

2023 Live Healthy Iowa 5K Results - Spencer

Place	First Name	Last Name	City	Age Group	Finishing Time
1	Miles	Fletcher			21:36.0
2	John	Bendlin			21:40.0
3	Brian	Bleuer	Emmetsburg	Male 30 - 39	22:11.0
4	Ethan	Beurskens	Emmetsburg	Male 30 - 39	22:39.0
5	Brad	Veit	Spencer	Male 30 - 39	23:00.0
6	Cassie	Zimmerman			23:12.0
7	Doug	Niederhiser			23:26.0
8	Tanner	Schroder	Cherokee	Male 19 - 29	24:11.0
9	Matthew	Williamson	Aurelia	Male 40 - 49	24:20.0
10	Bethany	Schiefelbein	Spencer	Female 30 - 39	24:44.0
11	Alan	Mills	Sioux Rapids	Male 60 & Up	25:22.0
12	Stacy	Yarkosky	Spencer	Female 30 - 39	26:02.0
13	Kelley	Grapler			27:16.0
14	Briana	Wetrich	Sioux Rapids	Female 30 - 39	27:37.0
15	Casondra	Thilges			27:45.0
16	Christine	Mehan	Spencer	Female 30 - 39	28:02.0
17	Austin	Johnson	Spencer	Male 19 - 29	28:18.0
18	Marisa	Zweifel	Spencer	Female 30 - 39	28:37.0
19	Lacey	Ferguson	Sioux Rapids	Female 30 - 39	28:38.0
20	Aphton	Rocha	Milford	Female 30 - 39	28:40.0
21	Justin	Ferguson	Sioux Rapids	Male 30 - 39	28:41.0
22	ROB	LONG	SPENCER	Male 40 - 49	28:50.0
23	Keith	Brown	Spencer	Male 18 & Under	29:27.0
24	Kelsey	Schroder	Cherokee	Female 30 - 39	29:28.0
25	Greg	Hauswirth			29:48.0
26	Kayla	Beachler	Spencer	Female 30 - 39	30:58.0
27	Allen	McGranahan			32:55.0
28	Katrina	Brown	Spencer	Female 30 - 39	34:02.0
29	Kathy	Curtis	Aurelia	Female 60 & Up	37:12.0
30	Derek	Iwen	Cherokee	Male 30 - 39	37:21.0
31	Ashley	Iwen	Cherokee	Female 30 - 39	37:22.0
32	Evelyn	Iwen	Cherokee	Female 18 & Under	37:26.0
33	Lisa	Bengtson	Storm Lake	Female 30 - 39	38:01.0
34	Susan	Mills	Sioux Rapids	Female 60 & Up	41:15.0
35	Greg	Haburn	Estherville	Male 60 & Up	46:32.0
36	Jenny	Wurth	Spencer	Female 50 - 59	48:22.0
37	Stefanie	Williamson	Aurelia	Female 40 - 49	48:23.0
38	Bethany	Burd	Sioux Rapids	Female 30 - 39	50:26.0
39	Kim	Upah	Spencer	Female 50 - 59	54:43.0
40	Angie	Housh	Newell	Female 40 - 49	54:45.0
41	Marc	Housh	Newell	Male 40 - 49	54:46.0
42	Troy	Upah	Spencer	Male 50 - 59	54:48.0