

New Body Fitness 5k

Tipton, IA

June 10, 2023

80° Mostly Cloudy, NE 4 MPH
Results by B & W Racing Services

CLASS	PLACE	FINISHER	TIME	PACE
Open Men				
	1	M20 Caleb Shumaker, 20, Tipton, IA	16:47	5:24
	2	M40 Casey Mente, 43, Tipton, IA	19:04	6:08
	3	M15 Micah Knapp, 18, Lisbon, IA	19:39	6:19
	4	M20 Gabriel Peach, 21, Tipton, IA	22:52	7:21
	5	JrM Drew Moes, 11, Tipton, IA	23:03	7:25
	6	M20 Jeremy Beres, 26, Pewaukee, WI	23:49	7:40
	7	JrM Sylon McGee, 13, Tipton, IA	24:02	7:44
	8	M30 Justin Hamilton, 38, Tipton, IA	24:51	8:00
	9	JrM Jaxon Steffen, 9, Tipton, IA	25:25	8:11
	10	M20 Derrick Gray, 27, Tipton, IA	25:40	8:15
	11	M30 Nick Behne, 38, Tipton, IA	26:40	8:35
	12	M30 Mike Telsrow, 36, Tipton, IA	26:47	8:37
	13	M20 Mick Wilson, 23, Iowa City, IA	27:05	8:43
	14	JrM Alex Pharr, 11, Tipton, IA	28:47	9:16
	15	JrM Jax Hamilton, 14, Tipton, IA	29:28	9:29
	16	M15 Lu Guetzko, 19, West Branch, IA	29:43	9:34
	17	M50 Matt Wyatt, 58, Cedar Rapids, IA	31:43	10:12
	18	M30 Kenny Hruby, 32, Tipton, IA	31:43	10:12
	19	M70 Larry Harris, 61, Brighton, IA	32:46	10:33
	20	M40 Barrett Crock, 44, TiptonTipton, IA	33:19	10:43
	21	M20 Stanley Kohls, 22, Iowa City, IA	33:20	10:44
	22	M50 Eric Tsang, 54, Iowa City, IA	35:35	11:27
	23	M40 Adam Ellerhoff, 42, Tipton, IA	36:46	11:50

Open Women				
	1	W30 Nicole Hamilton, 34, Tipton, IA	23:07	7:26
	2	W20 Claire Skaletski, 26, Green Bay, WI	23:29	7:33
	3	W40 Sherrie Petersen, 47, Bennett, IA	26:28	8:31
	4	W30 Brooke Lafrenz, 37, Tipton, IA	27:22	8:48
	5	JrW Jaimee Pharr, 14, Tipton, IA	27:41	8:54
	6	W40 Kelly Banowetz, 42, Tipton, IA	29:56	9:38
	7	JrW Juniper Taylor, 13, Muscatine, IA	31:09	10:01
	8	W30 Kare Taylor, 39, Muscatine, IA	31:11	10:02
	9	W15 Ella Niewoehner, 15, Manson, IA	32:43	10:32
	10	W40 Sandy Crock, 43, Tipton, IA	32:56	10:36
	11	W40 Rhiannon Ellerhoff, 41, Tipton, IA	36:44	11:49
	12	W50 Tammy Holmes, 50, Tipton, IA	37:03	11:55
	13	W50 Lisa Niewoehner, 52, Manson, IA	39:03	12:34
	14	W40 loretta stewart, 48, Tipton, IA	41:20	13:18

Men Under 15

5	1	Drew Moes, 11, Tipton, IA	23:03	7:25
7	2	Sylis McGee, 13, Tipton, IA	24:02	7:44
9	3	Jaxon Steffen, 9, Tipton, IA	25:25	8:11
14	4	Alex Pharr, 11, Tipton, IA	28:47	9:16
15	5	Jax Hamilton, 14, Tipton, IA	29:28	9:29

Men 15 - 19

3	1	Micah Knapp, 18, Lisbon, IA	19:39	6:19
16	2	Lu Guetzko, 19, West Branch, IA	29:43	9:34

Men 20 - 29

1	1	Caleb Shumaker, 20, Tipton, IA	16:47	5:24
4	2	Gabriel Peach, 21, Tipton, IA	22:52	7:21
6	3	Jeremy Beres, 26, Pewaukee, WI	23:49	7:40
10	4	Derrick Gray, 27, Tipton, IA	25:40	8:15
13	5	Mick Wilson, 23, Iowa City, IA	27:05	8:43
21	6	Stanley Kohls, 22, Iowa City, IA	33:20	10:44

Men 30 - 39

8	1	Justin Hamilton, 38, Tipton, IA	24:51	8:00
11	2	Nick Behne, 38, Tipton, IA	26:40	8:35
12	3	Mike Telsrow, 36, Tipton, IA	26:47	8:37
18	4	Kenny Hruby, 32, Tipton, IA	31:43	10:12

Men 40 - 49

2	1	Casey Mente, 43, Tipton, IA	19:04	6:08
20	2	Barrett Crock, 44, TiptonTipton, IA	33:19	10:43
23	3	Adam Ellerhoff, 42, Tipton, IA	36:46	11:50

Men 50 - 59

17	1	Matt Wyatt, 58, Cedar Rapids, IA	31:43	10:12
22	2	Eric Tsang, 54, Iowa City, IA	35:35	11:27

Men 60 & Up

19	1	Larry Harris, 61, Brighton, IA	32:46	10:33
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Women Under 15

5	1	Jaimee Pharr, 14, Tipton, IA	27:41	8:54
7	2	Juniper Taylor, 13, Muscatine, IA	31:09	10:01

Women 15 - 19

9	1	Ella Niewoehner, 15, Manson, IA	32:43	10:32
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Women 20 - 29

2	1	Claire Skaletski, 26, Green Bay, WI	23:29	7:33
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Women 30 - 39

1	1	Nicole Hamilton, 34, Tipton, IA	23:07	7:26
4	2	Brooke Lafrenz, 37, Tipton, IA	27:22	8:48
8	3	Kare Taylor, 39, Muscatine, IA	31:11	10:02

Women 40 - 49

3	1	Sherrie Petersen, 47, Bennett, IA	26:28	8:31
6	2	Kelly Banowetz, 42, Tipton, IA	29:56	9:38
10	3	Sandy Crock, 43, Tipton, IA	32:56	10:36
11	4	Rhiannon Ellerhoff, 41, Tipton, IA	36:44	11:49
14	5	loretta stewart, 48, Tipton, IA	41:20	13:18

Women 50 - 59

12	1	Tammy Holmes, 50, Tipton, IA	37:03	11:55
13	2	Lisa Niewoehner, 52, Manson, IA	39:03	12:34

Women

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7	1	W20 Claire Skaletski, 26*, Green Bay, WI	23:29	7:33
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13	1	W40 Sherrie Petersen, 47*, Bennett, IA	26:28	8:31
14	2	M30 Nick Behne, 38, Tipton, IA	26:40	8:35
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35	1	W50 Tammy Holmes, 50*, Tipton, IA	37:03	11:55
36	2	W50 Lisa Niewoehner, 52*, Manson, IA	39:03	12:34
37	5	W40 loretta stewart, 48*, Tipton, IA	41:20	13:18

* indicates females

5 finishers among Men Under 15

2 finishers among Men 15 - 19

6 finishers among Men 20 - 29

4 finishers among Men 30 - 39

3 finishers among Men 40 - 49

2 finishers among Men 50 - 59

1 finishers among Men 60 & Up

2 finishers among Women Under 15

1 finishers among Women 15 - 19

1 finishers among Women 20 - 29

3 finishers among Women 30 - 39

5 finishers among Women 40 - 49

2 finishers among Women 50 - 59

23 male finishers

14 female finishers

37 total finishers