



Live Healthy Iowa 5K
 Wapsipinicon State Park: Anamosa
 April 23, 2022

Sunny
 66 Degrees



#	First name	Last name	Bib	Gender	Age	City	State	Final Result	Pace
Overall Male									
1	Blake	Colton	655	M	32	Cedar Rapids	IA	00:17:52.21	05:45 /mi
2	Nick	Budzinski	652	M	13	Marion	IA	00:22:18.77	07:10 /mi
3	John	Grimm	651	M	52	Manchester	IA	00:22:41.10	07:18 /mi
4	Travis	Johnson	656	M	31	Marion	IA	00:25:06.06	08:04 /mi
5	Jackson	Rhinehart	635	M	14	Swisher	IA	00:26:42.96	08:36 /mi
6	Michael	Armstrong	603	M	43	Central City	IA	00:28:40.93	09:13 /mi
7	Rod	Budzinski	653	M	52	Marion	IA	00:31:49.59	10:14 /mi
8	Barry	Rhinehart	636	M	41	Swisher	IA	00:32:35.78	10:29 /mi
9	Ty	Ricklefs	637	M	9	Central City	IA	00:35:54.34	11:33 /mi
10	Tony	Dlouhy	614	M	54	Springville	IA	00:42:39.72	13:43 /mi
11	Randy	Huffman	624	M	55	Maquoketa	IA	00:48:54.10	15:44 /mi
12	Sean	Acton	602	M	53	Maquoketa	IA	01:00:42.48	19:32 /mi
Overall Female									
1	Kimberly	Poston	631	F	40	Marion	IA	00:22:41.12	07:18 /mi
2	Chelsie	Engelbart	615	F	38	Anamosa	IA	00:25:01.41	08:03 /mi
3	Ashton	Sulzner	641	F	35	Anamosa	IA	00:26:27.46	08:31 /mi
4	Jodi	Suthers	643	F	50	Martelle	IA	00:28:17.90	09:06 /mi
5	Riley	Armstrong	604	F	13	Central City	IA	00:28:41.42	09:13 /mi
6	Nicole	Sander	639	F	49	Anamosa	IA	00:28:49.37	09:16 /mi
7	Michelle	Steele	654	F	51	Cedar Rapids	IA	00:29:14.16	09:24 /mi
8	Sandra	Johnson	625	F	49	Cedar Rapids	IA	00:30:13.44	09:43 /mi
9	Wendy	Baxter	608	F	45	Cedar Rapids	IA	00:31:33.77	10:09 /mi
10	Margaret	Williams	646	F	46	Anamosa	IA	00:33:16.55	10:42 /mi
11	Shelly	Decker	613	F	47	Central City	IA	00:35:15.89	11:21 /mi
12	Amber	Decker	612	F	24	Mediapolis	IA	00:35:16.43	11:21 /mi
13	Sarah	Hefflefinger	621	F	42	Central City	IA	00:35:56.01	11:34 /mi
14	Catie	Woodward	647	F	39	Anamosa	IA	00:36:16.44	11:40 /mi
15	Melissa	Meuer	628	F	46	Boscobel	IA	00:37:34.98	12:06 /mi
16	Amanda	Armstrong	605	F	41	Central City	IA	00:38:20.63	12:20 /mi
17	Adeline	Armstrong	606	F	11	Central City	IA	00:38:39.02	12:26 /mi
18	Kim	Powers	632	F	58	Central City	IA	00:38:53.00	12:30 /mi
19	Karen	Schumacher	640	F	52	Cedar Rapids	IA	00:41:53.07	13:28 /mi
20	Anna	Gadient	650	F	22	Anamosa	IA	00:42:36.31	13:42 /mi
21	Stacey	Harris	620	F	50	Springville	IA	00:42:38.83	13:43 /mi
22	Brandie	Backes	607	F	40	Holy Cross	IA	00:44:39.40	14:22 /mi
23	Emily	Culver	611	F	39	Anamosa	IA	00:46:48.59	15:04 /mi
24	Vanessa	Huffman	623	F	38	Maquoketa	IA	00:48:54.25	15:44 /mi
25	Thaneesha	Puviarasan	633	F	7	Cedar Rapids	IA	00:50:03.67	16:06 /mi
26	Laura	Nelson	629	F	30	Marion	IA	00:52:11.56	16:48 /mi
27	Dalena	Acton	601	F	75	Maquoketa	IA	01:00:40.48	19:31 /mi
28	Lisa	Kristiansen	626	F	54	Cedar Rapids	IA	01:01:28.70	19:47 /mi
29	Valerie	May	627	F	44	Marion	IA	01:01:29.20	19:47 /mi
30	Kelsey	Freed	619	F	34	Cedar Rapids	IA	01:01:31.48	19:48 /mi
Male 12U									
1	Ty	Ricklefs	637	M	9	Central City	IA	00:35:54.34	11:33 /mi
Female 12U									
1	Adeline	Armstrong	606	F	11	Central City	IA	00:38:39.02	12:26 /mi
2	Thaneesha	Puviarasan	633	F	7	Cedar Rapids	IA	00:50:03.67	16:06 /mi
Male 13-15									
1	Nick	Budzinski	652	M	13	Marion	IA	00:22:18.77	07:10 /mi
2	Jackson	Rhinehart	635	M	14	Swisher	IA	00:26:42.96	08:36 /mi
Female 13-15									
1	Riley	Armstrong	604	F	13	Central City	IA	00:28:41.42	09:13 /mi
Female 20-29									
1	Amber	Decker	612	F	24	Mediapolis	IA	00:35:16.43	11:21 /mi
2	Anna	Gadient	650	F	22	Anamosa	IA	00:42:36.31	13:42 /mi
Male 30-39									

1	Blake	Colton	655	M	32	Cedar Rapids	IA	00:17:52.21	05:45 /mi
2	Travis	Johnson	656	M	31	Marion	IA	00:25:06.06	08:04 /mi
Female 30-39									
1	Chelsie	Engelbart	615	F	38	Anamosa	IA	00:25:01.41	08:03 /mi
2	Ashton	Sulzner	641	F	35	Anamosa	IA	00:26:27.46	08:31 /mi
3	Catie	Woodward	647	F	39	Anamosa	IA	00:36:16.44	11:40 /mi
4	Emily	Culver	611	F	39	Anamosa	IA	00:46:48.59	15:04 /mi
5	Vanessa	Huffman	623	F	38	Maquoketa	IA	00:48:54.25	15:44 /mi
6	Laura	Nelson	629	F	30	Marion	IA	00:52:11.56	16:48 /mi
7	Kelsey	Freed	619	F	34	Cedar Rapids	IA	01:01:31.48	19:48 /mi
Male 40-49									
1	Michael	Armstrong	603	M	43	Central City	IA	00:28:40.93	09:13 /mi
2	Barry	Rhinehart	636	M	41	Swisher	IA	00:32:35.78	10:29 /mi
Female 40-49									
1	Kimberly	Poston	631	F	40	Marion	IA	00:22:41.12	07:18 /mi
2	Nicole	Sander	639	F	49	Anamosa	IA	00:28:49.37	09:16 /mi
3	Sandra	Johnson	625	F	49	Cedar Rapids	IA	00:30:13.44	09:43 /mi
4	Wendy	Baxter	608	F	45	Cedar Rapids	IA	00:31:33.77	10:09 /mi
5	Margaret	Williams	646	F	46	Anamosa	IA	00:33:16.55	10:42 /mi
6	Shelly	Decker	613	F	47	Central City	IA	00:35:15.89	11:21 /mi
7	Sarah	Hefflefinger	621	F	42	Central City	IA	00:35:56.01	11:34 /mi
8	Melissa	Meuer	628	F	46	Boscobel	IA	00:37:34.98	12:06 /mi
9	Amanda	Armstrong	605	F	41	Central City	IA	00:38:20.63	12:20 /mi
10	Brandie	Backes	607	F	40	Holy Cross	IA	00:44:39.40	14:22 /mi
11	Valerie	May	627	F	44	Marion	IA	01:01:29.20	19:47 /mi
Male 50-59									
1	John	Grimm	651	M	52	Manchester	IA	00:22:41.10	07:18 /mi
2	Rod	Budzinski	653	M	52	Marion	IA	00:31:49.59	10:14 /mi
3	Tony	Dlouhy	614	M	54	Springville	IA	00:42:39.72	13:43 /mi
4	Randy	Huffman	624	M	55	Maquoketa	IA	00:48:54.10	15:44 /mi
5	Sean	Acton	602	M	53	Maquoketa	IA	01:00:42.48	19:32 /mi
Female 50-59									
1	Jodi	Suthers	643	F	50	Martelle	IA	00:28:17.90	09:06 /mi
2	Michelle	Steele	654	F	51	Cedar Rapids	IA	00:29:14.16	09:24 /mi
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5	Stacey	Harris	620	F	50	Springville	IA	00:42:38.83	13:43 /mi
6	Lisa	Kristiansen	626	F	54	Cedar Rapids	IA	01:01:28.70	19:47 /mi
Male 60+									
1	Dalena	Acton	601	F	75	Maquoketa	IA	01:00:40.48	19:31 /mi