

# Live Healthy Iowa 5k - Osage

April 11, 2015

## Overall Division Results

5k Run

### Female Ages 01-12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/39	2/32	352	Talia Stangel	11	F	Osage	IA	8:34	00:26:37.23

### Male Ages 01-12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/39	2/7	353	Tucker Stangel	9	M	Osage	IA	7:21	00:22:53.09

### Female Ages 16-19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/39	5/32	314	Morgan Holzer	19	F	Charles City	IA	9:30	00:29:32.09
2	26/39	20/32	367	Ashley Bray	16	F	Charles City	IA	14:20	00:44:34.60

### Female Ages 20-29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	20/39	15/32	301	Margo Anhorn	25	F	Osage	IA	12:19	00:38:16.43
2	25/39	19/32	366	Amanda Schatz	28	F	New Hampton	IA	14:20	00:44:34.35
3	28/39	22/32	364	Katie Schell	28	F	Stacyville	IA	15:13	00:47:17.39
4	29/39	23/32	334	Casey Miller	28	F	Nashua	IA	15:13	00:47:19.31

### Male Ages 20-29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/39	1/7	365	John Kresbach	27	M	Saint Ansgar	IA	5:54	00:18:22.75
2	4/39	3/7	345	Robert Seubert	23	M	Osage	IA	7:46	00:24:09.01

### Female Ages 30-39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/39	1/32	368	Dawn Schwarck	30	F	St Ansgar	IA	7:01	00:21:49.12
2	7/39	3/32	322	Amy Johnson	36	F	Floyd	IA	9:16	00:28:49.31
3	12/39	7/32	344	Sheri Penney	33	F	Osage	IA	10:01	00:31:08.27
4	13/39	8/32	320	Kelsey Jensen	32	F	Osage	IA	10:25	00:32:22.31
5	15/39	10/32	349	Erin Wilson	35	F	Osage	IA	10:51	00:33:43.00
6	19/39	14/32	327	Angie Kasel	30	F	Stacyville	IA	11:33	00:35:55.69
7	23/39	17/32	341	Kadey Parr	35	F	Osage	IA	14:06	00:43:50.91
8	32/39	25/32	328	Sarah Krukow	39	F	Osage	IA	16:02	00:49:50.11
9	34/39	27/32	316	Jennifer Irvin	39	F	Osage	IA	16:30	00:51:17.22

### Male Ages 30-39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/39	5/7	351	Rob Stangel	34	M	Osage	IA	9:30	00:29:31.69
2	22/39	6/7	348	Brian Thompson	35	M	Osage	IA	14:06	00:43:50.71

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5k Run

### Female Ages 40-49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/39	4/32	337	Angela Nasstrom	45	F	Osage	IA	9:16	00:28:49.51
2	14/39	9/32	329	Bethanie Lane	42	F	Osage	IA	10:42	00:33:16.33
3	17/39	12/32	313	Angela Holzer	44	F	Charles City	IA	11:01	00:34:16.35
4	18/39	13/32	312	Makaela Hoffman	41	F	Rockford	IA	11:25	00:35:29.33
5	31/39	24/32	304	Pam Broderick	46	F	Osage	IA	16:02	00:49:49.32
6	37/39	30/32	333	Barb Michael	49	F	Osage	IA	17:20	00:53:52.37

### Female Ages 50-59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/39	6/32	306	Robin Fischer	53	F	Rockford	IA	9:39	00:30:01.74
2	16/39	11/32	336	Liz Muller	50	F	Rockford	IA	11:01	00:34:16.18
3	27/39	21/32	361	Cindy Wallace	56	F	Charles City	IA	14:58	00:46:31.29
4	33/39	26/32	315	Greta Huebsch	54	F	Mitchell	IA	16:30	00:51:17.14
5	36/39	29/32	302	Shelly Apel	54	F	Rudd	IA	16:50	00:52:19.48
6	38/39	31/32	324	Julie Johnson	51	F	Osage	IA	17:20	00:53:53.59
7	39/39	32/32	350	Masha Angell	53	F	Osage	IA	17:20	00:53:54.15

### Male Ages 50-59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	30/39	7/7	326	Steve Johnson	54	M	Osage	IA	15:34	00:48:22.13

### Female Ages 60-69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/39	16/32	307	Bev Fisher	61	F	Marble Rock	IA	13:41	00:42:33.62
2	24/39	18/32	362	Lucy O'Brien	63	F	Charles City	IA	14:11	00:44:07.00
3	35/39	28/32	330	Leah Marth	61	F	Rudd	IA	16:50	00:52:19.07

### Male Ages 60-69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/39	4/7	305	Bruce Eldridge	63	M	Charles City	IA	8:18	00:25:47.33

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## Overall Division Results

1k Run

### Female All Ages

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/30	1/13	372	Erica Nasstrom	12	F	Osage	IA	8:48	00:05:28.16
2	5/30	2/13	338	Bailey Nasstrom	9	F	Osage	IA	8:55	00:05:32.62
3	7/30	3/13	310	Kaylie Havig	7	F	Osage	IA	9:09	00:05:41.12
4	8/30	4/13	311	Mylie Havig	7	F	Osage	IA	9:09	00:05:41.37
5	9/30	5/13	357	Ryan Retmering	11	F	Osage	IA	9:14	00:05:44.35
6	13/30	6/13	369	Ellie Baltes	4	F	Marble Rock	IA	11:02	00:06:51.20
7	15/30	7/13	332	Kiersten Mcroberts	5	F	Osage	IA	11:05	00:06:53.42
8	17/30	8/13	377	Hailey Vigt	8	F	Osage	IA	11:55	00:07:24.47
9	23/30	9/13	373	Samantha Hoffman	10	F	Osage	IA	13:11	00:08:11.57
10	26/30	10/13	376	Andie Vigt	6	F	Osage	IA	15:55	00:09:53.37
11	27/30	11/13	356	Kayla Blair	11	F	Osage	IA	16:15	00:10:05.89
12	28/30	12/13	358	Kaylee King	12	F	Osage	IA	16:17	00:10:06.85
13	29/30	13/13	355	Emily Maliszewski	11	F	Osage	IA	16:19	00:10:08.39

### Male All Ages

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/30	1/17	339	Carson Nasstrom	9	M	Osage	IA	7:11	00:04:27.87
2	2/30	2/17	354	Tysen Stangel	6	M	Osage	IA	7:53	00:04:53.87
3	3/30	3/17	370	Garrett Medlin	8	M	Marble Rock	IA	8:42	00:05:24.76
4	6/30	4/17	323	Jackson Johnson	7	M	Floyd	IA	8:59	00:05:35.11
5	10/30	5/17	363	Zade Schell	10	M	Stacyville	IA	10:01	00:06:13.24
6	11/30	6/17	347	Connor Thome	9	M	Osage	IA	10:42	00:06:39.18
7	12/30	7/17	303	Evan Bremer	5	M	Osage	IA	11:01	00:06:50.57
8	14/30	8/17	335	Jace Miller	4	M	Nashua	IA	11:05	00:06:53.38
9	16/30	9/17	371	Alex Baltes	8	M	Marble Rock	IA	11:46	00:07:18.82
10	18/30	10/17	359	Hank Clark	4	M	Osage	IA	11:55	00:07:24.63
11	19/30	11/17	321	Zachary Jensen	5	M	Osage	IA	12:15	00:07:36.86
12	20/30	12/17	309	Benjamin Gerdman	4	M	Osage	IA	12:42	00:07:53.63
13	21/30	13/17	318	Colton Jensen	4	M	Osage	IA	12:43	00:07:53.88
14	22/30	14/17	319	Dash Jensen	4	M	Osage	IA	12:57	00:08:03.12
15	24/30	15/17	342	Hayden Penney	3	M	Osage	IA	13:34	00:08:25.89
16	25/30	16/17	374	Petter Huffman	4	M	Osage	IA	15:29	00:09:36.98
17	30/30	17/17	343	Holden Penney	3	M	Osage	IA	16:24	00:10:11.40