

Keota Days 1M Road Race/Walk

June 21, 2025

Keota, Iowa

1 mile – female

Age 10 & under

1. Moriah Frieden, 18:57

Age 11–12

1. Anna Greiner, 7:28 (overall 1 mile female winner)

2. Aspen Sieren, 10:34

3. Kami McCombs, 10:35

Age 13–18

1. Avery Janecek, 7:35

2. Hadley Cave, 9:36

3. Mia Conrad, 9:37

Age 19–39

1. Emily Lyle, 11:02

2. Kaitlyn Heier, 11:07

3. Madison Adam, 17:54

Age 40+

1. Sharon Lyle, 13:55

2. Kathy Sieren, 18:56

1 mile – male

Age 10 & under

1. Tucker Janecek, 8:49

2. Jack Bayliss, 10:44

3. Owen Lyle, 10:59

Age 11–12

1. Emerson Lyle, 7:21

Age 13–18

1. Luke Moeller, 6:43

2. Landon Beinhart, 7:17

Age 19–39

1. Justin Moeller, 6:17 (overall 1 mile male winner)

2. Caleb Lyle, 11:01

3. Blake Bayliss, 18:13

Age 40+

1. Craig Beinhart, 17:38

2. Denny Lyle, 17:40

3. Tom Sieren, 22:44