

2022 GRACE'S LEMONADE 5K RUN - 7/23/2022

7/23/2022

Results**RunnerStuff.com****Event 1 Girls 8&U 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Women 8 & Under			
1 Logan, Marie	7 Ames	33:25.00	
2 Dubisar, Clementine	7 Ames	48:24.60	
3 Hall, Emma	8 Fulton	48:26.50	
4 Terry, Kierra	8 Ames	49:35.20	

Event 1 Boys 8&U 5000 Meter Run

Name	Age Team	Finals	Points
Results - Men 8 & Under			
1 Huey, Evan	7 Ames	40:54.90	
2 Broussard, Hunter	8 Gilbert	48:56.30	

Event 1 Girls 9-14 5000 Meter Run

Name	Age Team	Finals	Points
Results - Women 9-14			
1 Riley, Isabella	14 Ames	25:57.30	
2 Brownmiller, Nicole	13 Mason City	26:01.80	
3 Leichty, Ella	12 Ames	27:05.30	
4 Weig, Harper	10 Nevada	30:17.20	
5 Gruhn, Hailey	12 Nevada	32:12.00	
6 Niegsch, Mollie	10 Ames	41:30.10	
7 Hauser, Olivia	12 State Center	45:09.00	
8 Oetker, Adeline	14 Ames	48:46.30	
9 Hall, Grace	12 Fulton	50:16.00	

Event 1 Boys 9-14 5000 Meter Run

Name	Age Team	Finals	Points
Results - Men 9-14			
1 Logan, George	10 Ames	23:44.10	
2 Haley, Hunter	13 Nevada	26:41.80	
3 Check, Tanner	11 Nevada	27:53.90	
4 Wierson, Zach	13 Nevada	28:40.00	
5 Nelson, Logan	13 Ames	30:24.20	
6 Hauser, Will	10 State Center	33:28.40	
7 Niegsch, Joe	11 Ames	36:43.70	
8 Huey, Adam	9 Ames	40:55.30	
9 Chappell, Valor	10 Nevada	41:41.50	
10 Wendland, Jaxson	14 Grimes	44:42.70	
11 Wendland, Cooper	14 Grimes	44:44.50	
12 Terry, Gerald	9 Ames	45:03.00	
13 Leichty, Micah	10 Ames	45:47.00	
14 Winters, Abraham	10 Ames	49:11.90	
15 Withers, Oscar	9 Ames	50:16.10	

2022 GRACE'S LEMONADE 5K RUN - 7/23/2022**7/23/2022****Results****Event 1 Women 15-19 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Women 15-19			
1 Helmers, Claire	16 Ames	19:15.70	
2 Thatcher, Mary	19 Ames	22:33.30	
3 Hauser, Emelia	17 State Center	22:45.20	
4 Fowler, Maya	16 Ames	23:46.50	
5 Roose, Katy	16 Pella	30:01.80	
6 Thompson, Aubrey	15 Nevada	30:27.80	
7 Hauser, Kate	15 State Center	33:32.00	
8 Mehari, Saron	16 Nevada	34:04.20	
9 Wiertzema, Madison	19 Ames	43:46.70	
10 hanson, Araely	18 Ames	51:17.60	

Event 1 Men 15-19 5000 Meter Run

Name	Age Team	Finals	Points
Results - Men 15-19			
1 Aldamak, Ahmed	15 Ames	17:27.00	
2 Watkins, Sam	16 Grimes	17:52.00	
3 Holm, Karsten	17 Ames	18:19.80	
4 Higgins, John	17 Ames	21:20.10	
5 Wolters, Jason	17 Ames	22:24.20	
6 Schindel, Drew	18 Ames	25:10.10	
7 Oetker, Chase	17 Ames	25:34.90	
8 Hillier, Adam	18 Ames	27:22.40	
9 Jones, Carsen	18 Ames	27:27.60	

Event 1 Women 20-29 5000 Meter Run

Name	Age Team	Finals	Points
Results - Women 20-29			
1 Paulson, Natalie	21 Grimes	18:12.60	
2 Thatcher, Hannah	20 Ames	22:33.30	
3 Lipsey, Teagan	20 Ames	26:40.10	
4 Roberts, Ammy	23 Tama	37:55.30	
5 Wang, Mai Mai	27 Ames	39:43.20	
6 Murray, Marisa	27 Des Moines	39:44.60	
7 Van Donselaar, Brittany	21 Otley	51:10.40	

Event 1 Men 20-29 5000 Meter Run

Name	Age Team	Finals	Points
Results - Men 20-29			
1 Schung, Jason	26 Ames	21:39.20	
2 Behle, Quentin	24 Boone	22:55.80	
3 Jones, Robert	21 Ames	23:43.70	
4 Pollard, Thomas	25 Ames	23:44.60	
5 Phillips, Nathan	26 Ankeny	25:21.30	
6 Kalsceur, Gabe	23 Ames	45:03.60	
7 Papendick, JJ	20 Pella	51:09.00	
-- Thomas (Wc Athlete), No	23 Ames	X16:33.30	

2022 GRACE'S LEMONADE 5K RUN - 7/23/2022**7/23/2022****Results****Event 1 Women 30-39 5000 Meter Run**

Name	Age	Team	Finals	Points
Results - Women 30-39				
1 Logan, Amy	36	Ames	25:07.70	
2 McClanahan, Alex	36	Ames	26:24.10	
3 Carter, Holly	31	Ames	27:09.50	
4 Bradner, Laura	34	Ames	27:32.00	
5 Sampson, Kelsey	32	Nevada	28:01.80	
6 Dinsdale, Kayla	30	Ames	29:18.40	
7 Hagen, Jena	37	Ames	29:37.60	
8 Grove, April	36	Ames	35:18.20	
9 Brehmer, Claire	31	Stuart	35:46.20	
10 Fisher, Kelsey	31	Ames	36:02.80	
11 Locke, Leah	31	Ames	41:44.60	
12 Hult, Melissa	35	Ankeny	44:15.90	
12 Palma, Rachel	34	Ankeny	44:15.90	
14 Broussard, Alyssa	34	Gilbert	48:56.00	

Event 1 Men 30-39 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 30-39				
1 Mongar, John	35	Ames	19:02.80	
2 Paulaitis, Joshua	37	Norfolk	20:07.30	
3 Holub, Joseph	37	Ames	23:48.60	
4 Sampson, Bryce	32	Nevada	25:31.10	
5 McClanahan, Dan	36	Ames	26:24.10	
6 Bradner, Matthew	36	Ames	27:33.80	
7 Parker, Josh	37	Ames	30:09.20	
8 Baker, Brandon	32	Ames	30:31.80	
9 Logan, Joel	38	Ames	33:25.30	
10 Locke, Steve	35	Ames	36:03.90	
11 Huey, Trevor	31	Ames	40:54.50	
12 Winters, John	38	Ames	49:12.50	
13 Smith, Ben	36	Gilbert	51:07.50	

Event 1 Women 40-49 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 40-49				
1 Salotti, Valentina	40	Ames	20:24.90	
2 Place-Fencl, Kecia	45	Ames	25:58.30	
3 Diersen, Patty	41	Ames	29:53.00	
4 Roose, Kristi	43	Pella	30:01.80	
5 Hawthorne, Amy	49	Ames	30:52.80	
6 Niegsch, Marcie	49	Ames	30:54.60	
7 Livingston, Stephanie	47	Ames	31:58.30	
8 Allen, Brenda	48	Ames	35:24.30	
9 Moeller, Sara	44	Boone	36:19.30	
10 Roberts, Lucie	49	Tama	37:19.20	
11 Oldham, Anne	49	Ames	39:48.20	
12 Koch, Kim	45	Nevada	41:43.10	
13 Wiertzema, Amber	45	Ames	44:07.60	

2022 GRACE'S LEMONADE 5K RUN - 7/23/2022**7/23/2022****Results****...Event 1 Women 40-49 5000 Meter Run**

14	Dubisar, Abby	43	Ames	48:25.90
15	Hall, Beth	44	Fulton	48:27.80
16	Jepsen, Alisha	47	Cambridge	49:33.00
17	Oetker, Jen	45	Ames	50:08.80
18	Schieffer, Nikole	41	Ames	51:18.20

Event 1 Men 40-49 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 40-49				
1	Norlin, Chad	42	Ames	19:13.40
2	Ueland, Benjamin	43	Ames	20:44.70
3	Fencl, Tim	43	Ames	28:47.50
4	Hauser, Brent	49	State Center	30:14.20
5	Thompson, Matt	44	Nevada	30:32.50
6	Hawthorne, Greg	48	Ames	30:53.00
7	Odonnell, Mike	43	Ames	32:39.20
8	Nelson, Erin	42	Ames	38:14.20
9	Withers, Jeremy	46	Ames	41:29.30
10	Jepsen, Joel	47	Cambridge	49:33.50
11	Terry, Brent	48	Ames	50:27.10

Event 1 Women 50-59 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 50-59				
1	Behle, Diane	59	Boone	32:56.90
2	Boothe, Tracey	55	Ames	33:11.90
3	Davis, Karen	55	Stuart	34:41.10
4	Sterenber, Jane	54	Boone	41:28.30
5	Shulman, Cynthia	56	Ames	47:29.40
6	Leichty, Kristen	51	Ames	47:54.00

Event 1 Men 50-59 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 50-59				
1	Peterson, Marc	52	Ames	17:34.10
2	Bannantine, John	57	Ames	21:56.80
3	Moody, Mike	53	Ames	24:11.40
4	evans, dave	57	Ames	26:13.70
5	Leichty, Mark	53	Ames	26:34.50
6	Gruhn, Matt	50	Nevada	28:31.20
7	Niegsch, Jason	50	Ames	30:56.40

Event 1 Women 60+ 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 60+				
1	Eyles, Judi	60	Ames	25:06.10
2	Schimelfenig, Carla	61	Nevada	28:32.30

2022 GRACE'S LEMONADE 5K RUN - 7/23/2022**7/23/2022****Results****...Event 1 Women 60+ 5000 Meter Run**

3 Clark, Mary	60 Ames	31:58.40
4 Rasmussen, Ann	61 Ames	41:55.80
5 Bazylnski, Catherine	68 Ames	43:48.60
6 Thompson, Patricia	68 Marshalltown	44:13.20
7 Swanson, Grace	67 Ames	46:11.10
8 Burg, Lois	66 State Center	46:30.30

Event 1 Men 60+ 5000 Meter Run

Name	Age Team	Finals	Points
------	----------	--------	--------

Results - Men 60+

1 Jepsen, Randi	65 Ames	30:13.00	
2 Engle, Ed	60 Ames	36:03.50	
3 Martinez, Ricardo	66 Nevada	37:37.20	
4 Peden, William	62 Marshalltown	44:12.90	
5 Duncan, Randy	64 Ames	46:27.00	