

MRR SpringThaw 5K Age Groups 4/2/2016 2:56:05 PM

Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
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5K TOP MALES OVERALL based on Gun Elapsed time

1	251	Friessen, Adam	18:41.9	6:02	17	M	5K	Sioux City
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5K TOP MALE MASTERS based on Gun Elapsed time

1	49	plaza, alfredo	19:00.6	6:08	41	M	5K	sc
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5K TOP FEMALES OVERALL based on Gun Elapsed time

1	116	Arnold, Melanie	19:53.7	6:25	32	F	5K	SIOUX CITY
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5K TOP FEMALE MASTERS based on Gun Elapsed time

1	51	Gebers, Barb	23:55.6	7:43	54	F	5K	Holstein
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5K 14 & UNDER - based on Gun Elapsed time

1	134	Graves, Joe	20:39.3	6:40	14	M	5K	Dakota Dunes
2	156	Sedelmeier, Jonah	23:16.8	7:30	12	M	5K	Harrisburg
3	197	Elgert, Jesse	23:24.2	7:33	14	M	5K	Sioux City
4	342	koele, Ryder	23:28.9	7:34	11	M	5K	moville
5	70	Recendis, Angel	23:35.0	7:36	14	M	5K	Albert City
6	63	Geesaman, Cain	24:10.4	7:48	13	M	5K	Chariton
7	289	Walker, Will	24:32.1	7:55	14	M	5K	Jefferson
8	254	Knuppe, Victor	26:16.0	8:28	12	M	5K	Dell Rapids
9	141	Carlberg, Erick	26:29.8	8:33	11	M	5K	Sioux City
10	257	Taylor, Brody	26:45.7	8:38	10	M	5K	Ponca
11	174	Hanson, Ryan	26:53.2	8:40	14	M	5K	South Sioux City
12	81	Moore, Bryce	26:54.6	8:41	14	M	5K	Elk Point
13	80	Moore, Kayden	27:17.1	8:48	10	M	5K	Elk Point
14	221	Lentz, Matthew	27:22.4	8:50	13	M	5K	Ponca
15	220	Holden, Joshua	27:42.1	8:56	11	M	5K	Sioux Falls
16	316	geline, Easton	30:33.5	9:51	13	M	5K	sioux city
17	127	Quam, Rian	30:46.4	9:55	14	M	5K	Elk Point
18	274	Kinnaman, Tayden	32:39.2	10:32	8	M	5K	Sioux City
19	259	Schamp, Connor	38:28.7	12:25	9	M	5K	Jackson
20	164	Choquette, Colton	41:31.0	13:24	13	M	5K	Salix
21	349	Conrad, Zyan	42:27.3	13:42	8	M	5K	ponca
22	362	Phillips, T.J.	46:23.1	14:58	7	M	5K	South Sioux City
23	237	Robinson, Griffen	47:37.1	15:22	13	M	5K	Beemer
24	155	Rasmussen, Logan	49:49.0	16:04	7	M	5K	Sioux city
25	154	Rasmussen, Walker	49:56.6	16:06	10	M	5K	Sioux city

5K 15 TO 19 - based on Gun Elapsed time

1	69	Menchaca, Manuel	22:19.2	7:12	15	M	5K	Albert City
2	136	Callaghan, Sean	22:49.8	7:22	15	M	5K	Dakota Dunes
3	347	Culbertson, Mitchell	24:56.3	8:03	16	M	5K	Sioux City
4	72	Knox, Hunter	27:46.5	8:57	17	M	5K	Sioux City
5	137	Morgan, Cody	28:17.7	9:07	18	M	5K	sergeant bluff
6	87	Hodgins, Brady	28:33.4	9:13	17	M	5K	Sioux City
7	217	Morgan, Braydon	34:38.0	11:10	15	M	5K	sergeant bluff

5K 20 TO 24 - based on Gun Elapsed time

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Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
1	364	P Johnson, Paul	20:21.0	6:34	22	M	5K	Sioux City
2	42	Matias-Santos, Christopher	21:08.2	6:49	24	M	5K	South Sioux City
3	104	Whitsell, Tanner	21:52.5	7:03	20	M	5K	Sheldon
4	110	Dykstra, Matt	24:01.3	7:45	21	M	5K	Sheldon
5	189	Meunier, Jacob	30:06.5	9:43	22	M	5K	sioux city
6	340	Welch, Justin	48:41.8	15:42	21	M	5K	Sioux City
7	20	Ochoa, Anthony	50:32.9	16:18	24	M	5K	Sioux City

5K 25 TO 29 - based on Gun Elapsed time

1	298	Hoffman, Kyle	19:03.2	6:09	28	M	5K	Sioux City
2	271	DeRoin, Chris	21:11.8	6:50	29	M	5K	Sioux City
3	218	McCormick, Nick	23:40.3	7:38	26	M	5K	Norfolk
4	331	Watchorn, Brandon	27:01.7	8:43	25	M	5K	Ponca
5	177	Weyer, Zachary	27:09.9	8:45	25	M	5K	Sioux Center
6	243	Howenstein, Jeff	28:22.8	9:09	29	M	5K	Jefferson
7	297	Hoxhalli, Elsen	33:44.7	10:53	26	M	5K	Chicago
8	206	Muhlenbruch, Trevor	38:26.8	12:24	29	M	5K	Pleasant Hill
9	358	Groepper, Mark	51:36.6	16:39	28	M	5K	Kingsley

5K 30 TO 34 - based on Gun Elapsed time

1	68	Menchaca, Arturo	22:17.2	7:11	30	M	5K	Albert City
2	360	Lee, Lloyd	36:03.5	11:38	30	M	5K	Sioux City
3	285	Snoozy, Brett	36:35.3	11:48	33	M	5K	Dakota Dunes
4	312	Nelson, Josh	39:30.3	12:45	34	M	5K	Sioux City

5K 35 TO 39 - based on Gun Elapsed time

1	305	Robertson, Jake	19:19.5	6:14	37	M	5K	Alta
2	117	Arnold, Geoff	21:27.0	6:55	35	M	5K	SIOUX CITY
3	264	Johnson, Dextor	21:31.9	6:56	36	M	5K	Sioux City
4	318	Anderson, Randy	22:04.8	7:07	39	M	5K	Sioux City
5	335	Pauling, Karl	23:42.9	7:39	35	M	5K	Sioux City
6	333	Hansen, Max	25:27.7	8:13	36	M	5K	Vermillion
7	106	Snoozy, Adam	25:44.2	8:18	35	M	5K	Jefferson
8	97	OTool, Jeffrey	27:24.3	8:50	39	M	5K	Sioux City
9	227	Berglund, Dwight	28:44.7	9:16	35	M	5K	Sergeant Bluff
10	73	Fredericksen, Kirk	30:03.7	9:42	36	M	5K	Sioux Falls
11	334	Kissingner, Davey	30:35.6	9:52	37	M	5K	SIOUX CITY
12	15	Stevens, Jeff	33:46.1	10:54	36	M	5K	Sioux Falls
13	253	Claren, Fernando	38:26.2	12:24	39	M	5K	Dakota Dunes
14	354	Newswander, Bryan	41:28.3	13:23	35	M	5K	Sioux City

5K 40 TO 44 - based on Gun Elapsed time

1	79	Niles, Paul	19:34.1	6:19	40	M	5K	Elk Point
2	204	Roerig, Todd	21:50.7	7:03	43	M	5K	Sioux City
3	93	Weber, Mike	23:05.5	7:27	44	M	5K	Sioux Falls
4	26	Nelson, Zachary	23:35.4	7:36	41	M	5K	Sioux City
5	207	Torno, Reggie	24:16.1	7:50	43	M	5K	Sioux city
6	165	Reyes, Armando	24:18.5	7:50	43	M	5K	Sioux City
7	287	Geesaman, Chad	25:18.0	8:10	43	M	5K	Chariton
8	245	Gritzmaker, Chad	28:31.5	9:12	41	M	5K	SIOUX CITY
9	82	Moore, Kyle	28:37.3	9:14	42	M	5K	Elk Point
10	118	Delaughter, Jeremy	28:55.7	9:20	44	M	5K	Sioux city
11	194	Hoelker, John	29:46.5	9:36	43	M	5K	Waukee
12	367	Hall, Matt	32:05.7	10:21	42	M	5K	Whiting

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Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
13	355	Fickett, Bernie	34:32.8	11:08	44	M	5K	Dakota Dunes
14	78	Kyte, Dave	35:15.7	11:22	41	M	5K	Hubbard
15	260	Schamp, ben	38:27.9	12:24	44	M	5K	Jackson
16	230	Boddie, Antonio	45:31.9	14:41	41	M	5K	Le Mars

5K 45 TO 49 - based on Gun Elapsed time

1	222	Murphy, Dean	21:41.2	6:59	47	M	5K	Le Mars
2	94	Van Eldik, Dan	27:28.1	8:52	49	M	5K	Westfield
3	219	Holden, Art	29:02.6	9:22	48	M	5K	Sioux Falls
4	248	Friessen, Kevin	31:03.6	10:01	49	M	5K	Sioux City
5	273	McCarthy, Greg	32:25.4	10:27	48	M	5K	Sioux City
6	363	Mallory, Heath	32:47.8	10:35	46	M	5K	Moville
7	303	Daily, Mike	36:17.4	11:42	49	M	5K	Akron
8	112	Molden, Mike	36:59.2	11:56	49	M	5K	Sioux City
9	368	Olsen, Dennis	40:06.5	12:56	49	M	5K	Sgt Bluff
10	14	Vos, Mark	44:23.7	14:19	45	M	5K	Sergeant Bluff
11	129	Quam, Jason	1:02:52.3	20:17	48	M	5K	Elk Point

5K 50 TO 54 - based on Gun Elapsed time

1	103	Solomon, Edward	23:53.7	7:42	54	M	5K	NORTH SIOUX CITY
2	108	Werden, Marty	26:28.4	8:32	51	M	5K	Dakota Dunes
3	161	Logan, Steve	27:13.8	8:47	50	M	5K	Sioux City
4	356	Kelsey, Steven	28:53.4	9:19	52	M	5K	Sioux City
5	91	Erickson, Leif	29:01.4	9:22	54	M	5K	Sioux City
6	327	Helton, Johnny	39:33.2	12:45	52	M	5K	Sioux City
7	324	Davis, William	48:43.9	15:43	52	M	5K	Sioux City
8	45	Buckmeier, Brian	51:26.5	16:35	53	M	5K	Sioux City
9	98	Meyers, John	1:12:08.2	23:16	51	M	5K	Sergeant Bluff

5K 55 TO 59 - based on Gun Elapsed time

1	225	newton, william	22:24.4	7:14	55	M	5K	pender
2	193	Shanafelt, Charles	24:37.2	7:56	55	M	5K	Sioux City
3	302	Ambrose, Steven	26:03.4	8:24	59	M	5K	Sioux City
4	57	Clancy, Paul	26:17.1	8:29	55	M	5K	Sioux City
5	132	Prue, Sam	37:27.9	12:05	56	M	5K	Sloan
6	4	OKelley, Kevin	38:00.8	12:15	58	M	5K	Vermillion
7	226	Tolzman, Brion	52:43.5	17:00	57	M	5K	Walthill

5K 60 TO 64 - based on Gun Elapsed time

1	58	Mills, Alan	21:55.3	7:04	60	M	5K	Sioux Rapids
2	229	Peters, Gary	23:45.3	7:40	61	M	5K	Dakota City
3	214	Shea, Mike	26:31.4	8:33	60	M	5K	Le Mars
4	228	Rundquist, Rex	29:37.9	9:33	64	M	5K	Sioux City

5K 65 TO 69 - based on Gun Elapsed time

1	212	Clark, Chuck	26:58.2	8:42	65	M	5K	Carroll
2	46	Callender, Tom	31:18.9	10:06	65	M	5K	Sioux City
3	241	Jerge, Larry	33:33.3	10:49	68	M	5K	Spirit Lake
4	131	Klindt, Jerry	40:16.9	12:59	69	M	5K	Anthon

5K 14 & UNDER - based on Gun Elapsed time

1	306	Robertson, Taylor	24:08.9	7:47	10	F	5K	Alta
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MRR SpringThaw 5K Age Groups 4/2/2016 2:56:19 PM

Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
2	258	Taylor, Olivia	26:46.9	8:38	8	F	5K	Ponca
3	209	Riley, Madison	30:42.9	9:54	12	F	5K	PONCA
4	33	Myers, Paige	31:56.0	10:18	9	F	5K	South Sioux City
5	96	Van Eldik, McKenna	32:15.3	10:24	14	F	5K	Westfield
6	240	Schamp, Ally	32:38.9	10:32	11	F	5K	Jackson
7	35	Vogt, Imani	33:48.3	10:54	7	F	5K	sioux city
8	357	Townley, Meredith	34:32.0	11:08	14	F	5K	Sioux City
9	344	Joyce, Brenna	34:37.1	11:10	14	F	5K	Sioux City
10	329	Albenesius, Elizabeth	34:38.0	11:10	14	F	5K	Sioux City
11	286	Snoozy, Kaelyn	35:00.1	11:17	8	F	5K	Dakota Dunes
12	337	Robertson, Tegan	35:04.0	11:19	7	F	5K	
13	166	Hensley, Meghan	35:08.3	11:20	12	F	5K	Dakota dunes
14	322	Snoozy, Melina	36:35.0	11:48	7	F	5K	Jefferson
15	157	Sedelmeier, Grace	40:30.7	13:04	9	F	5K	Harrisburg
16	99	Harms, Regan	40:30.7	13:04	6	F	5K	Sioux Falls
17	198	Elgert, Kinsey	41:29.5	13:23	11	F	5K	Sioux City
18	199	Elgert, Kiley	41:30.0	13:23	10	F	5K	Sioux City
19	65	Geesaman, Cori	46:00.3	14:50	10	F	5K	Chariton
20	180	Pineda, Evelyn	46:23.2	14:58	9	F	5K	SIOUX CITY
21	282	Phillips, Jaylean	46:25.2	14:58	6	F	5K	S. Sioux City
22	130	Quam, Anne	1:02:50.7	20:16	11	F	5K	Elk Point

5K 15 TO 19 - based on Gun Elapsed time

1	170	Hoelsing, Emily	24:30.6	7:54	18	F	5K	Sioux City
2	115	Molden, Emily	24:58.8	8:03	15	F	5K	Sioux City
3	114	Molden, Jessica	28:20.2	9:08	18	F	5K	Sioux City
4	307	Olsen, Allyson	28:35.1	9:13	18	F	5K	Sioux City
5	88	Hodgins, Rachel	28:45.7	9:16	16	F	5K	Sioux City
6	147	Woodall, Maddy	33:36.3	10:50	19	F	5K	Cherokee
7	252	Claren, Ella	34:12.1	11:02	15	F	5K	Dakota Dunes
8	124	Halligan, Carley	36:12.6	11:41	15	F	5K	Sioux City
9	163	Choquette, Jacey	42:36.7	13:45	15	F	5K	Salix
10	50	vite, mary carmen	42:57.7	13:51	15	F	5K	sc
11	24	Bunch, Autumn	50:43.2	16:22	15	F	5K	Le Mars
12	85	Gulbranson, Cameron	50:43.4	16:22	15	F	5K	Merrill
13	290	Delance, Nancy	51:41.4	16:40	19	F	5K	Moorhead

5K 20 TO 24 - based on Gun Elapsed time

1	191	Hawkins, Rachel	22:26.4	7:14	23	F	5K	Sioux Center
2	186	Oberle, Sara	24:05.1	7:46	24	F	5K	Sioux city
3	113	Molden, Stephanie	29:59.8	9:40	21	F	5K	Sioux City
4	247	Vogel, Elizabeth	30:14.5	9:45	23	F	5K	Sioux City
5	263	Heisterkamp, Jackie	33:43.7	10:53	24	F	5K	Sioux City
6	346	Culbertson, Melissa	37:40.3	12:09	24	F	5K	Sioux City
7	123	Daniels, Breanna	37:46.9	12:11	23	F	5K	Sioux City
8	37	Bezanson, Chelsea	39:39.3	12:47	23	F	5K	Vermillion
9	19	Ochoa, Hannah	50:32.7	16:18	23	F	5K	Sioux City

5K 25 TO 29 - based on Gun Elapsed time

1	173	Boutwell, Abbi	23:47.7	7:40	29	F	5K	Sioux City
2	105	Malone, Cheri	26:00.8	8:23	27	F	5K	Omaha
3	52	Bligh, Judy	27:36.9	8:54	29	F	5K	South Sioux City
4	48	Logsdon, Jenny	28:24.3	9:10	26	F	5K	Bellevue
5	39	Anderson, Meghanne	29:23.1	9:29	26	F	5K	McCook Lake
6	21	Porsch, Alicia	29:35.1	9:33	28	F	5K	Sioux City

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Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
7	275	Oberle, Crystal	29:49.8	9:37	26	F	5K	Dakota Dunes
8	353	Juhnke, Haley	29:49.9	9:37	27	F	5K	Vivian
9	296	Hoxhalli, Megan	30:09.7	9:44	27	F	5K	Chicago
10	144	Koel, Kaitlin	30:20.0	9:47	27	F	5K	Le Mars
11	308	Anderson, Michaela	31:09.6	10:03	29	F	5K	sioux city
12	350	Baker, Christina	31:35.1	10:11	29	F	5K	Kingsley
13	232	Sorensen, Katie	36:21.8	11:44	26	F	5K	Lawton
14	158	Jung, Ronja	39:15.9	12:40	28	F	5K	Sioux City
15	181	Lopez-Vazquez, Janet	39:36.6	12:46	26	F	5K	Sioux City
16	299	Rensberger, Andrea	40:12.8	12:58	26	F	5K	Sioux City
17	140	Keairns, Whitney	41:10.9	13:17	25	F	5K	Sioux City
18	352	Welch, Heather	48:42.3	15:43	28	F	5K	Sioux City

5K 30 TO 34 - based on Gun Elapsed time

1	339	Richou, Shelley	23:13.2	7:29	34	F	5K	Jefferson
2	30	Seil, Fae	26:19.8	8:29	32	F	5K	Sioux City
3	256	Taylor, Korene	26:47.3	8:38	30	F	5K	Ponca
4	537	Stevenson, Jennie	27:19.8	8:49	32	F	5K	Sioux City
5	47	Bligh, Sarah	27:53.0	8:59	33	F	5K	Sioux City
6	244	Howenstein, Abby	28:22.0	9:09	30	F	5K	Jefferson
7	284	Snoozy, Amanda	28:34.2	9:13	30	F	5K	Dakota Dunes
8	143	JACOBSON, CANDACE	28:49.7	9:18	32	F	5K	ANTHON
9	22	cooper, brittini	29:35.1	9:33	30	F	5K	SIOUX CITY
10	202	Eriksen, Kai	30:37.6	9:53	33	F	5K	Dakota Dunes
11	201	Olson, Stacy	30:37.7	9:53	30	F	5K	Dakota Dunes
12	184	Crawford, Vanessa	30:48.0	9:56	31	F	5K	Onawa
13	280	Kinnaman, Michelle	31:12.1	10:04	30	F	5K	Sioux City
14	75	peters, Heather	31:12.3	10:04	31	F	5K	paullina
15	40	Becker, Tiffany	31:14.5	10:05	30	F	5K	Jefferson
16	53	McNab, Anita	32:11.0	10:23	30	F	5K	Brewster
17	122	Mozak, Alysa	32:41.8	10:33	32	F	5K	Des Moines
18	101	CONRAD, SAMANTHA	33:04.3	10:40	32	F	5K	SIOUX CITY
19	43	Bligh, Tiffany	33:09.4	10:42	34	F	5K	South Sioux City
20	34	Vogt, Elisa	33:48.1	10:54	32	F	5K	sioux city
21	311	Hofer, Jenny	34:08.8	11:01	32	F	5K	Sioux City
22	125	Andre, Wendy	34:40.8	11:11	33	F	5K	Sioux City
23	208	Riley, Megan	35:00.8	11:17	30	F	5K	PONCA
24	119	McSparran, Tiffany	35:07.4	11:20	31	F	5K	Sioux City
25	310	Jorgensen, Holly	36:03.3	11:38	32	F	5K	Sloan
26	336	Deere, Mel	36:03.8	11:38	32	F	5K	Sioux City
27	192	Natwick, Tova	36:09.9	11:40	30	F	5K	Sioux City
28	17	Sanders, Cheryl	40:33.4	13:05	30	F	5K	South sioux city
29	100	Harms, Shelly	40:44.3	13:08	33	F	5K	Sioux Falls
30	25	Gorter, Tiffany	44:32.3	14:22	31	F	5K	Sioux City
31	61	Kumm, Stephanie	47:03.0	15:11	31	F	5K	SIOUX CITY
32	281	Phillips, Ashley	48:01.9	15:29	30	F	5K	S. Sioux city
33	266	Rohmiller, Kayla	50:41.5	16:21	30	F	5K	Sioux City
34	62	Curry, Lyndi	51:38.9	16:39	31	F	5K	Hinton
35	92	Lord, Amy	1:02:35.1	20:11	33	F	5K	Sioux City

5K 35 TO 39 - based on Gun Elapsed time

1	270	McNear, Stacy	23:59.4	7:44	37	F	5K	Sioux City
2	145	Glass, Kara	26:34.0	8:34	37	F	5K	Sioux City
3	343	koele, hanna	27:16.1	8:48	36	F	5K	moville
4	238	Heilman, Amanda	28:07.0	9:04	36	F	5K	Correctionville
5	200	Collette, Kary	29:17.7	9:27	38	F	5K	MCCOOK LAKE

MRR SpringThaw 5K Age Groups 4/2/2016 2:56:27 PM

Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
6	71	Heyer, Tavia	29:53.8	9:38	36	F	5K	Sioux City
7	294	Schneiderman, Angie	30:19.3	9:47	38	F	5K	Sioux City
8	246	Davis, Misty	31:15.3	10:05	35	F	5K	Sergeant Bluff
9	341	Koch, Kristin	31:21.5	10:07	37	F	5K	Sioux city
10	11	McKernan, Lesa	31:33.3	10:11	39	F	5K	Sioux City
11	288	Augustine, Amy	34:20.6	11:05	38	F	5K	Le Mars
12	32	Myers, Amber	35:05.3	11:19	37	F	5K	South Sioux City
13	187	Ostrand, Jaime	35:34.9	11:28	39	F	5K	Pender
14	3	OKelley, Samantha	37:58.6	12:15	39	F	5K	Vermillion
15	120	Jorgensen, Jeanie	39:26.6	12:43	36	F	5K	Sergeant Bluff
16	133	TOUCH, SOEUM	42:34.4	13:44	35	F	5K	SIOUX CITY
17	109	Small, Erin	43:02.1	13:53	35	F	5K	Sioux City
18	292	Gorman, Courtney	47:15.5	15:15	39	F	5K	Sioux City
19	235	Robinson, Linda	47:36.6	15:21	39	F	5K	Beemer
20	153	Rasmussen, Jeanne	50:39.7	16:20	38	F	5K	Sioux city
21	162	Choquette, Kimberly	50:41.6	16:21	38	F	5K	Salix
22	216	Fridge, Melissa	56:47.8	18:19	38	F	5K	Sioux City
23	323	Silvis, Charity	59:26.7	19:10	36	F	5K	Sioux City

5K 40 TO 44 - based on Gun Elapsed time

1	54	Voss, America	25:19.5	8:10	40	F	5K	Worthington
2	66	Carlson, Suzanne	26:05.8	8:25	42	F	5K	Lawton
3	345	Draube, Dawn	28:31.6	9:12	44	F	5K	SIOUX CITY
4	313	Still, Christina	28:32.7	9:12	44	F	5K	Moville
5	223	Murphy, Lorraine	29:11.7	9:25	44	F	5K	Le Mars
6	102	Smith, Kari	29:55.2	9:39	44	F	5K	Sioux City
7	107	Senhen, Amy	30:24.0	9:48	44	F	5K	Sioux City
8	369	Carrillo, Gracie	30:56.7	9:59	41	F	5K	Sgt Bluff
9	249	Friessen, Kim	31:03.5	10:01	44	F	5K	Sioux City
10	159	Winter, Traci	31:14.7	10:05	40	F	5K	Sergeant Bluff
11	361	Ruble, Heather	31:47.9	10:15	42	F	5K	Dakota Dunes
12	172	Hanson, Elizabeth	32:55.7	10:37	43	F	5K	South Sioux City
13	314	Jensen, Karla	34:32.6	11:08	42	F	5K	WAYNE
14	301	Kistner, Darcie	35:00.4	11:17	40	F	5K	North Sioux City
15	77	Bousquet, Lisa	35:16.1	11:23	41	F	5K	Hubbard
16	239	Schamp, Julie	35:31.7	11:27	42	F	5K	Jackson
17	276	Harmelink, Stacy	36:57.6	11:55	42	F	5K	Sioux City
18	250	Claren, Amy	38:26.1	12:24	41	F	5K	Dakota Dunes
19	283	Clark, Rochelle	41:54.6	13:31	42	F	5K	Sioux City
20	171	McCulley, Emily	45:28.3	14:40	42	F	5K	Sioux City
21	169	Boddie, Joni	45:39.5	14:44	40	F	5K	Le Mars
22	179	Haaf, Diane	46:35.4	15:02	40	F	5K	SIOUX CITY
23	178	Haaf, Deona	46:35.7	15:02	41	F	5K	SIOUX CITY
24	83	Moore, Tracy	46:49.4	15:06	41	F	5K	Elk Point
25	64	Geesaman, Courtney	46:50.0	15:06	40	F	5K	Chariton
26	23	Bunch, Dawn	50:41.7	16:21	42	F	5K	Le Mars
27	84	Gulbranson, Tammy	50:42.0	16:21	42	F	5K	Merrill
28	195	Elgert, Debbie	51:08.9	16:30	44	F	5K	Sioux City
29	2	Nicholson, Renae	1:02:34.9	20:11	41	F	5K	Moville

5K 45 TO 49 - based on Gun Elapsed time

1	139	Carlberg, Donna	26:39.3	8:36	47	F	5K	Sioux City
2	304	Bellis, Heather	27:17.9	8:48	45	F	5K	Onawa
3	262	Hoss, Julie	28:51.2	9:18	46	F	5K	South Sioux city
4	213	Strandberg, Lisa	30:14.1	9:45	49	F	5K	Cherokee
5	167	Betsworth, Brooke	31:07.6	10:02	45	F	5K	Dakota dunes

MRR SpringThaw 5K Age Groups 4/2/2016 2:56:32 PM

Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
6	146	Woodall, Kathy	33:36.5	10:50	48	F	5K	Cherokee
7	142	Watchorn, Mary	34:07.9	11:00	48	F	5K	Ponca
8	126	McReynolds, Jennifer	34:24.9	11:06	45	F	5K	Sioux City
9	95	Van Eldik, Robyn	35:11.8	11:21	45	F	5K	Westfield
10	135	Graves, Melanie	35:13.5	11:22	48	F	5K	Dakota Dunes
11	272	McCarthy, Kathy	36:19.8	11:43	49	F	5K	Sioux City
12	121	Toft, Chris	36:44.3	11:51	47	F	5K	Hawarden
13	338	Keegan, Becky	38:09.4	12:18	48	F	5K	sioux city
14	309	Keegan, Carrie	38:53.5	12:33	49	F	5K	Sioux City
15	291	Denne, Jennifer	39:10.6	12:38	46	F	5K	Sioux City
16	36	Jones, Misty	39:39.8	12:47	47	F	5K	Sioux City
17	111	Molden, Sheila	41:42.7	13:27	47	F	5K	Sioux City
18	128	Quam, Kim	46:48.0	15:06	45	F	5K	Elk Point
19	12	Fuller, Janet	49:34.3	15:59	49	F	5K	Sioux City
20	168	Hanson, Lisa	50:38.4	16:20	45	F	5K	Sioux City
21	138	Moritz, Rebecca	51:06.9	16:29	46	F	5K	Sioux City
22	320	Logsdon, Debbie	51:22.3	16:34	48	F	5K	Sioux City
23	326	Harbeck, Anita	58:13.0	18:47	48	F	5K	Sioux City
24	152	Renken, Tina	58:16.0	18:48	46	F	5K	Sioux City

5K 50 TO 54 - based on Gun Elapsed time

1	44	Buckmeier, Frances	28:48.0	9:17	51	F	5K	Sioux City
2	317	Van Cura, Laurie	29:42.3	9:35	53	F	5K	Sioux City
3	210	Culey, Lynn	30:39.5	9:53	52	F	5K	Sioux Falls
4	86	Hodgins, Mona	34:19.1	11:04	50	F	5K	Sioux City
5	56	McNamara, Bev	34:22.3	11:05	52	F	5K	Dakota City
6	1	Grijalva, Julie	35:22.4	11:25	54	F	5K	Dakota Dunes
7	234	Uhl, Ann	36:24.2	11:45	50	F	5K	Lawton
8	211	Stapelman, Theresa	39:26.1	12:43	53	F	5K	Belden
9	203	Trout, Theresa	42:28.5	13:42	50	F	5K	Dakota Dunes
10	13	Moon, Shari	44:24.3	14:19	50	F	5K	Sioux City
11	328	Helton, Angie	49:46.2	16:03	52	F	5K	Sioux City
12	325	Davis, Cindy	49:46.3	16:03	51	F	5K	Sioux City
13	76	Thomas-Mahaney, Tammy	51:26.6	16:35	50	F	5K	sioux city
14	190	Berntson, Amy	53:54.3	17:23	53	F	5K	Sioux City
15	242	Keane, Kathy	53:54.3	17:23	53	F	5K	Sioux city
16	351	Jepsen, Monica	58:13.2	18:47	54	F	5K	Sioux City

5K 55 TO 59 - based on Gun Elapsed time

1	41	Riessen, Jolene	26:57.7	8:42	55	F	5K	Ida Grove
2	160	paronto, yvonne	29:14.3	9:26	56	F	5K	sioux city
3	74	Davie, Marilyn	29:29.3	9:31	58	F	5K	Dunlap
4	183	Beacom, Karen	30:43.1	9:55	55	F	5K	Sioux City
5	18	Bonertz, Judy	31:54.4	10:17	58	F	5K	Sioux City
6	295	Negaard, Jeanna	33:06.7	10:41	56	F	5K	Hawarden
7	90	Quandt, Sherri	34:06.1	11:00	58	F	5K	Hinton
8	293	Friedrichsen, Paddy	34:24.9	11:06	55	F	5K	Sioux City
9	215	Shea, Donna	35:48.5	11:33	58	F	5K	Le Mars
10	332	Lundberg, Theresa	36:09.9	11:40	59	F	5K	Fargo
11	233	Sorensen, Shelly	36:20.7	11:43	57	F	5K	Lawton
12	38	Vandermolen, Peggy	38:04.9	12:17	57	F	5K	Sioux City
13	59	Mills, Susan	40:13.6	12:58	57	F	5K	Sioux Rapids
14	365	Roan, Terri	51:06.5	16:29	58	F	5K	Sioux City
15	269	Fiscus, Donna	55:11.0	17:48	59	F	5K	Sioux City

5K 60 TO 64 - based on Gun Elapsed time

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Position	Bib #	Name	RaceTime	Pace	Age	Gender	Division	City
1	31	Domayer, Jannette	31:39.2	10:13	63	F	5K	Sioux City
2	29	Krell, Susan	37:58.6	12:15	62	F	5K	Dakota Dunes
3	205	Sadler, Deb	38:27.9	12:24	62	F	5K	Correctionville
4	300	Parmelee, Paula	43:30.6	14:02	60	F	5K	Elk Point
5	267	Colvert, Gina	50:40.6	16:21	60	F	5K	Sgt Bluff

5K 70 AND OVER - based on Gun Elapsed time

1	60	Gilg, Fran	32:26.9	10:28	74	F	5K	Neligh
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