



Hunger Hero 5K
 August 19, 2023
 Solon Nature & Recreation Area
 Solon, Iowa

73 Degrees
 Sunny



#	First Name	Last Name	Gender	Age	City	State	Final Result	Pace
Overall Male								
1	Daniel	Pape	M	28	Iowa City	IA	00:16:43.39	05:22 /mi
2	Wyatt	Applegarth	M	17	Solon	IA	00:18:56.06	06:05 /mi
3	Joseph	Pape	M	30	Cedar Rapids	IA	00:20:38.95	06:39 /mi
4	Ryan	Olsem	M	38	Solon	IA	00:20:51.04	06:42 /mi
5	Owen	Young	M	15	Solon	IA	00:21:30.35	06:55 /mi
6	Preston	Raasch	M	13	Solon	IA	00:23:08.68	07:27 /mi
7	Curt	Miller	M	49	Solon	IA	00:25:41.06	08:16 /mi
8	Michael	Riddle	M	57	Kalona	IA	00:26:22.73	08:29 /mi
9	Jay	White	M	56	Ely	IA	00:26:41.56	08:35 /mi
10	Tom	Wolfe	M	75	Cedar Rapids	IA	00:30:33.93	09:50 /mi
11	Adam	Bonnema	M	43	Solon	IA	00:33:49.30	10:53 /mi
12	Brandon	Nitcher	M	36	Solon	IA	00:35:21.04	11:22 /mi
13	Dustin	Olsem	M	42	Des Moines	IA	01:07:24.73	21:42 /mi
14	Miller	Olsem	M	10	Des Moines	IA	01:07:27.05	21:42 /mi
Overall Female								
1	Sydney	Dee	F	16	Solon	IA	00:22:14.50	07:09 /mi
2	Keegan	Kleppe	F	14	Solon	IA	00:25:08.60	08:05 /mi
3	Emma	Olsem	F	10	Solon	IA	00:25:19.09	08:09 /mi
4	Kate	Richards	F	17	Solon	IA	00:25:31.27	08:12 /mi
5	Pam	Winke	F	61	Solon	IA	00:26:12.91	08:26 /mi
6	Darsha	White	F	54	Ely	IA	00:27:18.56	08:47 /mi
7	Rosanna	Montague	F	38	Solon	IA	00:29:03.78	09:21 /mi
8	Sophia	Stahle	F	18	Solon	IA	00:29:07.43	09:22 /mi
9	Kerrigan	Lyons	F	18	Solon	IA	00:29:07.61	09:22 /mi
10	Mary	Fiala	F	18	Solon	IA	00:29:08.19	09:22 /mi
11	Théa	Bonnema	F	11	Solon	IA	00:30:17.30	09:45 /mi
12	Ashlee	Hofmann	F	38	Swisher	IA	00:30:33.05	09:49 /mi
13	Marsha	Aspinall	F	61	Cedar Rapids	IA	00:33:34.98	10:48 /mi
14	Laura	Dallas	F	46	Solon	IA	00:34:18.36	11:02 /mi
15	Ruby	Dallas	F	12	Solon	IA	00:37:16.52	12:00 /mi
16	Pagelyn	Howren	F	41	Solon	IA	00:37:22.08	12:01 /mi
17	Becky	Klutts	F	49	Solon	IA	00:37:22.21	12:01 /mi
18	Amber	Vitelli	F	40	Coralville	IA	00:40:26.81	13:01 /mi
19	Kristyn	Gerst	F	33	Cedar Rapids	IA	00:47:16.96	15:13 /mi
20	Laurie	Canady	F	65	Iowa City	IA	00:59:06.19	19:01 /mi
Male 13U								
1	Preston	Raasch	M	13	Solon	IA	00:23:08.68	07:27 /mi
2	Miller	Olsem	M	10	Des Moines	IA	01:07:27.05	21:42 /mi
Female 13U								
1	Emma	Olsem	F	10	Solon	IA	00:25:19.09	08:09 /mi
2	Théa	Bonnema	F	11	Solon	IA	00:30:17.30	09:45 /mi
3	Ruby	Dallas	F	12	Solon	IA	00:37:16.52	12:00 /mi
Male 14-18								
1	Wyatt	Applegarth	M	17	Solon	IA	00:18:56.06	06:05 /mi
2	Owen	Young	M	15	Solon	IA	00:21:30.35	06:55 /mi
Female 14-18								
1	Sydney	Dee	F	16	Solon	IA	00:22:14.50	07:09 /mi
2	Keegan	Kleppe	F	14	Solon	IA	00:25:08.60	08:05 /mi
3	Kate	Richards	F	17	Solon	IA	00:25:31.27	08:12 /mi
4	Sophia	Stahle	F	18	Solon	IA	00:29:07.43	09:22 /mi
5	Kerrigan	Lyons	F	18	Solon	IA	00:29:07.61	09:22 /mi
6	Mary	Fiala	F	18	Solon	IA	00:29:08.19	09:22 /mi

Male 19-35								
1	Daniel	Pape	M	28	Iowa City	IA	00:16:43.39	05:22 /mi
2	Joseph	Pape	M	30	Cedar Rapids	IA	00:20:38.95	06:39 /mi
Female 19-35								
1	Kristyn	Gerst	F	33	Cedar Rapids	IA	00:47:16.96	15:13 /mi
Male 36-50								
1	Ryan	Olsem	M	38	Solon	IA	00:20:51.04	06:42 /mi
2	Curt	Miller	M	49	Solon	IA	00:25:41.06	08:16 /mi
3	Adam	Bonnema	M	43	Solon	IA	00:33:49.30	10:53 /mi
4	Brandon	Nitcher	M	36	Solon	IA	00:35:21.04	11:22 /mi
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4	Pagelyn	Howren	F	41	Solon	IA	00:37:22.08	12:01 /mi
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6	Amber	Vitelli	F	40	Coralville	IA	00:40:26.81	13:01 /mi
Male 51+								
1	Michael	Riddle	M	57	Kalona	IA	00:26:22.73	08:29 /mi
2	Jay	White	M	56	Ely	IA	00:26:41.56	08:35 /mi
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Female 51+								
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4	Laurie	Canady	F	65	Iowa City	IA	00:59:06.19	19:01 /mi