

**2016 HANGING ROCK 5K CHALLENGE - 6/25/2016**

**Redfield, IA**

**AGE GROUP RESULTS**

**5K Run / Walk**

Name	Age	Town	Avg Mile	Finals
<b>14 &amp; Under Results - Women 5000 Run</b>				
1 Becker, Sabrina	W13	Stuart, IA	11:41.7	36:19.84
2 Reynolds, Leah	W7	Redfield, IA	14:47.5	45:57.20
<b>15-19 Results - Women 5000 Run</b>				
1 Hunemiller, Shelby	W19	Dexter, IA	7:07.9	22:09.35
2 Becker, Olivia	W15	Stuart, IA	9:01.9	28:03.52
3 Dezeeuw, Alaina	W19	Redfield, IA	17:18.9	53:47.44
<b>30-39 Results - Women 5000 Run</b>				
1 Juffer, Laura	W39	Adel, IA	8:41.4	26:59.84
2 Braun, Melodie	W38	Adel, IA	9:37.2	29:53.12
3 Reynolds, Miranda	W35	Westminister, CO	9:53.8	30:44.86
4 Chance, Emily	W35	Ankeny, IA	11:54.2	36:58.74
5 Escoto, Jenny	W37	Stuart, IA	15:25.5	47:55.12
6 Martinez, Katie	W39	Redfield, IA	16:05.7	50:00.10
7 Coe, Sara	W37	Roeland Park, KS	17:19.0	53:47.75
<b>40-49 Results - Women 5000 Run</b>				
1 Lantz, Lisa	W40	Decorah, IA	10:24.0	32:18.56
2 Davis, Regina	W41	Ankeny, IA	10:49.3	33:37.21
3 Wahman, Julie	W46	Dexter, IA	11:14.1	34:54.18
4 Witte, Mary	W47	Princeton, MN	15:55.9	49:29.79
5 Dezeeuw, Amy	W46	Redfield, IA	17:18.9	53:47.44
<b>50-59 Results - Women 5000 Run</b>				
1 Griffith, Janean	W56	Des Moines, IA	7:54.5	24:33.95
2 Wasson, Gayla	W57	Panora, IA	12:14.9	38:03.12
3 Wagers, Carol	W57	Redfield, IA	13:20.8	41:27.85
4 Grundmeier, Kathy	W55	Stuart, IA	14:18.6	44:27.32
<b>60-69 Results - Women 5000 Run</b>				
1 Harvey, Ruth	W66	Redfield, IA	16:05.7	50:00.06
<b>14 &amp; Under Results - Men 5000 Run</b>				
1 Foster, Loudon	M14	Stuart, IA	6:43.7	20:54.02
2 Dickson, Jayden	M13	Stuart, IA	7:03.8	21:56.69
3 Vokes, Tiernan	M9	Adel, IA	9:56.8	30:54.14
4 Vokes, Emerson	M8	Adel, IA	12:16.6	38:08.52
5 Vokes, Elliott	M8	Adel, IA	13:07.2	40:45.74
6 Kalbach, Nathan	M13	Stuart, IA	15:22.0	47:44.30
<b>15-19 Results - Men 5000 Run</b>				
1 Denning, Nathan	M15	Stuart, IA	6:53.7	21:25.12
2 Kalbach, Alex	M16	Stuart, IA	8:15.0	25:37.64
3 Wiles, Truman	M19	Redfield, IA	8:17.9	25:46.75
4 Kalbach, Johnny	M15	Stuart, IA	10:02.7	31:12.37
<b>20-29 Results - Men 5000 Run</b>				
1 Ekel, Nick	M26	Creston, IA	5:40.9	17:39.12
2 Rogers, Justin	M21	Roy, UT	6:03.4	18:48.88
3 Cave, Jacob	M25	Redfield, IA	7:24.8	23:01.94
<b>30-39 Results - Men 5000 Run</b>				
1 Donnelly, Trent	M39	Adel, IA	7:15.0	22:31.45
2 Coe, Cory	M35	Roeland Park, KS	17:19.0	53:47.89
<b>40-49 Results - Men 5000 Run</b>				
1 Knapp, Bill	M42	Linden, IA	9:26.8	29:20.91
2 Bassford, Scott	M42	Decorah, IA	10:24.0	32:18.56
<b>50-59 Results - Men 5000 Run</b>				
1 Jones, Doug	M53	Redfield, IA	7:12.1	22:22.45
2 Grundmeier, Dale	M55	Stuart, IA	10:04.0	31:16.53

3 Witte, Arthur	M56 Princeton, MN	10:21.3	32:10.25
60-69 Results - Men 5000 Run			
1 Case, Kevin	M61 Grimes, IA	7:48.3	24:14.76
2 Rohret, James	M68 Stuart, IA	8:05.2	25:07.20
70-79 Results - Men 5000 Run			
1 Brown, Hummer	M77 Des Moines, IA	15:02.0	46:42.12