

Grace's Lemonade 5K Run

Ada Hayden Park * 7/22/2017

5K Run Age Group Results

Name	Age	City	Time	Pts
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14 & Under Results - Women 5000 Run				
1 Risdal, Lauren	W9	Ames	27:03.56	1
2 Pyle, Taylor	W10	Ames	30:15.76	2
3 Pyle, Ellie	W12	Ames	30:16.24	
4 Ferin, Kelsie	W3	Johnston	31:15.81	
5 Helfer, Genevieve	W12	Ames	32:30.63	
6 Bennett, Lucy	W14	Ames	40:36.60	
7 Thoen, Natalie	W14	Ames	40:37.68	
8 Bennett, Edie	W8	Ames	42:20.05	
9 Skyberg, Addysyn	W9	Ames	48:51.00	
10 Wendt, Harper	W8	Huxley	50:47.00	
11 Nigh, Kate	W8	Ames	53:27.00	
15-19 Results - Women 5000 Run				
1 Alexander, Tegan	W19	Elizabeth	22:57.77	
2 Buchanan, Isabel	W17	Des Moines	29:29.33	
3 Couves, Lauren	W16	Ames	33:24.10	1
4 Arndt, Grace	W16	Ames	46:50.00	2
5 Arndt, Anna	W18	Ames	46:51.00	
20-29 Results - Women 5000 Run				
1 Uhl, Lisa	W25	Ames	20:51.22	1
2 Nenninger, Ariel	W25	Ames	25:46.17	2
3 Reyes, Judith	W21	Ames	27:19.63	
4 Hinrichs, Whitney	W24	West Des Moines	28:38.27	3
5 Sailer, Katie	W20	Ames	29:05.43	
6 Pudenz, Bekah	W20	Ames	30:04.71	
7 Scott, Jessica	W29	Ames	31:28.09	
8 Tebbutt, Hailey	W20	Ames	31:38.90	
9 Trowbridge, Chelsea	W29	Ames	31:45.48	
10 Thompson, Rachel	W28	Ames	31:46.08	
11 Thompson, Erica	W26	West Des Moines	31:46.81	4
12 Ballinger, Ally	W21	Cedar Rapids	32:52.11	
13 Wilkinson, Grace	W29	Ames	34:08.47	
14 Hoffman, Cambria	W22	Ames	38:39.63	
15 Tyner, Samantha	W27	Ames	40:31.62	
16 Muhlenburg, Katelyn	W25	Ames	40:47.88	
17 Jindrich, Ann	W24	Ames	48:51.00	
30-39 Results - Women 5000 Run				
1 Risdal, Jodi	W39	Ames	27:03.83	1
2 Brink, Brenda	W39	Ames	29:11.09	2
3 Pyle, Susan	W39	Ames	30:38.60	
4 Moorman, Amanda	W30	Ames	31:00.40	
5 TeBockhoist, Sara	W35	Ames	32:08.54	
6 Michael, Becky	W37	Ankeny	40:29.08	
7 Wendt, Erin	W39	Huxley	50:47.00	
8 Bear, Christine	W37	Ames	52:52.00	

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40-49 Results - Women 5000 Run

1	Schmitt, Dana	W46 Ames	23:53.08	1
2	Grove, Andrea	W44 Ames	24:37.71	2
3	Brooke, Melissa	W47 Ames	27:41.68	
4	McKinney, Alissa	W49 Des Moines	29:28.92	
5	Berryhill, Chris	W46 Ames	31:58.51	
6	Eckhoff, Jeni	W45 Ames	33:02.64	
7	Couves, Karen	W49 Ames	33:24.41	
8	Arndt, Kristine	W44 Ames	34:05.25	
9	Kearney, Bridget	W47 Sheldahl	34:47.81	
10	Livingston, Stephanie`	W42 Ames	34:48.41	
11	Oldham, Anne	W44 Ames	37:55.54	
12	Chriswell, Amy	W41 Ames	38:19.53	
13	Johnson, Amy	W44 Madrid	38:44.16	
14	Muhlenburger, Valaree	W46 Ames	41:56.46	
15	Ryken, Marcy	W46 Ames	46:24.12	
16	Helfer, Pamela	W44 Ames	47:20.00	
17	Allen, Brenda	W43 Ames	47:21.00	
18	Wagner, Janel	W46 Huxley	50:37.00	
19	Osborn, Amy	W41 Urbandale	50:37.00	
20	Bohnert, Monica	W48 Ames	52:52.00	
21	Nigh, Steph	W44 Ames	53:44.00	

50-59 Results - Women 5000 Run

1	Steyer, Jodi	W50 Ames	26:17.28	1
2	Scott, Beth	W50 Nevada	28:39.11	
3	Mosiman, Mary	W55 Ames	30:12.31	2
4	McKimpson, Lori	W57 Ames	30:41.30	
5	Davis, Karen	W50 Stuart	31:24.03	
6	Boothe, Tracey	W50 Ames	31:37.86	
7	Clark, Mary	W55 Ames	31:38.16	
8	Thompson, Suzanne	W58 Ames	37:58.67	
9	Kaspar, Cathy	W58 Ames	46:24.12	
10	Tebbutt, Sharon	W52 Ames	46:49.00	
11	Ruther, Marva	W51 Ames	47:44.00	
12	Fox, Sharon	W51 Ames	48:28.00	

60+ Results - Women 5000 Run

1	Edwards, Marie	W62 Ames	33:11.26	1
2	Bergan, Karen	W69 Ames	42:52.20	2
3	Nelson, Linda	W62 Boone	54:46.00	
4	Walker, Kathy	W61 Ames	55:01.00	

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5K Run Age Group Results

14 & Under Results - Men 5000 Run

1	Williams, Jonathon	M12	Ames	20:41.18	1
2	Williams, Geoffrey	M10	Ames	22:51.93	2
3	Hatcher, Will	M13	Ames	24:07.45	
4	McDonough, Smith	M7	Ames	24:35.90	
5	Zenger, Hunter	M12	Ames	29:24.35	
6	Glenn, Theo	M8	Ames	31:06.89	
7	Ryken, Jonathan	M9	Ames	37:49.99	
8	Niegsch, Charlie	M11	Ames	42:44.69	
9	Nigh, Aidan	M12	Ames	52:48.00	
10	Helfer, Jacob	M10	Ames	53:25.00	

15-19 Results - Men 5000 Run

1	Thomas, Noah	M18	Story City	16:54.72	
2	Warehime, Spencer	M18	Ames	17:05.90	1
3	Warrick, Ean	M16	Ames	19:03.68	2
4	Graber, Christian	M17	Ames	20:47.63	
5	Berryhill, Alex	M17	Ames	20:56.09	
6	Tebbutt, Ander	M16	Ames	21:41.13	
7	Hillier, Ian	M16	Ames	26:02.57	

20-29 Results - Men 5000 Run

1	Pyle, Benjamin	M27	Ames	22:24.13	1
2	Strickland, Colin	M22	Ames	23:35.25	2
3	Swalla, Hank	M20	Ames	23:35.55	
4	Palas, Justin	M22	Story City	24:03.41	3
5	Vasquez, Jose	M21	Sioux City	26:35.57	
6	Sonntag, Quinn	M20	Ames	30:04.97	
7	Moore, Jordan	M23	Story City	30:51.97	4
8	Grantham, Thomas	M27	Ames	37:47.52	
9	Saetia, Danny	M22	Ames	39:39.07	

30-39 Results - Men 5000 Run

1	Young, Neil	M34	Des Moines	17:53.54	
2	Pyle, Matthew	M39	Ames	24:59.55	1
3	Crouse, Tim	M30	Ames	20:08.52	2
4	Wierson, Matt	M32	Ames	20:31.38	
5	Basulto-Elias, Guillermo	M30	Ames	21:45.11	
6	Silerio-Vazquez, Martin	M31	Ames	22:42.25	
7	Rasmussen, Jason	M35	Ames	23:12.06	
8	Wood, Aaron	M37	Ames	25:07.95	
9	Hasiuk, Francis	M37	Ames	25:38.54	
10	Moorman, Justin	M31	Ames	30:56.78	
11	Stamm, Cody	M32	Polk City	33:14.18	
12	Tebockhorst, John	M35	Ames	37:05.73	
13	Monroe, Matthew	M30	West Des Moines	40:31.01	

40-49 Results - Men 5000 Run

1	McDonough, Troy	M41	Ames	24:39.83	1
2	Glenn, Dave	M46	Ames	31:07.51	2
3	Chriswell, Brad	M43	Ames	31:57.32	
4	Niegsch, Jason	M45	Ames	42:45.07	
5	Helfer, Wade	M44	Ames	53:25.00	
6	Nigh, Jeff	M47	Ames	53:50.00	

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50-59 Results - Men 5000 Run

1	Parsons, Mike	M57	Ames	27:18.33	1
2	Campbell, Steve	M58	Ames	28:13.62	2
3	Bennett, Darryl	M51	Ames	32:26.83	
4	Graber, Kendall	M52	Ames	35:04.82	
5	Tebbutt, Charles	M51	Ames	46:49.00	

60+ Results - Men 5000 Run

1	Word, Christopher	M64	La Crescenta	29:34.48	
2	Olson, Terry	M67	Ames	32:44.57	1
3	ravenscroft, alvin	M83	Ames	49:35.00	2
4	Nelson, Kim	M62	Boone	54:46.00	