

**RUN4FUN CROSS COUNTRY 5K**

Iowa City, IA  
 Kickers Cross Country Course  
 Saturday, July 22, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Jeff Sears  
**Timing:**  
 Matthew Shannon



**OFFICIAL MEET REPORT**  
 printed: 7/22/2023 8:56 AM

**Race #1**  
**Mens 5K**

**Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM		
1		CONROY, Liam		TrueNorth Compani	-	18:50.39	---	6:03.5	3:46.1
2		LAUE, Max		Terracon Consultan	-	19:39.12	48.73	6:19.1	3:55.8
3		KRESS, chase		Mount Mercy Univer	-	20:47.92	1:57.53	6:41.3	4:09.6
4		YOUNGBLUT, Matt		Syncbak- Inc.	-	21:37.71	2:47.32	6:57.3	4:19.5
5		TOBIN, Joey		TrueNorth Compani	-	22:34.81	3:44.42	7:15.6	4:31.0
6		JOHNSON, Kevin		BAE Systems	-	22:49.13	3:58.74	7:20.2	4:33.8
7		ANGEL, Trey		GreatAmerica Finan	-	23:06.34	4:15.95	7:25.8	4:37.3
8		MILLER, Luke		City of Cedar Rapid	-	23:09.79	4:19.40	7:26.9	4:38.0
9		COBLENTZ, Lee		CRST- The Transp	-	23:37.19	4:46.80	7:35.7	4:43.4
10		DILLMAN, Joel		Van Meter Inc.	-	24:06.57	5:16.18	7:45.1	4:49.3
11		FRAZIER, Isaac		Unattached	-	24:07.16	5:16.77	7:45.3	4:49.4
12		FRAZIER, Mitch		Shive-Hattery	-	24:39.96	5:49.57	7:55.9	4:56.0
13		CAGNARD, Mathieu		Lesaffre	-	25:51.05	7:00.66	8:18.7	5:10.2
14		MURPHY, Nate		Crystal Group- Inc.	-	27:02.11	8:11.72	8:41.6	5:24.4
15		CHRISTOPHERSEN, Conno		CRST- The Transp	-	27:56.25	9:05.86	8:59.0	5:35.3
16		BANWARTH, Noah		BAE Systems	-	27:59.70	9:09.31	9:00.1	5:35.9
17		PETERS, John		BerganKDV	-	28:02.51	9:12.12	9:01.0	5:36.5
18		TYLER, Krys		Unattached	-	28:14.70	9:24.31	9:04.9	5:38.9
19		MCGRATH, Brian		World Class Industri	-	28:28.04	9:37.65	9:09.2	5:41.6
20		CRAM, Martin		TrueNorth Compani	-	28:30.97	9:40.58	9:10.2	5:42.2
21		STOVER, Andrew		GreatAmerica Finan	-	29:15.37	10:24.9	9:24.4	5:51.1
22		WRIGHT, Travis		Shive-Hattery	-	29:19.05	10:28.6	9:25.6	5:51.8
23		RIDGWAY, Isaac		TrueNorth Compani	-	30:13.86	11:23.4	9:43.2	6:02.8
24		MALLIE, Dustin		GreatAmerica Finan	-	30:49.94	11:59.5	9:54.8	6:10.0
25		DRISCOLL, Harrison		Basepoint Wealth-	-	31:25.63	12:35.2	10:06.3	6:17.1
26		JENCKS, Aaron		Syncbak- Inc.	-	31:38.58	12:48.1	10:10.5	6:19.7
27		CENDROWSKI, Michael		GreatAmerica Finan	-	31:45.71	12:55.3	10:12.8	6:21.1
28		FULLERTON, Darrin		CBS2/Fox 28 - Iowa	-	32:04.34	13:13.9	10:18.8	6:24.9
29		BELL, Carter		CRST- The Transp	-	34:58.96	16:08.5	11:14.9	6:59.8
30		BURGOS, Miguel		GreatAmerica Finan	-	37:48.12	18:57.7	12:09.3	7:33.6
31		JONES, Jim		Price Electric	-	49:01.43	30:11.0	15:45.8	9:48.3

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**Race #2**  
**Womens 5K**

**Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 LEHENBAUER, Lauren		McGrath Family of	-	23:16.71	---	7:29.1	4:39.3
2 BURKE, Crystal		GreatAmerica Finan	-	23:40.25	23.54	7:36.7	4:44.1
3 SCHMIDT, Kacee		Anderson Bogert	-	26:05.75	2:49.04	8:23.5	5:13.2
4 FRAZIER, Kaylee		Unattached	-	26:29.91	3:13.20	8:31.2	5:18.0
5 MCGUIRE, Carma		CRST- The Transp	-	27:34.78	4:18.07	8:52.1	5:31.0
6 SCHEITLIN, Abby		TrueNorth Compani	-	28:52.58	5:35.87	9:17.1	5:46.5
7 TYLER, Kate		Mount Mercy Univer	-	28:55.52	5:38.81	9:18.0	5:47.1
8 WELLE, Ariaah		Cedar Rapids Bank	-	29:19.81	6:03.10	9:25.9	5:52.0
9 HOLMES, Jordan		Basepoint Wealth-	-	31:48.33	8:31.62	10:13.6	6:21.7
10 WALLACE, Kate		Basepoint Wealth-	-	32:37.02	9:20.31	10:29.3	6:31.4
11 MANN, Tina		Transamerica/Aego	-	34:50.35	11:33.6	11:12.1	6:58.1
12 WHITE, Ariel		SCHEELS	-	36:17.72	13:01.0	11:40.2	7:15.5
13 GERDES, Hannah		Basepoint Wealth-	-	39:12.95	15:56.2	12:36.6	7:50.6
14 ALBERT, Kelli		Anderson Bogert	-	40:25.62	17:08.9	12:59.9	8:05.1
15 MCGRATH, Jessica		Unattached	-	44:15.38	20:58.6	14:13.8	8:51.1
16 KULA, Katie		Basepoint Wealth-	-	46:04.89	22:48.1	14:49.0	9:13.0
17 WOODS, Shelley		Basepoint Wealth-	-	46:04.89	22:48.1	14:49.0	9:13.0
18 DEVINE, Carla		Cedar Rapids Bank	-	47:42.57	24:25.8	15:20.4	9:32.5
19 FOXX, Katheryn		Price Electric	-	48:58.74	25:42.0	15:44.9	9:47.7
20 WALVOORD, Kathy		Basepoint Wealth-	-	53:21.50	30:04.7	17:09.4	10:40.3