

# Go the Distance for Crime Victims \*\*\* 5K Run \*\*\*

Event: 5K Run

Date: Saturday, April 13, 2019

Location: Thomas Park - Marion, IA

Weather: Sunny, Wind WSW 10-15mph & 37°

[Overall and Age Divisions](#)

**Results By: Andrew Kauder - Kauder Racing, LLC**

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Bryant Rader, M28	Knoxville, IA	17:20	5:35/M	17:20	5:35/M
2	2	1 M40	Wes Hilleshiem, M41	Marion, IA	19:15	6:12/M	19:14	6:11/M
3	3	1 M20	Aaron Von Ahsen, M29	Williamsburg, IA	21:11	6:49/M	21:07	6:48/M
4	4	1 M50	Glenn Kieler, M54	Cedar Rapids, IA	21:23	6:53/M	21:22	6:53/M
5	5	1 M30	Bryan Cless, M37	Marion, IA	21:55	7:03/M	21:49	7:01/M
6	6	2 M50	Joel Fopma, M53	Marion, IA	22:34	7:16/M	22:33	7:15/M
7	7	2 M30	Marty McDermott, M38	Cedar Rapids, IA	22:38	7:17/M	22:34	7:16/M
8	8	2 M40	John Scroggins, M47	Cedar Rapids, IA	22:45	7:19/M	22:44	7:19/M
9	9	3 M50	Horacio Olivo, M57	Iowa City, IA	22:59	7:24/M	22:57	7:23/M
10	10	3 M30	Scott Becker, M31	Cedar Rapids, IA	23:38	7:36/M	23:21	7:31/M
11	11	4 M30	Barry Francois, M32	Coggon, IA	23:41	7:38/M	23:38	7:36/M
12	12	4 M50	Craig Brophy, M58	Cedar Rapids, IA	23:46	7:39/M	23:45	7:39/M
13	1	1 OVF	Morgan Brown, F22	Cedar Rapids, IA	23:55	7:42/M	23:52	7:41/M
14	2	1 F40	Deidre Nims, F43	Robins, IA	24:01	7:44/M	24:00	7:43/M
15	13	5 M30	David Benton, M37	Hiawatha, IA	24:01	7:44/M	23:57	7:43/M
16	3	2 F40	Liz Winter, F41	Jesup, IA	24:16	7:48/M	24:13	7:48/M
17	14	6 M30	Matthew Ganske, M34	Palo, IA	24:46	7:58/M	24:42	7:57/M
18	4	1 JRF	Lexi Nims, F10	Robins, IA	25:16	8:08/M	25:14	8:07/M
19	5	3 F40	Mariah Hurley, F42	Cedar Rapids, IA	25:25	8:11/M	25:23	8:10/M
20	6	1 F50	Patti Erenberger, F59	Marion, IA	25:27	8:11/M	25:23	8:10/M
21	15	2 M20	Sean McCallum, M27	Cedar Rapids, IA	25:40	8:16/M	25:38	8:15/M
22	16	1 M14	Eli Gregory, M17	Cedar Rapids, IA	25:45	8:17/M	25:42	8:16/M
23	17	7M30	Lance Votroubek, M38	Cedar Rapids, IA	25:50	8:19/M	25:34	8:14/M

24	18	1 M60	Gerry Wegmann, M70	Cedar Rapids, IA	25:57	8:21/M	25:51	8:19/M
25	7	2 F50	Mary Drake, F55	Cedar Rapids, IA	25:59	8:22/M	25:57	8:21/M
26	19	5 M50	Mark Brown, M55	Cedar Rapids, IA	26:20	8:29/M	26:16	8:27/M
27	20	6 M50	Jeff Norton, M57	Cedar Rapids, IA	26:23	8:29/M	26:19	8:28/M
28	8	1 F14	Sami Squires, F18	Cedar Rapids, IA	26:25	8:30/M	26:23	8:30/M
29	9	2 JRF	Annabell Deegan, F9	Cedar Rapids, IA	26:37	8:34/M	26:35	8:33/M
30	21	3 M40	Matt Hidlebaugh, M49	Marion, IA	26:37	8:34/M	26:32	8:32/M
31	22	8 M30	Scott O'Brien, M35	Marion, IA	26:45	8:37/M	26:42	8:36/M
32	10	4 F40	Kelly Draper, F40	Marion, IA	26:52	8:39/M	26:46	8:37/M
33	11	2 F14	Alexis Newport, F15	Marion, IA	26:59	8:41/M	26:56	8:40/M
34	23	3 M20	Richard Curtis, M28	Marion, IA	27:03	8:42/M	26:43	8:36/M
35	12	3 F14	Kilee Flockhart, F15	Cedar Rapids, IA	27:25	8:49/M	27:22	8:48/M
36	13	1 F30	Katie Moon, F37	Marion, IA	27:54	8:59/M	27:49	8:57/M
37	14	2 F30	Danica O'Brien, F34	Marion, IA	27:58	9:00/M	27:55	8:59/M
38	15	3 F30	Tracy Johnson, F36	Marion, IA	27:58	9:00/M	27:55	8:59/M
39	16	3 F50	Marsha Aspinall, F57	Cedar Rapids, IA	28:38	9:13/M	28:33	9:11/M
40	17	4 F50	Cindy Hanawalt, F52	Cedar Rapids, IA	28:52	9:17/M	28:48	9:16/M
41	24	1 JRM	Braedyn Mason, M10	Cedar Rapids, IA	28:57	9:19/M	28:55	9:19/M
42	25	4 M40	Shawn Frederiksen, M41	Marion, IA	29:04	9:21/M	29:04	9:21/M
43	18	4 F30	Jackie McDermott, F38	Cedar Rapids, IA	29:15	9:25/M	29:11	9:24/M
44	26	4 M20	Larry Curtis, M27	Cedar Rapids, IA	29:44	9:34/M	29:17	9:26/M
45	27	5 M20	Jerrold Curtis, M25	Cedar Rapids, IA	29:44	9:34/M	29:17	9:26/M
46	19	3 JRF	Zoe Scott, F13		29:50	9:36/M	29:28	9:29/M
47	28	2 M60	John Leland, M83	Marion, IA	30:26	9:48/M	30:21	9:46/M
48	20	5 F50	Jackie Brown, F54	Cedar Rapids, IA	30:43	9:53/M	30:39	9:52/M
49	21	6 F50	Deanna Haddy, F58	Cedar Rapids, IA	30:53	9:57/M	30:50	9:56/M
50	22	5 F30	Melanie Reiman, F37	Cedar Rapids, IA	30:55	9:57/M	30:40	9:52/M
51	23	4 JRF	Joslyn Fopma, F12	Marion, IA	30:55	9:57/M	30:53	9:56/M
52	29	5 M40	Peter Deegan, M48	Cedar Rapids, IA	31:09	10:02/M	31:06	10:01/M

				IA				
53	24	7 F50	Tami Flockhart, F50	Cedar Rapids, IA	31:10	10:02/M	31:06	10:01/M
54	30	2 JRM	Conor Harris, M7	Iowa City, IA	31:27	10:07/M	31:18	10:05/M
55	25	1 F20	Holly Sholes, F28	Cedar Rapids, IA	31:30	10:08/M	31:24	10:06/M
56	31	9 M30	Mike Harris, M38	Iowa City, IA	31:32	10:09/M	31:22	10:06/M
57	26	6 F30	Kaitlyn Bolger, F30	Waterloo, IA	31:38	10:11/M	31:31	10:09/M
58	27	2 F20	Kelli Sueppel, F29	Marion, IA	31:58	10:17/M	31:56	10:17/M
59	32	10 M30	Alan Sholes, M34	Cedar Rapids, IA	32:21	10:25/M	32:13	10:22/M
60	28	3 F20	Sarah McCallum, F24	Cedar Rapids, IA	33:16	10:42/M	33:12	10:41/M
61	29	5 F40	Jeannette Fauchier, F42	Coggon, IA	33:22	10:44/M	33:22	10:44/M
62	30	6 F40	Christene Langmann, F42	Coggon, IA	33:22	10:44/M	33:22	10:44/M
63	31	7 F40	Tamera Stewart, F49	Riverside, IA	33:29	10:47/M	33:24	10:45/M
64	32	7 F30	Ashley Schroeder, F33	Cedar Rapids, IA	33:33	10:48/M	33:18	10:43/M
65	33	3 JRM	Vincent Frederiksen, M13	Marion, IA	33:39	10:50/M	33:24	10:45/M
66	33	8 F30	Nicole Arnold, F34	Cedar Rapids, IA	34:31	11:07/M	34:27	11:05/M
67	34	8 F40	Kat Russell, F41	Cedar Rapids, IA	34:50	11:13/M	34:44	11:11/M
68	35	9 F40	Elizabeth Lucas, F41	Cedar Rapids, IA	35:52	11:33/M	35:46	11:31/M
69	36	9 F30	Dana Melone, F38	Cedar Rapids, IA	36:41	11:48/M	36:38	11:47/M
70	37	4 F20	Lindsay Meade, F26	Cedar Rapids, IA	36:41	11:49/M	36:38	11:47/M
71	34	7 M50	Rich Pazdernik, M54	Cedar Rapids, IA	36:55	11:53/M	36:50	11:51/M
72	38	8 F50	Karen Matthews, F59	Cedar Rapids, IA	37:55	12:12/M	37:39	12:07/M
73	39	10 F40	Liz Kennedy, F43	Cedar Rapids, IA	39:21	12:40/M	39:16	12:38/M
74	40	10 F30	Ali Carlson, F30	Marion, IA	39:59	12:52/M	39:52	12:50/M
75	41	11 F40	Heather Smith, F41	Marion, IA	40:00	12:52/M	39:53	12:50/M
76	35	4 JRM	Aidan Winders, M12	Lisbon, IA	40:31	13:02/M	40:31	13:02/M
77	36	5 JRM	Ryan Winders, M11	Lisbon, IA	40:31	13:03/M	40:06	12:54/M
78	42	12 F40	Corinne Newport, F40	Marion, IA	41:29	13:21/M	41:23	13:19/M
79	43	11 F30	Norma Davis, F31	Columbus Junction, IA	41:46	13:27/M	41:33	13:22/M

80	44	1 F60	Lorelei Hackbardt, F67	Marion, IA	43:41	14:04/M	43:32	14:01/M
81	37	3 M60	Philip Hackbardt, M70	Marion, IA	43:42	14:04/M	43:33	14:01/M
82	45	13 F40	Samantha Eckes, F45	Cedar Rapids, IA	45:19	14:35/M	45:11	14:32/M
83	46	9 F50	Judy Coil, F51	Marion, IA	45:19	14:35/M	45:11	14:33/M
84	47	12 F30	Kelly Benton, F30	Hiawatha, IA	45:34	14:40/M	45:27	14:38/M
85	38	6 JRM	Connor Steenhoek, M11	Cedar Rapids, IA	48:31	15:37/M	48:29	15:36/M
86	48	5 F20	Shannon Powers, F28	Cedar Rapids, IA	52:43	16:58/M	52:08	16:47/M
87	39	6 M20	Andrew Powers, M28	Cedar Rapids, IA	52:44	16:58/M	52:10	16:48/M
88	49	13 F30	Amanda Stock, F32	Cedar Rapids, IA	56:13	18:06/M	55:46	17:57/M

### Overall and Age Divisions

#### Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Bryant Rader, M28	Knoxville, IA	17:20	5:35/M	17:20	5:35/M

#### Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Morgan Brown, F22	Cedar Rapids, IA	23:55	7:42/M	23:52	7:41/M

#### M[13 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Braedyn Mason, M10	Cedar Rapids, IA	28:57	9:19/M	28:55	9:19/M
2	Conor Harris, M7	Iowa City, IA	31:27	10:07/M	31:18	10:05/M
3	Vincent Frederiksen, M13	Marion, IA	33:39	10:50/M	33:24	10:45/M
4	Aidan Winders, M12	Lisbon, IA	40:31	13:02/M	40:31	13:02/M
5	Ryan Winders, M11	Lisbon, IA	40:31	13:03/M	40:06	12:54/M
6	Connor Steenhoek, M11	Cedar Rapids, IA	48:31	15:37/M	48:29	15:36/M

#### F[13 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Lexi Nims, F10	Robins, IA	25:16	8:08/M	25:14	8:07/M
2	Annabell Deegan, F9	Cedar Rapids, IA	26:37	8:34/M	26:35	8:33/M
3	Zoe Scott, F13		29:50	9:36/M	29:28	9:29/M
4	Joslyn Fopma, F12	Marion, IA	30:55	9:57/M	30:53	9:56/M

**M[14-19]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Eli Gregory, M17	Cedar Rapids, IA	25:45	8:17/M	25:42	8:16/M

**F[14-19]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Sami Squires, F18	Cedar Rapids, IA	26:25	8:30/M	26:23	8:30/M
2	Alexis Newport, F15	Marion, IA	26:59	8:41/M	26:56	8:40/M
3	Kilee Flockhart, F15	Cedar Rapids, IA	27:25	8:49/M	27:22	8:48/M

**M[20-29]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Aaron Von Ahsen, M29	Williamsburg, IA	21:11	6:49/M	21:07	6:48/M
2	Sean McCallum, M27	Cedar Rapids, IA	25:40	8:16/M	25:38	8:15/M
3	Richard Curtis, M28	Marion, IA	27:03	8:42/M	26:43	8:36/M
4	Larry Curtis, M27	Cedar Rapids, IA	29:44	9:34/M	29:17	9:26/M
5	Jerrold Curtis, M25	Cedar Rapids, IA	29:44	9:34/M	29:17	9:26/M
6	Andrew Powers, M28	Cedar Rapids, IA	52:44	16:58/M	52:10	16:48/M

**F[20-29]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Holly Sholes, F28	Cedar Rapids, IA	31:30	10:08/M	31:24	10:06/M
2	Kelli Sueppel, F29	Marion, IA	31:58	10:17/M	31:56	10:17/M
3	Sarah McCallum, F24	Cedar Rapids, IA	33:16	10:42/M	33:12	10:41/M
4	Lindsay Meade, F26	Cedar Rapids, IA	36:41	11:49/M	36:38	11:47/M
5	Shannon Powers, F28	Cedar Rapids, IA	52:43	16:58/M	52:08	16:47/M

**M[30-39]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Bryan Cless, M37	Marion, IA	21:55	7:03/M	21:49	7:01/M
2	Marty McDermott, M38	Cedar Rapids, IA	22:38	7:17/M	22:34	7:16/M
3	Scott Becker, M31	Cedar Rapids, IA	23:38	7:36/M	23:21	7:31/M
4	Barry Francois, M32	Coggon, IA	23:41	7:38/M	23:38	7:36/M
5	David Benton, M37	Hiawatha, IA	24:01	7:44/M	23:57	7:43/M
6	Matthew Ganske, M34	Palo, IA	24:46	7:58/M	24:42	7:57/M
7	Lance Votroubek, M38	Cedar Rapids, IA	25:50	8:19/M	25:34	8:14/M
8	Scott O'Brien, M35	Marion, IA	26:45	8:37/M	26:42	8:36/M
9	Mike Harris, M38	Iowa City, IA	31:32	10:09/M	31:22	10:06/M
10	Alan Sholes, M34	Cedar Rapids, IA	32:21	10:25/M	32:13	10:22/M

**F[30-39]**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Katie Moon, F37	Marion, IA	27:54	8:59/M	27:49	8:57/M
2	Danica O'Brien, F34	Marion, IA	27:58	9:00/M	27:55	8:59/M
3	Tracy Johnson, F36	Marion, IA	27:58	9:00/M	27:55	8:59/M
4	Jackie McDermott, F38	Cedar Rapids, IA	29:15	9:25/M	29:11	9:24/M
5	Melanie Reiman, F37	Cedar Rapids, IA	30:55	9:57/M	30:40	9:52/M
6	Kaitlyn Bolger, F30	Waterloo, IA	31:38	10:11/M	31:31	10:09/M
7	Ashley Schroeder, F33	Cedar Rapids, IA	33:33	10:48/M	33:18	10:43/M
8	Nicole Arnold, F34	Cedar Rapids, IA	34:31	11:07/M	34:27	11:05/M
9	Dana Melone, F38	Cedar Rapids, IA	36:41	11:48/M	36:38	11:47/M
10	Ali Carlson, F30	Marion, IA	39:59	12:52/M	39:52	12:50/M
11	Norma Davis, F31	Columbus Junction, IA	41:46	13:27/M	41:33	13:22/M
12	Kelly Benton, F30	Hiawatha, IA	45:34	14:40/M	45:27	14:38/M
13	Amanda Stock, F32	Cedar Rapids, IA	56:13	18:06/M	55:46	17:57/M

### M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Wes Hilleshiem, M41	Marion, IA	19:15	6:12/M	19:14	6:11/M
2	John Scroggins, M47	Cedar Rapids, IA	22:45	7:19/M	22:44	7:19/M
3	Matt Hidlebaugh, M49	Marion, IA	26:37	8:34/M	26:32	8:32/M
4	Shawn Frederiksen, M41	Marion, IA	29:04	9:21/M	29:04	9:21/M
5	Peter Deegan, M48	Cedar Rapids, IA	31:09	10:02/M	31:06	10:01/M

### F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Deidre Nims, F43	Robins, IA	24:01	7:44/M	24:00	7:43/M
2	Liz Winter, F41	Jesup, IA	24:16	7:48/M	24:13	7:48/M
3	Mariah Hurley, F42	Cedar Rapids, IA	25:25	8:11/M	25:23	8:10/M
4	Kelly Draper, F40	Marion, IA	26:52	8:39/M	26:46	8:37/M
5	Jeannette Fauchier, F42	Coggon, IA	33:22	10:44/M	33:22	10:44/M
6	Christene Langmann, F42	Coggon, IA	33:22	10:44/M	33:22	10:44/M
7	Tamera Stewart, F49	Riverside, IA	33:29	10:47/M	33:24	10:45/M
8	Kat Russell, F41	Cedar Rapids, IA	34:50	11:13/M	34:44	11:11/M
9	Elizabeth Lucas, F41	Cedar Rapids, IA	35:52	11:33/M	35:46	11:31/M
10	Liz Kennedy, F43	Cedar Rapids, IA	39:21	12:40/M	39:16	12:38/M
11	Heather Smith, F41	Marion, IA	40:00	12:52/M	39:53	12:50/M
12	Corinne Newport, F40	Marion, IA	41:29	13:21/M	41:23	13:19/M
13	Samantha Eckes, F45	Cedar Rapids, IA	45:19	14:35/M	45:11	14:32/M

### M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
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1	Glenn Kieler, M54	Cedar Rapids, IA	21:23	6:53/M	21:22	6:53/M
2	Joel Fopma, M53	Marion, IA	22:34	7:16/M	22:33	7:15/M
3	Horacio Olivo, M57	Iowa City, IA	22:59	7:24/M	22:57	7:23/M
4	Craig Brophy, M58	Cedar Rapids, IA	23:46	7:39/M	23:45	7:39/M
5	Mark Brown, M55	Cedar Rapids, IA	26:20	8:29/M	26:16	8:27/M
6	Jeff Norton, M57	Cedar Rapids, IA	26:23	8:29/M	26:19	8:28/M
7	Rich Pazdernik, M54	Cedar Rapids, IA	36:55	11:53/M	36:50	11:51/M

### **F[50-59]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	Patti Erenberger, F59	Marion, IA	25:27	8:11/M	25:23	8:10/M
2	Mary Drake, F55	Cedar Rapids, IA	25:59	8:22/M	25:57	8:21/M
3	Marsha Aspinall, F57	Cedar Rapids, IA	28:38	9:13/M	28:33	9:11/M
4	Cindy Hanawalt, F52	Cedar Rapids, IA	28:52	9:17/M	28:48	9:16/M
5	Jackie Brown, F54	Cedar Rapids, IA	30:43	9:53/M	30:39	9:52/M
6	Deanna Haddy, F58	Cedar Rapids, IA	30:53	9:57/M	30:50	9:56/M
7	Tami Flockhart, F50	Cedar Rapids, IA	31:10	10:02/M	31:06	10:01/M
8	Karen Matthews, F59	Cedar Rapids, IA	37:55	12:12/M	37:39	12:07/M
9	Judy Coil, F51	Marion, IA	45:19	14:35/M	45:11	14:33/M

### **M[60 & Over]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	Gerry Wegmann, M70	Cedar Rapids, IA	25:57	8:21/M	25:51	8:19/M
2	John Leland, M83	Marion, IA	30:26	9:48/M	30:21	9:46/M
3	Philip Hackbardt, M70	Marion, IA	43:42	14:04/M	43:33	14:01/M

### **F[60 & Over]**

<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>City</u></b>	<b><u>Gun Time</u></b>	<b><u>Pace mpm</u></b>	<b><u>Chip Time</u></b>	<b><u>Pace mpm</u></b>
1	Lorelei Hackbardt, F67	Marion, IA	43:41	14:04/M	43:32	14:01/M

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