



Breast Friends Rack Run 5K  
 October 15, 2023  
 Terry Trueblood Recreation Area  
 Iowa City, Iowa

49 Degrees  
 Overcast



#	First name	Last name	Gender	Age	City	State	Final Result	Pace
<b>Overall Male</b>								
1	Ross	Salinas	M	43	Iowa City	IA	00:16:38.72	05:21 /mi
2	Malcolm	Arnold	M	14	Iowa City	IA	00:19:52.27	06:24 /mi
3	Joe	Schlitz	M	14	West Branch	IA	00:23:23.79	07:31 /mi
4	Dale	Handley	M	33	Solon	IA	00:23:29.94	07:33 /mi
5	Collin	Glazek	M	24	Iowa City	IA	00:24:20.56	07:49 /mi
6	Jake	Fahrenkrug	M	32	North Liberty	IA	00:24:21.75	07:50 /mi
7	James	Buxton	M	68	Iowa City	IA	00:24:34.66	07:54 /mi
8	Gabriel	Vald	M	22	Iowa City	IA	00:25:04.36	08:04 /mi
9	Thomas	Drummond	M	24	Iowa City	IA	00:25:18.80	08:09 /mi
10	Jerad	Ruth	M	39	Coralville	IA	00:25:36.75	08:14 /mi
11	Chris	Merritt	M	67	Iowa City	IA	00:25:41.47	08:16 /mi
12	Sam	Elliott	M	12	Iowa City	IA	00:25:42.23	08:16 /mi
13	Geoffrey	Knoop	M	37	North Liberty	IA	00:26:15.43	08:27 /mi
14	Michael	Gaunt	M	54	Iowa City	IA	00:27:18.74	08:47 /mi
15	Benjamin	Nielson	M	29	Iowa City	IA	00:28:14.23	09:05 /mi
16	Tyler	Adams	M	32	Coralville	IA	00:28:33.79	09:11 /mi
17	Campbell	DenBesten	M	21	Clinton	IA	00:31:20.08	10:05 /mi
18	Douglas	Yansky	M	67	Iowa City	IA	00:31:33.60	10:09 /mi
19	Austin	Fine	M	25	Iowa City	IA	00:35:28.79	11:25 /mi
20	Ethan	Kuperman	M	41	Coralville	IA	00:38:35.27	12:25 /mi
21	Arthur	Tully	M	66	Iowa City	IA	00:39:56.60	12:51 /mi
22	Landon	Schreck	M	29	Iowa City	IA	00:41:28.56	13:21 /mi
23	Vess	Natchev	M	45	Iowa City	IA	00:46:25.42	14:56 /mi
<b>Overall Female</b>								
1	Tammy	Haman	F	36	West Chester	IA	00:23:00.67	07:24 /mi
2	Kayla	Ruth	F	34	Coralville	IA	00:24:34.71	07:54 /mi
3	Haily	Larson	F	37	Coralville	IA	00:25:36.77	08:14 /mi
4	Gabriella	Recob	F	27	Tiffin	IA	00:25:55.78	08:21 /mi
5	Rachel	Bierman	F	20	Tipton	IA	00:26:01.57	08:22 /mi
6	Kaytee	Knoop	F	35	North Liberty	IA	00:26:16.06	08:27 /mi
7	Nicole	Gerot	F	36	Ainsworth	IA	00:27:27.61	08:50 /mi
8	Grace	Ver Steegh	F	22	Coralville	IA	00:27:45.83	08:56 /mi
9	Morgan	Gardner	F	33	Iowa City	IA	00:27:59.76	09:00 /mi
10	Shay	Sundblad	F	15	Coralville	IA	00:28:05.40	09:02 /mi
11	Willow	Thompson	F	19	Strawberry Point	IA	00:28:06.40	09:03 /mi
12	Rebekah	Fagen	F	25	North Liberty	IA	00:28:18.97	09:06 /mi
13	Allie	Boge	F	25	Iowa City	IA	00:28:33.89	09:11 /mi
14	Nikki	Schlegel	F	23	Iowa City	IA	00:29:23.17	09:27 /mi
15	Susan	Bormann	F	43	North Liberty	IA	00:30:01.54	09:39 /mi
16	Kimberly	Serrano	F	22	Iowa City	IA	00:30:13.24	09:43 /mi
17	Dominique	L'Heureux	F	35	West Branch	IA	00:30:38.69	09:51 /mi
18	Barbara	McFadden	F	65	Iowa City	IA	00:31:38.27	10:10 /mi
19	Ann	Hegstrom	F	67	De Soto	IA	00:31:48.63	10:14 /mi
20	Sara	Mullinnix	F	38	Riverside	IA	00:31:51.49	10:15 /mi
21	Abbie	Thompson	F	42	Strawberry Point	IA	00:32:13.75	10:22 /mi
22	Emelia	Kisling	F	24	Tiffin	IA	00:32:16.68	10:23 /mi
23	Kelly	Elliott	F	41	Iowa City	IA	00:32:38.18	10:30 /mi
24	Kennedy	Pearson	F	22	Waukee	IA	00:32:39.75	10:30 /mi
25	Evelia	Hauck	F	68	Coralville	IA	00:32:42.65	10:31 /mi
26	Rebeca	Yoder	F	41	Riverside	IA	00:33:38.11	10:49 /mi
27	Julie	Viet	F	45	Solon	IA	00:34:22.50	11:03 /mi
28	Hannah	Bachman	F	24	Cedar Rapids	IA	00:35:05.26	11:17 /mi
29	Anna	Platte	F	14	Iowa City	IA	00:36:21.37	11:42 /mi
30	Melissa	Ross	F	45	Iowa City	IA	00:36:52.08	11:52 /mi
31	Dana	Conley	F	41	Wilton	IA	00:37:29.07	12:03 /mi
32	Amy	Haynes	F	44	Blue Grass	IA	00:37:36.89	12:06 /mi
33	Zelda	Ayers	F	13	Iowa City	IA	00:38:02.97	12:15 /mi
34	Kristin	Plichta	F	41	Coralville	IA	00:38:45.76	12:28 /mi
35	Ashlee	Hofmann	F	38	Swisher	IA	00:40:46.54	13:07 /mi
36	Akimi	Oya	F	28	Iowa City	IA	00:41:28.90	13:21 /mi
37	Kimberly	McGuire	F	51	Marion	IA	00:41:52.15	13:28 /mi
38	Collins	Sundblad	F	10	North Liberty	IA	00:42:03.68	13:32 /mi
39	Norah	Bormann	F	8	North Liberty	IA	00:42:10.54	13:34 /mi

40	Debra	Hofmann	F	66	Swisher	IA	00:46:22.18	14:55 /mi
41	Violet	Natchev	F	12	Iowa City	IA	00:46:26.15	14:57 /mi
<b>Male 19U</b>								
1	Malcolm	Arnold	M	14	Iowa City	IA	00:19:52.27	06:24 /mi
2	Joe	Schlitz	M	14	West Branch	IA	00:23:23.79	07:31 /mi
3	Sam	Elliott	M	12	Iowa City	IA	00:25:42.23	08:16 /mi
<b>Female 19U</b>								
1	Shay	Sundblad	F	15	Coralville	IA	00:28:05.40	09:02 /mi
2	Willow	Thompson	F	19	Strawberry Point	IA	00:28:06.40	09:03 /mi
3	Anna	Platte	F	14	Iowa City	IA	00:36:21.37	11:42 /mi
4	Zelda	Ayers	F	13	Iowa City	IA	00:38:02.97	12:15 /mi
5	Collins	Sundblad	F	10	North Liberty	IA	00:42:03.68	13:32 /mi
6	Norah	Bormann	F	8	North Liberty	IA	00:42:10.54	13:34 /mi
7	Violet	Natchev	F	12	Iowa City	IA	00:46:26.15	14:57 /mi
<b>Male 20-29</b>								
1	Collin	Glazek	M	24	Iowa City	IA	00:24:20.56	07:49 /mi
2	Gabriel	Vald	M	22	Iowa City	IA	00:25:04.36	08:04 /mi
3	Thomas	Drummond	M	24	Iowa City	IA	00:25:18.80	08:09 /mi
4	Benjamin	Nielson	M	29	Iowa City	IA	00:28:14.23	09:05 /mi
5	Campbell	DenBesten	M	21	Clinton	IA	00:31:20.08	10:05 /mi
6	Austin	Fine	M	25	Iowa City	IA	00:35:28.79	11:25 /mi
7	Landon	Schreck	M	29	Iowa City	IA	00:41:28.56	13:21 /mi
<b>Female 20-29</b>								
1	Gabriella	Recob	F	27	Tiffin	IA	00:25:55.78	08:21 /mi
2	Rachel	Bierman	F	20	Tipton	IA	00:26:01.57	08:22 /mi
3	Grace	Ver Steegh	F	22	Coralville	IA	00:27:45.83	08:56 /mi
4	Rebekah	Fagen	F	25	North Liberty	IA	00:28:18.97	09:06 /mi
5	Allie	Boge	F	25	Iowa City	IA	00:28:33.89	09:11 /mi
6	Nikki	Schlegel	F	23	Iowa City	IA	00:29:23.17	09:27 /mi
7	Kimberly	Serrano	F	22	Iowa City	IA	00:30:13.24	09:43 /mi
8	Emelia	Kisling	F	24	Tiffin	IA	00:32:16.68	10:23 /mi
9	Kennedy	Pearson	F	22	Waukee	IA	00:32:39.75	10:30 /mi
10	Hannah	Bachman	F	24	Cedar Rapids	IA	00:35:05.26	11:17 /mi
11	Akimi	Oya	F	28	Iowa City	IA	00:41:28.90	13:21 /mi
<b>Male 30-39</b>								
1	Dale	Handley	M	33	Solon	IA	00:23:29.94	07:33 /mi
2	Jake	Fahrenkrug	M	32	North Liberty	IA	00:24:21.75	07:50 /mi
3	Jerad	Ruth	M	39	Coralville	IA	00:25:36.75	08:14 /mi
4	Geoffrey	Knoop	M	37	North Liberty	IA	00:26:15.43	08:27 /mi
5	Tyler	Adams	M	32	Coralville	IA	00:28:33.79	09:11 /mi
<b>Female 30-39</b>								
1	Tammy	Haman	F	36	West Chester	IA	00:23:00.67	07:24 /mi
2	Kayla	Ruth	F	34	Coralville	IA	00:24:34.71	07:54 /mi
3	Haily	Larson	F	37	Coralville	IA	00:25:36.77	08:14 /mi
4	Kaytee	Knoop	F	35	North Liberty	IA	00:26:16.06	08:27 /mi
5	Nicole	Gerot	F	36	Ainsworth	IA	00:27:27.61	08:50 /mi
6	Morgan	Gardner	F	33	Iowa City	IA	00:27:59.76	09:00 /mi
7	Dominique	L'Heureux	F	35	West Branch	IA	00:30:38.69	09:51 /mi
8	Sara	Mullinnix	F	38	Riverside	IA	00:31:51.49	10:15 /mi
9	Ashlee	Hofmann	F	38	Swisher	IA	00:40:46.54	13:07 /mi
<b>Male 40-49</b>								
1	Ross	Salinas	M	43	Iowa City	IA	00:16:38.72	05:21 /mi
2	Ethan	Kuperman	M	41	Coralville	IA	00:38:35.27	12:25 /mi
3	Vess	Natchev	M	45	Iowa City	IA	00:46:25.42	14:56 /mi
<b>Female 40-49</b>								
1	Susan	Bormann	F	43	North Liberty	IA	00:30:01.54	09:39 /mi
2	Abbie	Thompson	F	42	Strawberry Point	IA	00:32:13.75	10:22 /mi
3	Kelly	Elliott	F	41	Iowa City	IA	00:32:38.18	10:30 /mi
4	Rebeca	Yoder	F	41	Riverside	IA	00:33:38.11	10:49 /mi
5	Julie	Viet	F	45	Solon	IA	00:34:22.50	11:03 /mi
6	Melissa	Ross	F	45	Iowa City	IA	00:36:52.08	11:52 /mi
7	Dana	Conley	F	41	Wilton	IA	00:37:29.07	12:03 /mi
8	Amy	Haynes	F	44	Blue Grass	IA	00:37:36.89	12:06 /mi

9	Kristin	Plichta	F	41	Coralville	IA	00:38:45.76	12:28 /mi
<b>Male 50-59</b>								
1	Michael	Gaunt	M	54	Iowa City	IA	00:27:18.74	08:47 /mi
<b>Female 50-59</b>								
1	Kimberly	McGuire	F	51	Marion	IA	00:41:52.15	13:28 /mi
<b>Male 60+</b>								
1	James	Buxton	M	68	Iowa City	IA	00:24:34.66	07:54 /mi
2	Chris	Merritt	M	67	Iowa City	IA	00:25:41.47	08:16 /mi
3	Douglas	Yansky	M	67	Iowa City	IA	00:31:33.60	10:09 /mi
4	Arthur	Tully	M	66	Iowa City	IA	00:39:56.60	12:51 /mi
<b>Female 60+</b>								
1	Barbara	McFadden	F	65	Iowa City	IA	00:31:38.27	10:10 /mi
2	Ann	Hegstrom	F	67	De Soto	IA	00:31:48.63	10:14 /mi
3	Evelia	Hauck	F	68	Coralville	IA	00:32:42.65	10:31 /mi
4	Debra	Hofmann	F	66	Swisher	IA	00:46:22.18	14:55 /mi