

5K RESULTS

FEMALE OVERALL

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|-------|----|-------|
| 1 | Lisa Vermeer | 34 | Pella | IA | 21:45 |
| 2 | Amy Branderhorst | 31 | Pella | IA | 22:32 |
| 3 | Alyssa Starkey | 17 | Pella | IA | 22:49 |
| 4 | Tara Kraft | 27 | Pella | IA | 23:15 |
| 5 | Grace Fisher | 14 | Pella | IA | 23:18 |

MALE OVERALL

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|-------------|----|-------|
| 1 | Bryan Kloberdanz | 25 | Cedar Falls | IA | 17:53 |
| 2 | Darin Schuknecht | 32 | Pella | IA | 17:53 |
| 3 | Scott Carkhuff | 29 | Newton | IA | 19:09 |
| 4 | Chris Lauman | 35 | Pella | IA | 19:51 |
| 5 | Stephen Fyfe | 49 | Pella | IA | 20:04 |

FEMALE INDIVIDUAL AGE GROUP: 1 - 10

| Place | Name | Age | City | St | Time |
|-------|---------------------|-----|--------------|----|-------|
| 1 | Anna Childerston | 9 | Pella | IA | 26:42 |
| 2 | Sophia Boonstra | 8 | New Sharon | IA | 28:26 |
| 3 | Kaitlyn Van Rheenen | 9 | Marion | IA | 28:45 |
| 4 | Tessa Breems | 10 | Pella | IA | 30:06 |
| 5 | Janae Vande Noord | 9 | Prairie City | IA | 34:28 |
| 6 | Ava Breems | 6 | Pella | IA | 34:33 |
| 7 | Elsa Breems | 4 | Pella | IA | 34:45 |
| 8 | Allison Van Gorp | 10 | Pella | IA | 40:09 |
| 9 | Hattie Fancher | 7 | Cedar Rapids | IA | 46:02 |
| 10 | Ellie Hatfield | 9 | Cedar Rapids | IA | 46:29 |
| 11 | Natalie Harrill | 10 | Pella | IA | 48:54 |
| 12 | Olivia De Haan | 3 | Pella | IA | 51:30 |
| 13 | Rebecca De Haan | 7 | Pella | IA | 58:32 |

MALE INDIVIDUAL AGE GROUP: 1 - 10

| Place | Name | Age | City | St | Time |
|-------|---------------------|-----|--------------|----|-------|
| 1 | Chase Lauman | 9 | Pella | IA | 21:12 |
| 2 | Levi Schelhaas | 10 | Pella | IA | 23:23 |
| 3 | Micah De Haan | 9 | Pella | IA | 25:43 |
| 4 | Jack Fancher | 9 | Cedar Rapids | IA | 28:17 |
| 5 | Hayden Tegrotenhuis | 9 | Pella | IA | 28:48 |
| 6 | Isaiah Breems | 8 | Pella | IA | 29:27 |
| 7 | Trevor Veenstra | 7 | Lynnville | IA | 31:41 |
| 8 | Toby Vander Molen | 9 | New Sharon | IA | 39:08 |
| 9 | Brandon Hatfield | 6 | Cedar Rapids | IA | 42:03 |
| 10 | Ethan Dunsbergen | 7 | Pella | IA | 43:14 |
| 11 | Jordan Dunsbergen | 5 | Pella | IA | 46:45 |

FEMALE INDIVIDUAL AGE GROUP: 11 - 14

| Place | Name | Age | City | St | Time |
|-------|-----------------------|-----|---------------|----|-------|
| 1 | Grace Fisher | 14 | Pella | IA | 23:18 |
| 2 | Ashley Blommers | 11 | Pella | IA | 24:46 |
| 3 | MacKenna Goemaat | 14 | Leighton | IA | 26:26 |
| 4 | Patience Dykstra | 14 | Pella | IA | 26:30 |
| 5 | Lindsey Blommers | 13 | Pella | IA | 26:44 |
| 6 | Lydia Verhey | 12 | Pella | IA | 27:50 |
| 7 | Kandace Hofman | 14 | Pella | IA | 28:19 |
| 8 | Abby Tegrotenhuis | 12 | Pella | IA | 28:30 |
| 9 | Josie Tegrotenhuis | 14 | Pella | IA | 29:28 |
| 10 | Adrianna Fransman | 11 | Pella | IA | 30:57 |
| 11 | Grace Bokhoven | 13 | Pella | IA | 30:59 |
| 12 | Adrienne Vander Molen | 11 | New Sharon | IA | 34:19 |
| 13 | Mercedes Van De voort | 14 | Pella | IA | 39:00 |
| 14 | Kassidy Putchio | 13 | North Liberty | IA | 42:18 |
| 15 | Maya Brandsen | 11 | Ankeny | IA | 45:54 |
| 16 | Rebekah Fyfe | 14 | Pella | IA | 50:01 |

MALE INDIVIDUAL AGE GROUP: 11 - 14

| Place | Name | Age | City | RSTMP | \$\$\$ St Time |
|-------|--------------------|-----|--------------|-------|-------------------|
| 1 | Nathan Ver Meer | 14 | Pella | IA | 20:19 |
| 2 | Gavin Tierney | 13 | Pella | IA | 23:32 |
| 3 | Josiah Wittenburg | 11 | Pella | IA | 24:06 |
| 4 | Jaydon Vande Noord | 13 | Prairie City | IA | 25:09 |
| 5 | Sam Carmichael | 14 | Oskaloosa | IA | 27:16 |
| 6 | Sean Vander Hart | 11 | Tiffin | IA | 47:42 |

FEMALE INDIVIDUAL AGE GROUP: 15 - 19

| Place | Name | Age | City | St Time |
|-------|----------------------|-----|------------|----------|
| 1 | Alyssa Starkey | 17 | Pella | IA 22:49 |
| 2 | Kelcey Blommers | 15 | Pella | IA 23:18 |
| 3 | Abby Fyfe | 18 | Pella | IA 25:12 |
| 4 | Christa Veenstra | 16 | Tracy | IA 38:18 |
| 5 | Harlee Van De Voort | 19 | Pella | IA 39:00 |
| 6 | Abigail Vander Molen | 16 | New Sharon | IA 39:11 |

MALE INDIVIDUAL AGE GROUP: 15 - 19

| Place | Name | Age | City | St Time |
|-------|-------------------|-----|-------|----------|
| 1 | Jackson Schelhaas | 17 | Pella | IA 22:27 |
| 2 | David Dykstra | 17 | Pella | IA 24:31 |

FEMALE INDIVIDUAL AGE GROUP: 20 - 29

| Place | Name | Age | City | St Time |
|-------|-------------------|-----|-----------------|------------|
| 1 | Tara Kraft | 27 | Pella | IA 23:15 |
| 2 | Jessica Kitzman | 24 | Brooklyn | NY 23:37 |
| 3 | Lacey Beenken | 27 | Bancroft | IA 25:01 |
| 4 | Stephanie Pierson | 23 | Pella | IA 28:27 |
| 5 | Sarah Dickenson | 25 | Pella | IA 29:27 |
| 6 | Katie Streif | 24 | North Liberty | IA 30:30 |
| 7 | Kristin Anderson | 24 | Dubuque | IA 31:13 |
| 8 | Abbie Wynja | 23 | West Des Moines | IA 31:37 |
| 9 | Karissa Heisler | 25 | North Liberty | IA 36:00 |
| 10 | Carly Van Zomeren | 22 | Oskaloosa | IA 40:56 |
| 11 | Rachel Fyfe | 20 | Pella | IA 50:02 |
| 12 | Sarah Hedrick | 29 | Pella | IA 1:06:38 |

MALE INDIVIDUAL AGE GROUP: 20 - 29

| Place | Name | Age | City | St Time |
|-------|------------------|-----|---------------|----------|
| 1 | Scott Carkhuff | 29 | Newton | IA 19:09 |
| 2 | Cody Van Walbeek | 25 | Pella | IA 23:59 |
| 3 | Seth Beenken | 29 | Bancroft | IA 25:02 |
| 4 | Lance Eysink | 26 | Pella | IA 26:25 |
| 5 | Scott Streif | 26 | North Liberty | IA 27:52 |

FEMALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St Time |
|-------|----------------------|-----|--------------|----------|
| 1 | Amy Branderhorst | 31 | Pella | IA 22:32 |
| 2 | Kathryn Dawley | 39 | Kailua | HI 24:59 |
| 3 | Tracey Branderhorst | 32 | Long Beach | CA 25:55 |
| 4 | Kari Systma | 36 | Pella | IA 26:00 |
| 5 | Jennifer Veenstra | 36 | Knoxville | IA 26:22 |
| 6 | Courtney Vander Hart | 37 | Tiffin | IA 26:38 |
| 7 | Heather Spang | 37 | Pella | IA 27:03 |
| 8 | Leah Bruxvoort | 31 | New Sharon | IA 27:40 |
| 9 | Heidi Van Wyk | 32 | New Sharon | IA 28:07 |
| 10 | Ami Fisher | 38 | Pella | IA 28:13 |
| 11 | Jaci Goemaat | 39 | Leighton | IA 28:30 |
| 12 | Shawna Tice | 34 | Sully | IA 28:48 |
| 13 | Jana Boonstra | 36 | New Sharon | IA 28:58 |
| 14 | Leslie Johnston | 37 | Knoxville | IA 30:41 |
| 15 | Amy Bokhoven | 39 | Pella | IA 30:59 |
| 16 | Tara Fransman | 35 | Pella | IA 31:16 |
| 17 | Libby Tegrotenhuis | 39 | Pella | IA 31:21 |
| 18 | Angela Veenstra | 39 | Lynnville | IA 31:43 |
| 19 | Jodi Menninga | 32 | Pella | IA 31:55 |
| 20 | Jodi De Vries | 38 | Pella | IA 32:38 |
| 21 | Jodi Vande Noord | 39 | Prairie City | IA 33:13 |
| 22 | Angela Van Gorp | 32 | Pella | IA 34:01 |
| 23 | Victoria Holdsworth | 33 | Pella | IA 34:31 |
| 24 | Deanne Breems | 36 | Pella | IA 34:45 |

| | | | RSTMP\$\$\$ |
|----|-------------------------|-----------------|-------------|
| 25 | Lisa Kisling | 35 Pella | IA 37:29 |
| 26 | Melissa Van Gorp | 37 Pella | IA 40:08 |
| 27 | Laurie Hatfield | 37 Cedar Rapids | IA 43:39 |
| 28 | Carissa Vander Linden | 30 Pella | IA 44:01 |
| 29 | Rochelle Dunsbergen | 37 Pella | IA 46:44 |
| 30 | Jody Vander Hart | 37 Tiffin | IA 49:56 |
| 31 | Michelle De Haan | 34 Pella | IA 51:30 |
| 32 | Jennie Hedrick-Rozenber | 34 Pella | IA 1:06:36 |

MALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Time |
|-------|--------------------|-----|------------|----|-------|
| 1 | Darin Schuknecht | 32 | Pella | IA | 17:53 |
| 2 | Chris Lauman | 35 | Pella | IA | 19:51 |
| 3 | Nate Tierney | 36 | Pella | IA | 21:51 |
| 4 | Doug Kanis | 34 | Pella | IA | 23:45 |
| 5 | Will Van Wyngarden | 33 | Pella | IA | 24:07 |
| 6 | Chad Johnston | 38 | Knoxville | IA | 24:53 |
| 7 | Todd Pearson | 39 | Chicago | IL | 25:36 |
| 8 | Zach Devries | 33 | Pella | IA | 25:53 |
| 9 | Matt Smith | 38 | Altoona | IA | 26:14 |
| 10 | Kent Breems | 35 | Pella | IA | 29:27 |
| 11 | Matt Wolthuizen | 34 | Harrisburg | SD | 29:37 |
| 12 | David Tegrotenhuis | 39 | Pella | IA | 31:21 |
| 13 | Marc Menninga | 37 | Pella | IA | 32:19 |
| 14 | Ryan Pothoven | 38 | Pella | IA | 38:54 |
| 15 | Matt Dunsbergen | 35 | Pella | IA | 43:14 |
| 16 | Nick De Haan | 32 | Pella | IA | 50:53 |
| 17 | Adam Hazen | 33 | Pella | IA | 51:46 |

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Time |
|-------|----------------------|-----|---------------|----|-------|
| 1 | Becky Watkins | 46 | Pella | IA | 23:36 |
| 2 | Teresa Hovell | 43 | Pella | IA | 26:24 |
| 3 | Grace Barnes | 40 | Pella | IA | 28:14 |
| 4 | Diane Miller | 44 | Urbandale | IA | 28:25 |
| 5 | Martha Verhey | 42 | Pella | IA | 29:20 |
| 6 | Diane Phoenix | 49 | Pella | IA | 29:26 |
| 7 | Michelle Van Rheenen | 44 | Marion | IA | 31:41 |
| 8 | Susan Pierson | 48 | Pella | IA | 31:58 |
| 9 | Mindy Samson | 45 | Sully | IA | 35:05 |
| 10 | Michelle Lolwing | 45 | Newton | IA | 35:49 |
| 11 | Lisa Schelhaas | 46 | Pella | IA | 36:55 |
| 12 | Angie Vander Molen | 44 | New Sharon | IA | 39:12 |
| 13 | Barb Gosselink | 44 | Leighton | IA | 40:13 |
| 14 | Lisa McDonnell | 46 | North Liberty | IA | 45:09 |
| 15 | Lisa Fyfe | 49 | Pella | IA | 50:04 |
| 16 | Dewann Sanchez | 49 | Colfax | IA | 50:15 |
| 17 | Becky Brown | 42 | Marshalltown | IA | 51:12 |
| 18 | Teresa Wells | 47 | Melcher | IA | 51:46 |

MALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Time |
|-------|--------------------|-----|--------------|----|-------|
| 1 | Stephen Fyfe | 49 | Pella | IA | 20:04 |
| 2 | Scott Meyer | 49 | Pella | IA | 20:35 |
| 3 | Craig Wittenburg | 49 | Pella | IA | 21:28 |
| 4 | Dave Watkins | 49 | Pella | IA | 21:34 |
| 5 | Seth Hatfield | 40 | Cedar Rapids | IA | 22:50 |
| 6 | Brent Pierson | 48 | Pella | IA | 22:51 |
| 7 | Larry Hartwig | 45 | What Cheer | IA | 22:54 |
| 8 | Jason Blommers | 42 | Pella | IA | 23:04 |
| 9 | Ron Childerston | 42 | Pella | IA | 25:53 |
| 10 | Terry Wynja | 49 | Pella | IA | 26:07 |
| 11 | Raymond Holdsworth | 46 | Oskaloosa | IA | 26:15 |
| 12 | Mark Carter | 48 | Pella | IA | 26:29 |
| 13 | Ryan Tresnak | 43 | Tiffin | IA | 26:33 |
| 14 | Dale Lensing | 49 | Pella | IA | 28:06 |
| 15 | Jim Gosselink | 45 | Leighton | IA | 28:50 |
| 16 | Tim Verhey | 44 | Pella | IA | 29:02 |
| 17 | Brian Kisling | 43 | Pella | IA | 29:05 |
| 18 | Josh Vander Hart | 41 | Tiffin | IA | 30:17 |
| 19 | Tom Hallam | 45 | Marshalltown | IA | 30:21 |
| 20 | Wayne Anschutz | 49 | Pella | IA | 32:16 |
| 21 | Jeremy Vande Noord | 41 | Prairie City | IA | 34:28 |
| 22 | Jay Schelhaas | 46 | Pella | IA | 36:55 |
| 23 | Rick Harrill | 45 | Pella | IA | 48:06 |

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

RSTMP\$\$\$

| Place | Name | Age | City | St | Time |
|-------|---------------------|-----|--------------|----|---------|
| 1 | Lisa Lensing | 51 | Pella | IA | 25:56 |
| 2 | Jean Dingeman | 50 | Pella | IA | 26:02 |
| 3 | Lana Degroot | 52 | Oskaloosa | IA | 27:32 |
| 4 | Lisa Groenendyk | 56 | Leighton | IA | 28:46 |
| 5 | Joyce Burch | 58 | Pella | IA | 29:12 |
| 6 | Marsha Wetter | 53 | Pella | IA | 31:59 |
| 7 | Vicki Cowman | 51 | Pella | IA | 33:40 |
| 8 | Anne Aalbers | 58 | Pella | IA | 34:17 |
| 9 | Luann Brandsen | 55 | Ankeny | IA | 35:19 |
| 10 | Joy McDanel McDanel | 56 | Knoxville | IA | 36:58 |
| 11 | Kt Cook | 54 | Cedar Rapids | IA | 44:17 |
| 12 | Sheryl Steenhoek | 53 | Pella | IA | 46:40 |
| 13 | Mary Van Haaften | 56 | Pella | IA | 46:40 |
| 14 | Donna Spidle | 58 | Newton | IA | 50:14 |
| 15 | Sherry Veldhuizen | 51 | New Sharon | IA | 53:07 |
| 16 | Annie Hedrick | 53 | Pella | IA | 1:06:38 |

MALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|---------------|----|-------|
| 1 | Mike Mathewson | 54 | Pella | IA | 23:05 |
| 2 | Scott Miller | 51 | Urbandale | IA | 23:13 |
| 3 | Dan Sorensen | 56 | Pella | IA | 23:34 |
| 4 | Mike Inman | 55 | Ottumwa | IA | 23:50 |
| 5 | Richard Hanna | 53 | New Sharon | IA | 24:04 |
| 6 | Jeff Paschlea | 52 | Newton | IA | 24:28 |
| 7 | Richard Posthuma | 53 | Pella | IA | 26:07 |
| 8 | Mike Cowman | 51 | Pella | IA | 33:40 |
| 9 | Clayton Weir | 59 | Coralville | IA | 36:06 |
| 10 | Pat McDonnell | 53 | North Liberty | IA | 45:09 |
| 11 | Dale Deur | 57 | Pella | IA | 50:58 |

FEMALE INDIVIDUAL AGE GROUP: 60 - 69

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|------------|----|-------|
| 1 | Marilyn Vermeer | 65 | Pella | IA | 23:38 |
| 2 | Mary Van Steenis | 65 | Pella | IA | 25:28 |
| 3 | Alida Droppert | 65 | Pella | IA | 27:20 |
| 4 | Becky Rozenboom | 62 | Oskaloosa | IA | 27:32 |
| 5 | Diane Weir | 63 | Coralville | IA | 36:07 |
| 6 | Deb Gyolai | 60 | Knoxville | IA | 41:59 |
| 7 | Kerry Pinkerton | 60 | Taintor | IA | 42:51 |
| 8 | Linda De Haan | 62 | Pella | IA | 58:34 |

MALE INDIVIDUAL AGE GROUP: 60 - 69

| Place | Name | Age | City | St | Time |
|-------|----------------|-----|-------|----|-------|
| 1 | Maury De Haan | 62 | Pella | IA | 36:57 |
| 2 | Nate Viall | 68 | Pella | IA | 38:33 |
| 3 | Paul Steenhoek | 61 | Pella | IA | 46:40 |
| 4 | Guy De Haan | 64 | Pella | IA | 51:07 |

FEMALE INDIVIDUAL AGE GROUP: 70 - 99

| Place | Name | Age | City | St | Time |
|-------|---------------|-----|-------|----|-------|
| 1 | Marilyn Harms | 75 | Pella | IA | 50:12 |

MALE INDIVIDUAL AGE GROUP: 70 - 99

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|------------|----|-------|
| 1 | Hummer Brown | 74 | Des Moines | IA | 38:17 |
| 2 | Wilbur Veenstra | 76 | Pella | IA | 38:17 |
| 3 | Gerry Harms | 75 | Pella | IA | 55:30 |