 M30	30	Morgan Morgan	Ames	IA	27:35	8:53
49	17	2 F20	21	Grace Hoins	Ames	IA	27:40	8:54
50	18	2 F30	39	Kristin Hart	Ames	IA	27:41	8:55
51	33	6 M20	20	Ben Steenhoek	Ames	IA	27:42	8:55
52	34	9 M9	10	Joe Niegsch	Ames	IA	27:50	8:58
53	35	7 M20	23	Collin Schohn	Ames	IA	27:51	8:58
54	19	3 F30	39	Robbyn Anand	Ames	IA	27:55	8:59
55	20	4 F30	31	Emily Sargent	Ames	IA	27:57	9:00
56	21	4 F40	43	Susan Pyle	Ames	IA	27:59	9:00
57	36	5 M30	32	Aaron McNew	Slater	IA	28:23	9:08
58	22	5 F30	30	Cassiey Ringna	Ames	IA	28:24	9:08
59	37	7 M40	49	Aaron Gindt	Ames	IA	28:38	9:13
60	23	3 F9	14	Taylor Pyle	Ames	IA	28:46	9:15
61	38	6 M30	36	Theodore Wolff	Ames	IA	28:51	9:17
62	24	6 F30	33	Rachel Oppold	Van Meter	IA	30:04	9:41
63	25	3 F20	28	Kelly Townsend	Ames	IA	30:53	9:56
64	26	1 F60	60	Colleen Huber	Cambridge	IA	31:04	10:00
65	27	3 F50	59	Mary Clark	IA	IA	31:22	10:06
66	28	5 F40	49	Alecia Rawlins	Ames	IA	31:25	10:07
67	29	4 F50	54	Tracey Boothe	Ames	IA	31:37	10:11
68	30	7 F30	30	Bailey Pearson	Ames	IA	31:44	10:13
69	39	7 M30	35	Ross Lippincott	Cedar Rapids	IA	31:53	10:16
70	31	6 F40	40	Patty Diersen	Ames	IA	32:08	10:21
71	32	7 F40	49	Elizabeth Gindt	Ames	IA	32:14	10:22
72	33	8 F30	37	Johanna Luttrell	Houston	TX	32:19	10:24
73	34	2 F60	60	Carla Schimelfeni	Nevada	IA	32:24	10:26
74	35	1 JRF	6	Marie Logan	Ames	IA	32:31	10:28
75	36	9 F30	35	Amy Logan	Ames	IA	32:32	10:28
76	37	4 F9	9	Mollie Niegsch	Ames	IA	32:42	10:32
77	40	8 M40	49	Jason Niegsch	Ames	IA	32:43	10:32
78	41	1 M60	64	Randi Jepsen	Ames	IA	32:57	10:36

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Plc	M\F	Division	Age	Name	City	St	Gun	mpm
79	38	10 F30	33	Ashley Schueler	Pella	IA	33:11	10:41
80	39	11 F30	30	Claire Brehmer	Stuart	IA	33:20	10:44
81	42	9 M40	42	Mike Odonnell	Ames	IA	33:21	10:44
82	43	8 M20	27	Kay Harper	Ames	IA	33:34	10:48
83	44	9 M20	28	Abe Stephenson	Ames	IA	33:45	10:52
84	45	10 M9	13	Clay Thedens	Ames	IA	33:56	10:55
85	40	5 F50	56	Carrie Copley	Ames	IA	34:03	10:58
86	41	12 F30	39	Rachel De Bruin	Ames	IA	34:20	11:03
87	42	7 F15	15	Ella Wertz	State Centet	IA	35:03	11:17
88	43	8 F40	44	Anne Sents	Gilbert	IA	35:04	11:17
89	44	8 F15	18	Madison Wiertzema	Ames	IA	35:09	11:19
90	45	9 F40	47	Brenda Allen	Ames	IA	36:09	11:38
91	46	9 F15	16	Piper Bartmess	Ames	IA	36:39	11:48
92	47	13 F30	35	April Grove	Ames	IA	36:43	11:49
93	46	2 M60	65	Ricardo Martinez	Nevada	IA	36:43	11:49
94	47	5 M50	50	Carver Nebbe	Ames	IA	37:19	12:01
95	48	10 M20	21	No No		IA	37:19	12:01
96	49	3 M60	71	Terry Olson	Ames	IA	37:26	12:03
97	50	11 M9	9	Nurlan Nebbe	Ames	IA	37:30	12:04
98	48	5 F9	9	Keertna Anand	Ames	IA	38:27	12:23
99	49	6 F9	11	Olivia Hauser	State Center	IA	38:49	12:30
100	50	4 F20	26	Ali Vosburgh	Ames	IA	38:59	12:33
101	51	5 F20	24	Kaleigh Shirley	Lees Summit	MO	39:00	12:33
102	51	11 M20	20	Michael Lu	Ankeny	IA	39:14	12:38
103	52	6 F50	51	Mary Meier	Ames	IA	39:50	12:49
104	53	7 F50	54	Karen Davis	Stuart	IA	39:50	12:49
105	52	4 M15	16	Andy Converse	Ames	IA	39:54	12:51
106	53	12 M9	9	Will Hauser	State Center	IA	39:59	12:52
107	54	10 M40	48	Brent Hauser	State Center	IA	40:00	12:53
108	54	6 F20	26	Mai Mai Wang	Ames	IA	40:11	12:56
109	55	10 F40	44	Amber Wiertzema	Ames	IA	40:23	13:00
110	55	5 M15	17	David Harper	Ames	IA	40:29	13:02
111	56	3 F60	61	Jane Houk	Ames	IA	41:45	13:26
112	57	4 F60	60	Ann Rasmussen	Ames	IA	42:17	13:37
113	58	5 F60	67	Catherine Bazylin	Ames	IA	42:46	13:46
114	56	6 M50	58	Judd Malcolm	Cedar Rapids	IA	43:05	13:52
115	59	6 F60	60	Terri Boylston	Ames	IA	43:12	13:54
116	60	2 JRF	8	Hadley Hansen	Ames	IA	43:18	13:56
117	61	14 F30	35	Kelly Hansen	Ames	IA	43:18	13:56
118	62	7 F60	72	Mavis Butler	Ames	IA	43:18	13:56
119	57	8 M30	31	Justin Brown	Ames	IA	43:27	13:59
120	58	13 M9	9	Micah Leichty	Ames	IA	43:29	14:00
121	63	8 F60	66	Grace Swanson	Ames	IA	44:59	14:29
122	59	4 M60	61	William Peden	Marshalltown	IA	45:25	14:37
123	64	9 F60	67	Patricia Thompson	Marshalltown	IA	45:25	14:37
124	65	8 F50	50	Kristen Leichty	Ames	IA	45:43	14:43
125	66	10 F60	65	Lois Burg	State Center	IA	46:15	14:53
126	67	9 F50	55	Tracy Ferch	State Center	IA	46:15	14:53
127	68	10 F50	55	Cynthia Shulman	Ames	IA	46:41	15:02
128	69	11 F50	52	Kelly Westphal Mu	Ames	IA	47:06	15:10
129	70	7 F20	26	Marisa Murray	Grimes	IA	47:41	15:21
130	60	11 M40	48	Matt Converse	Ames	IA	47:58	15:26
131	71	8 F20	21	Trinity Jones	Ames	IA	48:44	15:41
132	72	11 F40	43	Nikki Cuva	Ames	IA	52:17	16:50
133	73	10 F15	16	Abby Cuva	Ames	IA	52:19	16:50
134	74	15 F30	37	Megan Hohenshell	Ames	IA	52:19	16:50
135	75	11 F15	16	Kamryn Schmale	Ames	IA	55:48	17:58
136	76	12 F15	16	Alicia Nicolas	Ames	IA	55:48	17:58
137	77	12 F40	46	Stephanie Livings	Ames	IA	57:27	18:30