



**Lansing Fish Days 5k**  
**August 10th 2024**  
**Sunny 63°, WNW 10 MPH**



#	First name	Last name	Bib	Gender	Distance	Division	Age	City	State	Final Result	Pace
1	Travis	Tock	701	M	5k	Overall male	18	Sheboygan	WI	00:17:09.07	05:31 /mi
2	Brayden	Frey	741	M	5k	Overall male	18	Cedar Falls	IA	00:17:34.69	05:39 /mi
3	Justin	Wagner	746	M	5k	Overall male	16	Lansing	IA	00:19:42.94	06:21 /mi
4	Brady	Cripe	747	M	5k	Overall male	15	Cedar Rapids	IA	00:21:23.50	06:52 /mi
5	Lucas	Lashock	723	M	5k	Overall male	27	La Cross	IA	00:21:45.11	07:00 /mi
6	Kaeden	Weber	743	M	5k	Overall male	15	Lansing	IA	00:22:05.17	07:06 /mi
7	Cater	Verthein	714	M	5k	Overall male	15	Lansing	IA	00:22:09.76	07:07 /mi
8	Mark	West	716	M	5k	Overall male	36	Dubuque	IA	00:22:28.14	07:13 /mi
9	Isaiah	Wagner	707	M	5k	Overall male	16	Lansing	IA	00:23:41.66	07:37 /mi
10	Patrick	Stroeder	702	M	5k	Overall male	12	Sheboygan	WI	00:24:47.26	07:58 /mi
11	Lukas	Weber	735	M	5k	Overall male	14	Lancaster	WI	00:24:51.50	08:00 /mi
12	Daniel	Jones	727	M	5k	Overall male	15	Lansing	IA	00:24:51.82	08:00 /mi
13	Colin	Cripe	748	M	5k	Overall male	12	Cedar Rapids	IA	00:25:16.55	08:08 /mi
14	Dalton	Mudderman	752	M	5k	Overall male	18	Lansing	IA	00:25:53.95	08:20 /mi
15	Mike	McDowell	744	M	5k	Overall male	34	Polk City	IA	00:26:12.75	08:26 /mi
16	Matthew	Lyons	705	M	5k	Overall male	13	Lansing	IA	00:26:20.31	08:28 /mi
17	Hudson	Delaney	740	M	5k	Overall male	11	Decorah	IA	00:26:46.49	08:37 /mi
18	Reece	Krantz	738	M	5k	Overall male	13	Lancaster	WI	00:29:27.69	09:28 /mi
19	Colin	Walsh	761	M	5k	Overall male	40	La Cross	WI	00:30:06.13	09:41 /mi
20	Bob	Johnson	751	M	5k	Overall male	51	Waukon	IA	00:30:33.67	09:50 /mi
21	Ryan	Delaney	739	M	5k	Overall male	37	Decorah	IA	00:30:41.41	09:52 /mi
22	Blake	Sondry	729	M	5k	Overall male	31	Los Angles	CA	00:33:01.76	10:37 /mi
23	Xander	Howard	715	M	5k	Overall male	13	Lansing	IA	00:34:20.36	11:03 /mi
24	John	Hofmann	734	M	5k	Overall male	60	White Fish Bay	WI	00:39:09.17	12:36 /mi
25	Mitch	Hess	730	M	5k	Overall male	38	Lansing	IA	00:44:44.66	14:24 /mi
26	Paul	Bartels	760	M	5k	Overall male	70	Waueka	WI	00:45:36.40	14:40 /mi
27	Tim	Delaney	706	M	5k	Overall male	57	Lansing	IA	00:51:39.69	16:37 /mi
28	Tony	Beecker	704	M	5k	Overall male	44	Riceville	IA	00:51:40.54	16:37 /mi
29	Cullen	Norman	728	M	5k	Overall male	32	Duluth	MN	00:54:39.85	17:35 /mi
30	Jacob	Gelema	719	M	5k	Overall male	32	South Saint Paul	MN	01:02:19.18	20:03 /mi
1	Cameron	Johnson	753	F	5k	Overall female	18	Waukon	IA	00:25:57.42	08:21 /mi
2	Rhianna	Galema	709	F	5k	Overall female	30	Minneapolis	MN	00:26:52.20	08:39 /mi
3	Madaline	Mauss	710	F	5k	Overall female	13	New Ailbin	IA	00:28:11.50	09:04 /mi
4	Ella	Winters	755	F	5k	Overall female	11	Lansing	IA	00:28:12.11	09:04 /mi
5	Bernetta	Bartels	758	F	5k	Overall female	66	Wauzeka	WI	00:28:25.83	09:09 /mi
6	Addison	Winters	756	F	5k	Overall female	16	Lansing	IA	00:29:33.08	09:30 /mi
7	Lillian	Kolsud	700	F	5k	Overall female	16	Lansing	IA	00:29:54.16	09:37 /mi
8	Allison	O'Geara	724	F	5k	Overall female	34	Decorah	IA	00:29:57.02	09:38 /mi
9	Kailyn	OGara	725	F	5k	Overall female	19	Decorah	IA	00:29:57.06	09:38 /mi
10	Peyton	Elsbernd	736	F	5k	Overall female	12	Calmar	IA	00:30:31.94	09:49 /mi
11	Avery	Peters	737	F	5k	Overall female	12	Ossian	IA	00:30:32.62	09:49 /mi
12	Nastia	Zipse	712	F	5k	Overall female	19	New Ailbin	IA	00:30:53.46	09:56 /mi
13	Sara	Winters	757	F	5k	Overall female	44	Lansing	IA	00:31:43.70	10:12 /mi
14	Kathryn	Stroeder	703	F	5k	Overall female	18	Sheboygan	WI	00:32:16.97	10:23 /mi
15	Melissa	Mohn	726	F	5k	Overall female	33	Lansing	IA	00:33:15.27	10:42 /mi
16	Alison	West	717	F	5k	Overall female	32	Dubuque	IA	00:33:23.76	10:45 /mi
17	Patti	Troendle	749	F	5k	Overall female	65	Lansing	IA	00:33:38.93	10:49 /mi
18	Laurie	Tope	742	F	5k	Overall female	42	Decorah	IA	00:33:45.64	10:52 /mi
19	Miranda	McCormick	745	F	5k	Overall female	34	New Ailbin	IA	00:36:46.86	11:50 /mi
20	Angela	Villarreal	708	F	5k	Overall female	24	Decorah	IA	00:38:03.64	12:15 /mi
21	Danette	Jones	750	F	5k	Overall female	53	Waukon	IA	00:38:15.18	12:18 /mi
22	Teresa	Hofmann	733	F	5k	Overall female	54	White Fish Bay	WI	00:39:09.11	12:36 /mi
23	Rylee	Hess	731	F	5k	Overall female	7	Lansing	IA	00:44:44.49	14:24 /mi
24	Amber	Weber	721	F	5k	Overall female	33	Lansing	IA	00:45:41.65	14:42 /mi

25	Shelly	Weber	722	F	5k	Overall female	55	Lansing	IA	00:45:49.18	14:45 /mi
26	Kim	Redman	754	F	5k	Overall female	63	Seneca	WI	00:45:57.22	14:47 /mi
27	Heather	Darling	713	F	5k	Overall female	37	Lansing	IA	00:48:09.11	15:30 /mi
28	Kara	Lotsberg	759	F	5k	Overall female	35	Woobury	MN	00:50:14.82	16:10 /mi
29	Allison	Rose	763	F	5k	Overall female	36	Hawkeye	IA	00:50:15.06	16:10 /mi
30	Kayla	Norman	732	F	5k	Overall female	34	Salt Lake City	UT	00:54:39.13	17:35 /mi
31	Sam	Galema	718	F	5k	Overall female	29	Richfield	MN	00:57:32.32	18:31 /mi
32	Maryann	Baldwin	711	F	5k	Overall female	64	DeSoto	WI	00:59:22.40	19:06 /mi
33	Shelly	Galema	720	F	5k	Overall female	54	Lansing	IA	01:01:47.45	19:53 /mi
1	Patrick	Stroeder	702	M	5k	M14-	12	Sheboygan	WI	00:24:47.26	07:58 /mi
2	Lukas	Weber	735	M	5k	M14-	14	Lancaster	WI	00:24:51.50	08:00 /mi
3	Colin	Cripe	748	M	5k	M14-	12	Cedar Rapids	IA	00:25:16.55	08:08 /mi
4	Matthew	Lyons	705	M	5k	M14-	13	Lansing	IA	00:26:20.31	08:28 /mi
5	Hudson	Delaney	740	M	5k	M14-	11	Decorah	IA	00:26:46.49	08:37 /mi
6	Reece	Krantz	738	M	5k	M14-	13	Lancaster	WI	00:29:27.69	09:28 /mi
7	Xander	Howard	715	M	5k	M14-	13	Lansing	IA	00:34:20.36	11:03 /mi
1	Madaline	Mauss	710	F	5k	F14-	13	New Ailbin	IA	00:28:11.50	09:04 /mi
2	Ella	Winters	755	F	5k	F14-	11	Lansing	IA	00:28:12.11	09:04 /mi
3	Peyton	Elsbernd	736	F	5k	F14-	12	Calmar	IA	00:30:31.94	09:49 /mi
4	Avery	Peters	737	F	5k	F14-	12	Ossian	IA	00:30:32.62	09:49 /mi
5	Rylee	Hess	731	F	5k	F14-	7	Lansing	IA	00:44:44.49	14:24 /mi
1	Travis	Tock	701	M	5k	M15-19	18	Sheboygan	WI	00:17:09.07	05:31 /mi
2	Brayden	Frey	741	M	5k	M15-19	18	Cedar Falls	IA	00:17:34.69	05:39 /mi
3	Justin	Wagner	746	M	5k	M15-19	16	Lansing	IA	00:19:42.94	06:21 /mi
4	Brady	Cripe	747	M	5k	M15-19	15	Cedar Rapids	IA	00:21:23.50	06:52 /mi
5	Kaeden	Weber	743	M	5k	M15-19	15	Lansing	IA	00:22:05.17	07:06 /mi
6	Cater	Verthein	714	M	5k	M15-19	15	Lansing	IA	00:22:09.76	07:07 /mi
7	Isaiah	Wagner	707	M	5k	M15-19	16	Lansing	IA	00:23:41.66	07:37 /mi
8	Daniel	Jones	727	M	5k	M15-19	15	Lansing	IA	00:24:51.82	08:00 /mi
9	Dalton	Mudderman	752	M	5k	M15-19	18	Lansing	IA	00:25:53.95	08:20 /mi
1	Cameron	Johnson	753	F	5k	F15-19	18	Waukon	IA	00:25:57.42	08:21 /mi
2	Addison	Winters	756	F	5k	F15-19	16	Lansing	IA	00:29:33.08	09:30 /mi
3	Lillian	Kolsud	700	F	5k	F15-19	16	Lansing	IA	00:29:54.16	09:37 /mi
4	Kailyn	OGara	725	F	5k	F15-19	19	Decorah	IA	00:29:57.06	09:38 /mi
5	Nastia	Zipse	712	F	5k	F15-19	19	New Ailbin	IA	00:30:53.46	09:56 /mi
6	Kathryn	Stroeder	703	F	5k	F15-19	18	Sheboygan	WI	00:32:16.97	10:23 /mi
1	Lucas	Lashock	723	M	5k	M20-29	27	La Cross	IA	00:21:45.11	07:00 /mi
1	Angela	Villarreal	708	F	5k	F20-29	24	Decorah	IA	00:38:03.64	12:15 /mi
2	Sam	Galema	718	F	5k	F20-29	29	Richfield	MN	00:57:32.32	18:31 /mi
1	Mark	West	716	M	5k	M30-39	36	Dubuque	IA	00:22:28.14	07:13 /mi
2	Mike	McDowell	744	M	5k	M30-39	34	Polk City	IA	00:26:12.75	08:26 /mi
3	Ryan	Delaney	739	M	5k	M30-39	37	Decorah	IA	00:30:41.41	09:52 /mi
4	Blake	Sondry	729	M	5k	M30-39	31	Los Angles	CA	00:33:01.76	10:37 /mi
5	Mitch	Hess	730	M	5k	M30-39	38	Lansing	IA	00:44:44.66	14:24 /mi
6	Cullen	Norman	728	M	5k	M30-39	32	Duluth	MN	00:54:39.85	17:35 /mi
7	Jacob	Gelema	719	M	5k	M30-39	32	South Saint Paul	MN	01:02:19.18	20:03 /mi
1	Rhianna	Galema	709	F	5k	F30-39	30	Minneapolis	MN	00:26:52.20	08:39 /mi
2	Allison	O'Geara	724	F	5k	F30-39	34	Decorah	IA	00:29:57.02	09:38 /mi
3	Melissa	Mohn	726	F	5k	F30-39	33	Lansing	IA	00:33:15.27	10:42 /mi
4	Alison	West	717	F	5k	F30-39	32	Dubuque	IA	00:33:23.76	10:45 /mi
5	Miranda	McCormick	745	F	5k	F30-39	34	New Ailbin	IA	00:36:46.86	11:50 /mi
6	Amber	Weber	721	F	5k	F30-39	33	Lansing	IA	00:45:41.65	14:42 /mi
7	Heather	Darling	713	F	5k	F30-39	37	Lansing	IA	00:48:09.11	15:30 /mi
8	Kara	Lotsberg	759	F	5k	F30-39	35	Woobury	MN	00:50:14.82	16:10 /mi
9	Allison	Rose	763	F	5k	F30-39	36	Hawkeye	IA	00:50:15.06	16:10 /mi
10	Kayla	Norman	732	F	5k	F30-39	34	Salt Lake City	UT	00:54:39.13	17:35 /mi
1	Colin	Walsh	761	M	5k	M40-49	40	La Cross	WI	00:30:06.13	09:41 /mi
2	Tony	Beecker	704	M	5k	M40-49	44	Riceville	IA	00:51:40.54	16:37 /mi
1	Sara	Winters	757	F	5k	F40-49	44	Lansing	IA	00:31:43.70	10:12 /mi
2	Laurie	Tope	742	F	5k	F40-49	42	Decorah	IA	00:33:45.64	10:52 /mi

1	Bob	Johnson	751	M	5k	M50+	51	Waukon	IA	00:30:33.67	09:50 /mi
2	John	Hofmann	734	M	5k	M50+	60	White Fish Bay	WI	00:39:09.17	12:36 /mi
3	Paul	Bartels	760	M	5k	M50+	70	Waueka	WI	00:45:36.40	14:40 /mi
4	Tim	Delaney	706	M	5k	M50+	57	Lansing	IA	00:51:39.69	16:37 /mi
1	Bernetta	Bartels	758	F	5k	F50+	66	Wauzeka	WI	00:28:25.83	09:09 /mi
2	Patti	Troendle	749	F	5k	F50+	65	Lansing	IA	00:33:38.93	10:49 /mi
3	Danette	Jones	750	F	5k	F50+	53	Waukon	IA	00:38:15.18	12:18 /mi
4	Teresa	Hofmann	733	F	5k	F50+	54	White Fish Bay	WI	00:39:09.11	12:36 /mi
5	Shelly	Weber	722	F	5k	F50+	55	Lansing	IA	00:45:49.18	14:45 /mi
6	Kim	Redman	754	F	5k	F50+	63	Seneca	WI	00:45:57.22	14:47 /mi
7	Maryann	Baldwin	711	F	5k	F50+	64	DeSoto	WI	00:59:22.40	19:06 /mi
8	Shelly	Galema	720	F	5k	F50+	54	Lansing	IA	01:01:47.45	19:53 /mi