

### 2023 Live Healthy Iowa 5K Results - Red Oak

Rank	First Name	Last Name	City	Age Group	Finishing Time
1	Beau	Boeye	Red Oak	Male 30 - 39	26:48.0
2	Jim	Egbert	Clarinda	Male 30 - 39	30:30.0
3	Cynthia	Bangston	Red Oak	Female 60 & Up	55:00.0
4	Cynthia	Garrison	St. Charles	Female 60 & Up	1:30:00
4	Melinda	Kenton	Valley	Female 60 & Up	1:30:00
4	Mary	McCloney	Osceola	Female 60 & Up	1:30:00