

SAUERKRAUT DAYS 5K

Lisbon, IA

Saturday, August 19, 2023

MEET OFFICIALS

Timing:

Matthew Shannon



OFFICIAL MEET REPORT

printed: 8/19/2023 9:17 AM

Race #1
Mens 5K

Final Results

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 CASKEY, Ean		Unattached	-	16:01.42	---	5:09.1	3:12.3
2 KABELA, Brick		Unattached	-	16:03.01	1:59	5:09.6	3:12.6
3 SULLIVAN, Tyler		Unattached	-	17:28.87	1:27.45	5:37.3	3:29.8
4 FELDMAN, Sawyer		Unattached	-	18:20.90	2:19.48	5:54.0	3:40.2
5 CASKEY, Chasen		Unattached	-	18:40.21	2:38.79	6:00.2	3:44.0
6 SWART, Kory		Unattached	-	19:03.63	3:02.21	6:07.7	3:48.7
7 BEST, Alex		Unattached	-	19:13.34	3:11.92	6:10.8	3:50.7
8 FISHER III, Thomas		Unattached	-	19:45.98	3:44.56	6:21.3	3:57.2
9 HOVE, Gavin		Unattached	-	19:57.61	3:56.19	6:25.1	3:59.5
10 LANE, Doug		Unattached	-	20:20.92	4:19.50	6:32.6	4:04.2
11 GUENTHER, Kaden		Unattached	-	20:32.17	4:30.75	6:36.2	4:06.4
12 ELLYSON, Stranton		Unattached	-	20:32.50	4:31.08	6:36.3	4:06.5
13 HAPPEL, yler		Unattached	-	20:32.79	4:31.37	6:36.4	4:06.6
14 KABELA, Brooks		Unattached	-	20:56.52	4:55.10	6:44.0	4:11.3
15 NUNNIKHOVEN, Tucker		Unattached	-	21:19.75	5:18.33	6:51.5	4:16.0
16 DYE, Danny		Unattached	-	21:40.33	5:38.91	6:58.1	4:20.1
17 KABELA, Mike		Unattached	-	22:00.48	5:59.06	7:04.6	4:24.1
18 BRAND, Jonathan		Unattached	-	22:28.66	6:27.24	7:13.7	4:29.7
19 HAPPEL, Cade		Unattached	-	23:09.22	7:07.80	7:26.7	4:37.8
20 MOEHLMAN, Elliott		Unattached	-	23:09.35	7:07.93	7:26.7	4:37.9
21 BEST, Dan		Unattached	-	23:17.67	7:16.25	7:29.4	4:39.5
22 CASKEY, Dashtyn		Unattached	-	23:22.38	7:20.96	7:30.9	4:40.5
23 REIMANN, Paul		Unattached	-	24:03.18	8:01.76	7:44.0	4:48.6
24 SPORRER, Noah		Unattached	-	24:05.13	8:03.71	7:44.7	4:49.0
25 WRIGHT, Ken		Unattached	-	24:16.19	8:14.77	7:48.2	4:51.2
26 HOVE, Fletcher		Unattached	-	25:22.09	9:20.67	8:09.4	5:04.4
27 EDWARDS, Austin		Unattached	-	25:38.00	9:36.58	8:14.5	5:07.6
28 KNOOT, Marvin		Unattached	-	25:52.33	9:50.91	8:19.1	5:10.5
29 DYE, Henry		Unattached	-	26:39.89	10:38.4	8:34.4	5:20.0
30 BROULIK, Oliver		Unattached	-	26:46.45	10:45.0	8:36.5	5:21.3
31 BRAY, Michael		Unattached	-	27:09.25	11:07.8	8:43.9	5:25.9
32 KLOSTERMANN, Dave		Unattached	-	27:29.91	11:28.4	8:50.5	5:30.0
33 JONES, Louis		Unattached	-	27:37.03	11:35.6	8:52.8	5:31.4
34 PFLUGHAUPT, Brett		Unattached	-	27:54.04	11:52.6	8:58.3	5:34.8
35 HALL, Rylan		Unattached	-	28:01.42	12:00.0	9:00.6	5:36.3
36 KAMARS, Carew		Unattached	-	28:26.05	12:24.6	9:08.6	5:41.2
37 PFEILER, Kannon		Unattached	-	28:26.38	12:24.9	9:08.7	5:41.3
38 OVERMAN, Michael		Unattached	-	28:46.68	12:45.2	9:15.2	5:45.3
39 WRESELER, Tom		Unattached	-	29:53.55	13:52.1	9:36.7	5:58.7
40 GUTIERREZ, Andrew		Unattached	-	29:55.71	13:54.2	9:37.4	5:59.1
41 DAVIS, Cole		Unattached	-	30:08.79	14:07.3	9:41.6	6:01.8
42 PFEILER, Craig		Unattached	-	30:08.85	14:07.4	9:41.6	6:01.8
43 LEDER, Henry		Unattached	-	30:27.55	14:26.1	9:47.6	6:05.5
44 DYE, Ian		Unattached	-	30:37.55	14:36.1	9:50.9	6:07.5
45 BUTTERIS, Branzen		Unattached	-	31:31.42	15:30.0	10:08.2	6:18.3
46 CAHILL, Tim		Unattached	-	32:12.30	16:10.8	10:21.3	6:26.5

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Race #1
Mens 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 KARKOW, Ezra		Unattached	-	34:56.10	18:54.6	11:14.0	6:59.2
48 FEERER, Warren		Unattached	-	35:03.22	19:01.8	11:16.3	7:00.6
49 SPORRER, Rylan		Unattached	-	39:55.20	23:53.7	12:50.2	7:59.0
50 RESOR, Riley		Unattached	-	39:55.22	23:53.8	12:50.2	7:59.0
51 BAGBY, Ryker		Unattached	-	42:11.00	26:09.5	13:33.8	8:26.2
52 CRABTREE, Colt		Unattached	-	42:12.20	26:10.7	13:34.2	8:26.4
53 SEDENKA, Remington		Unattached	-	43:41.04	27:39.6	14:02.8	8:44.2
54 PUETZ, Austin		Unattached	-	45:17.36	29:15.9	14:33.7	9:03.5

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**Race #2
Womens 5K****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	
1		TEUBEL, Alexina	Unattached	-	17:19.60	---	5:34.3	3:27.9
2		MALLON, Becca	Unattached	-	18:45.47	1:25.87	6:01.9	3:45.1
3		WHISNER, Eastin	Unattached	-	21:59.66	4:40.06	7:04.3	4:23.9
4		HANNA-BERGEN, Laura	Unattached	-	22:02.13	4:42.53	7:05.1	4:24.4
5		MOELLER, Evelyn	Unattached	-	22:05.74	4:46.14	7:06.3	4:25.1
6		TOOHOLL, Mary	Unattached	-	22:07.01	4:47.41	7:06.7	4:25.4
7		BREHM, Stephanie	Unattached	-	22:32.70	5:13.10	7:15.0	4:30.5
8		MOEHLMAN, Gabi	Unattached	-	22:52.79	5:33.19	7:21.4	4:34.6
9		HOLUB, Megan	Unattached	-	23:28.80	6:09.20	7:33.0	4:41.8
10		AHRENDSEN, Ava	Unattached	-	25:42.99	8:23.39	8:16.1	5:08.6
11		STEELE, Isabelle	Unattached	-	26:01.63	8:42.03	8:22.1	5:12.3
12		PFEILER, Avery	Unattached	-	26:41.98	9:22.38	8:35.1	5:20.4
13		STEWART, Kim	Unattached	-	27:10.42	9:50.82	8:44.3	5:26.1
14		HOKLOTUBBE, Stephanie	Unattached	-	27:19.66	10:00.0	8:47.2	5:27.9
15		MCKENZIE, Rita	Unattached	-	28:05.58	10:45.9	9:02.0	5:37.1
16		SEDENKA, Lacey	Unattached	-	28:19.20	10:59.6	9:06.4	5:39.8
17		HANSEN, Alex	Unattached	-	29:57.00	12:37.4	9:37.8	5:59.4
18		CAHILL, Lois	Unattached	-	31:02.40	13:42.8	9:58.8	6:12.5
19		SPORRER, Aubrey	Unattached	-	31:31.95	14:12.3	10:08.3	6:18.4
20		MOEHLMAN, Eliza	Unattached	-	31:40.82	14:21.2	10:11.2	6:20.2
21		PLEASANT, Emma	Unattached	-	32:45.54	15:25.9	10:32.0	6:33.1
22		HOUSTON, Sophie	Unattached	-	33:29.07	16:09.4	10:46.0	6:41.8
23		NOVICK, Rya	Unattached	-	33:31.98	16:12.3	10:46.9	6:42.4
24		FLEEGE, Heidi	Unattached	-	33:32.39	16:12.7	10:47.1	6:42.5
25		SCHWENN, Michelle	Unattached	-	33:40.83	16:21.2	10:49.8	6:44.2
26		PFEILER, Diane	Unattached	-	34:36.65	17:17.0	11:07.7	6:55.3
27		KARKOW, Julie	Unattached	-	34:56.37	17:36.7	11:14.1	6:59.3
28		LARKING, Amy	Unattached	-	35:19.24	17:59.6	11:21.4	7:03.8
29		LEDER, Jessica	Unattached	-	36:03.98	18:44.3	11:35.8	7:12.8
30		CLARK, Michelle	Unattached	-	37:02.39	19:42.7	11:54.6	7:24.5
31		FLEEGE, Erin	Unattached	-	39:38.53	22:18.9	12:44.8	7:55.7
32		WISKUS, Christine	Unattached	-	40:55.42	23:35.8	13:09.5	8:11.1
33		SEDENKA, Laura	Unattached	-	44:25.75	27:06.1	14:17.2	8:53.2
34		SPORRER, Linda	Unattached	-	45:14.26	27:54.6	14:32.8	9:02.9
35		PUETZ, Lisa	Unattached	-	45:34.92	28:15.3	14:39.4	9:07.0
36		LECLERE, Nicole	Unattached	-	1:05:30.3	48:10.7	21:03.8	13:06.1
37		CRAWFORD, Liane	Unattached	-	1:05:31.3	48:11.7	21:04.1	13:06.3