

6th Annual Cascade Hometown Days 5K
 Saturday August 17, 2024 - 7:30 AM
 69 Degrees, 95% Humidity, Wind WNW - 8 MPH
 Cascade, Iowa

Place	Name	Age	Age Group	Town	Time	Gender
1	Lane Cook	17	15-18	Bernard	17:46.9	M-1
2	Adam Knepper	19	19-29	Cascade	18:11.8	M-2
3	Marty Knepper	25	19-29	Waverly	20:01.9	M-3
4	Andrew Kaalberg	17	15-18	Cascade	20:12.1	M-4
5	Nate Trumm	33	30-39	Cascade	20:21.7	M-5
6	Alex Britt	23	19-29	Monticello	20:43.1	M-6
7	Hallie Kelchen	17	15-18	Cascade	20:47.6	F-1
8	Elizabeth Gibbs	21	19-29	Cascade	21:09.6	F-2
9	Shane Manternach	44	40-49	Cascade	21:40.3	M-7
10	Trenten Topping	17	15-18	Cascade	21:44.8	M-8
11	Logan McQuillen	29	19-29	Monticello	21:49.8	M-9
12	Dave Nauman	68	60 & Over	Mason City	21:50.3	M-10
13	Connor Sweet	14	14 & Under	Springville	22:13.6	M-11
14	Sam Stecklein	12	14 & Under	Bernard	22:48.5	M-12
15	Gregory Smith	30	30-39	Bellevue	23:02.9	M-13
16	Tanner Callahan	12	14 & Under	Cascade	23:45.2	M-14
17	Mike Armbruster	42	40-49	Maquoketa	23:45.6	M-15
18	Kaitlyn Smith	31	30-39	Bellevue	24:46.1	F-3
19	Geri Kalb	40	40-49	Bernard	25:26.6	F-4
20	Marie Knepper	23	19-29	Monticello	26:24.8	F-5
21	Connor Golden	30	30-39	Cascade	26:35.8	M-16
22	Melanie Lake	13	14 & Under	Farley	26:50.5	F-6
23	Reagan Kalb	13	14 & Under	Bernard	26:51.5	F-7
24	Anna Miller	14	14 & Under	Zwingle	27:38.5	F-8
25	Arabella Wagner	14	14 & Under	Zwingle	27:52.7	F-9
26	Megan Willenbring	27	19-29	Cascade	27:53.3	F-10
27	Elizabeth McQuillen	28	19-29	Monticello	28:19.5	F-11
28	Elgean Brandenburg	57	50-59	Hiawatha	28:28.3	F-12
29	Brooke Bergfeld	27	19-29	Dyersville	28:32.2	F-13
30	Kayla Kauder	25	19-29	Cascade	28:51.5	F-14
31	Tracey Conrad	47	40-49	Cascade	28:57.7	F-15
32	Helen Beck	42	40-49	Cascade	30:19.2	F-16
33	Lilliam Trumm	22	19-29	Cascade	30:34.8	F-17
34	Jack Sabers	22	19-29	Dubuque	30:35.5	M-17
35	Mitch Winter	28	19--29	Viroqua, Wis	30:41.7	M-18
36	Owen Beck	11	14 & Under	Cascade	30:46.8	M-19
37	Leslie Kremer	45	40-49	Cascade	30:56.2	F-18
38	Mollie Bergfeld	57	50-59	Cascade	31:25.5	F-19
39	Lauren Boffeli	12	14 & Under	Cascade	31:59.0	F-20
40	Katelyn Trumm	11	14 & Under	Cascade	32:04.9	F-21

41	Anthony McAndrew	32	30-39	Dyersville	32:16.2	M-20
42	Tad Stecklein	7	14 & Under	Bernard	32:24.4	M-21
43	Nicole Stecklein	36	30-39	Bernard	32:24.8	F-22
44	Keith Villhauer	67	60 & Over	Coralville	32:35.7	M-22
45	Ella Trumm	26	19-29	Cascade	32:36.8	F-23
46	Alec Cook	16	15-18	Bernard	34:17.8	M-23
47	Sarah Knabel	28	19-29	Cascade	37:12.4	F-24
48	Abby Gloeckner	30	30-39	Cascade	37:13.2	F-25
49	Megan Staner	40	40-49	Cascade	38:21.2	F-26
50	Macey Kleitsch	22	19-29	Manchester	42:49.8	F-27
51	Emily Thole	27	19-29	Marion	42:50.7	F-28
52	Kim Porterfield	57	50-59	Manchester	43:08.3	F-29
53	Kim Villhauer	66	60 & Over	Coralville	44:28.3	F-30
54	Karen McDermott	59	50-59	Cascade	45:25.7	F-31
55	Janet Silge	57	50-59	West Palm Beach, Fl	45:26.2	F-32
56	Deanne Mainey	62	60 & Over	Davenport	47:30.2	F-33
57	Chris Silge	61	60 & Over	West Palm Beach, Fl	47:44.4	M-24
58	Hayden Staner	10	14 & Under	Cascade	48:17.2	F-34
59	Ken Peiffer	60	60 & Over	Dubuque	48:57.2	M-25
60	Shari Peiffer	59	50-59	Dubuque	48:57.5	F-35
61	Kevin Kleitsch	56	50-59	Manchester	48:59.5	M-26
62	Rob Schmeden	12	14 & Under	Davenport	49:25.4	M-27
63	Jim Kleitsch	60	60 & Over	Stoughton, Wis	49:27.8	M-28
64	Heather Heim	44	40-49	Dubuque	49:32.0	F-36
65	Iris Wagner	12	14 & Under	Zwingle	50:09.4	F-37
66	Nola O'Connor	11	14 & Under	Zwingle	50:15.2	F-38
67	Jessica Wagner	39	30-39	Zwingle	50:18.1	F-39
DNR	Cody Lynch	14	14 & Under	Cascade	DNR	M-29
	Total	68				
	Females	39				
	Males	29				
	Overall					
	Male		Mens	New Event	Record	
1 st	Lane Cook	17	15-18	Bernard	17:46.9	M-1
	Female		Womens	New Event	Record	
1 st	Hallie Kelchen	16	15-18	Cascade	20:47.6	F-1
	Female 14 & Under					
1st	Melanie Lake	13	14 & Under	Farley	26:50.5	F-6
2nd	Reagan Kalb	13	14 & Under	Bernard	26:51.5	F-7
3rd	Anna Miller	14	14 & Under	Zwingle	27:38.5	F-8
4th	Arabella Wagner	14	14 & Under	Zwingle	27:52.7	F-9
5th	Lauren Boffeli	12	14 & Under	Cascade	31:59.0	F-20
6th	Katelyn Trumm	11	14 & Under	Cascade	32:04.9	F-21
7th	Hayden Staner	10	14 & Under	Cascade	48:17.2	F-34

8th	Iris Wagner	12	14 & Under	Zwingle	50:09.4	F-37
9th	Nola O'Connor	11	14 & Under	Zwingle	50:15.2	F-38
	Male 14 & Under					
1st	Connor Sweet	14	14 & Under	Springville	22:13.6	M-11
2nd	Sam Stecklein	12	14 & Under	Bernard	22:48.5	M-12
3rd	Tanner Callahan	12	14 & Under	Cascade	23:45.2	M-14
4th	Owen Beck	11	14 & Under	Cascade	30:46.8	M-19
5th	Tad Stecklein	7	14 & Under	Bernard	32:24.4	M-21
6th	Rob Schmeden	12	14 & Under	Davenport	49:25.4	M-27
DNR	Cody Lynch	14	14 & Under	Cascade	DNR	M-29
	Female 15 - 18					
1st	Hallie Kelchen	17	15-18	Bernard	20:47.6	F-1
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2nd	Andrew Kaalberg	17	15-18	Cascade	20:12.1	M-4
3rd	Trenten Topping	17	15-18	Cascade	21:44.8	M-8
4th	Alec Cook	16	15-18	Bernard	34:17.8	M-23
	Female 19-29					
1st	Elizabeth Gibbs	21	19-29	Cascade	21:09.6	F-2
2nd	Marie Knepper	23	19-29	Monticello	26:24.8	F-5
3rd	Megan Willenbring	27	19-29	Cascade	27:53.3	F-10
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5th	Brooke Bergfeld	27	19-29	Dyersville	28:32.2	F-13
6th	Kayla Kauder	25	19-29	Cascade	28:51.5	F-14
7th	Lilliam Trumm	22	19-29	Cascade	30:34.8	F-17
8th	Ella Trumm	26	19-29	Cascade	32:36.8	F-23
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5th	Jack Sabers	22	19-29	Dubuque	30:35.5	M-17
6th	Mitch Winter	28	19--29	Viroqua, Wis	30:41.7	M-18
	Female 30-39					
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2nd	Nicole Stecklein	36	30-39	Bernard	32:24.8	F-22
3rd	Abby Gloeckner	30	30-39	Cascade	37:13.2	F-25
4th	Jessica Wagner	39	30-39	Zwingle	50:18.1	F-39
	Male 30-39					
1st	Nate Trumm	33	30-39	Cascade	20:21.7	M-5
2nd	Gregory Smith	30	30-39	Bellevue	23:02.9	M-13
3rd	Connor Golden	30	30-39	Cascade	26:35.8	M-16
4th	Anthony McAndrew	32	30-39	Dyersville	32:16.2	M-20

	Female 40-49					
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3rd	Helen Beck	42	40-49	Cascade	30:19.2	F-16
4th	Leslie Kremer	45	40-49	Cascade	30:56.2	F-18
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2nd	Mollie Bergfeld	57	50-59	Cascade	31:25.5	F-19
3rd	Kim Porterfield	57	50-59	Manchester	43:08.3	F-29
4th	Karen McDermott	59	50-59	Cascade	45:25.7	F-31
5th	Janet Silge	57	50-59	West Palm Beach, Fl	45:26.2	F-32
6th	Shari Peiffer	59	50-59	Dubuque	48:57.5	F-35
	Male 50 & 59					
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	Female 60 & Over					
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5th	Jim Kleitsch	60	60 & Over	Stoughton, Wis	49:27.8	M-28