

5K RESULTS

FEMALE OVERALL

Place	Name	Age	City	St	Time
1	Heather Ware	27	Ottumwa	IA	20:20
2	Valerie Keegan	35	Pella	IA	20:44
3	Sara Chance	34	Ottumwa	IA	21:48
4	Amy Branderhorst	32	Pella	IA	21:56
5	Lisa Ver Meer	36	Pella	IA	22:14

MALE OVERALL

Place	Name	Age	City	St	Time
1	Darin Schuknecht	33	Otley	IA	17:21
2	Matt Hackman	33	Lenexa	KS	17:23
3	Bryan Rutledge	27	Cedar Falls	IA	17:40
4	Luke Lorfield	21	Orange City	IA	18:24
5	Josiah Wittenberg	13	Pella	IA	18:42

FEMALE INDIVIDUAL AGE GROUP: 1 - 10

Place	Name	Age	City	St	Time
1	Sophia Boonstra	10	New Sharon	IA	28:32
2	Grace Ver Meer	10	Pella	IA	29:04
3	Ava Breems	8	Pella	IA	31:26
4	Tierney Carter	8	Oskaloosa	IA	31:46
5	Mackenzie Johnston	8	Knoxville	IA	34:18
6	Jessa De Vries	7	Pella	IA	34:26
7	Hattie Fancher	9	Cedar Rapids	IA	34:47
8	Meredith Van Wyk	7	Pella	IA	36:25
9	Elsa Breems	6	Pella	IA	42:59
10	Olivia De Haan	5	Pella	IA	46:26
11	Hope Van Gorp	4	Pella	IA	48:00

MALE INDIVIDUAL AGE GROUP: 1 - 10

Place	Name	Age	City	St	Time
1	Tysen De Vries	10	Pella	IA	24:09
2	Sawyer Meinders	8	Pella	IA	24:14
3	Colton Anderson	10	Oskaloosa	IA	25:36
4	Isaiah Breems	10	Pella	IA	26:19
5	Elias Keegan	7	Pella	IA	31:09
6	Skye Koenen	10	Newton	IA	34:23

7	Carter Meinders	5	Pella	IA	35:01
8	Trevor Veenstra	9	Lynnville	IA	35:19
9	Gavin Ulferts	6	Pella	IA	36:06
10	Lucas Vander Hart	9	Urbandale	IA	40:05
11	Noah Van Gorp	7	Pella	IA	47:29
12	Brandon Hatfield	8	Cedar Rapids	IA	51:19

FEMALE INDIVIDUAL AGE GROUP: 11 - 14

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Jaclyn Holmes	11	Tracy	IA	23:18
2	Addi Carter	11	Oskaloosa	IA	25:23
3	Annaliese Admiraal	14	Pella	IA	25:41
4	Tirzah Wittenberg	14			27:16
5	Tessa Breems	12	Pella	IA	31:21
6	Ana Ruiters	12	Milford	IA	35:11
7	Bailey Roose	12	Pella	IA	35:22
8	Mia Brandsen	12	Ankeny	IA	42:50
9	Ellie Hatfield	11	Cedar Rapids	IA	43:10

MALE INDIVIDUAL AGE GROUP: 11 - 14

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Josiah Wittenberg	13	Pella	IA	18:42
2	Issac Kacmaryski	11	Pella	IA	24:08
3	Micah De Haan	11	Pella	IA	24:56
4	Jack Fancher	11	Cedar Rapids	IA	27:35
5	Jaison Anderson	11	Oskaloosa	IA	28:08
6	Matthew Bokhoven	13	Pella	IA	28:33
7	Hayden Tegrotenhuis	11	Pella	IA	29:32
8	Blake Veenstra	14	Lynnville	IA	30:00
9	Colby De Vries	14	Pella	IA	32:51
10	Cody Johnston	12	Knoxville	IA	33:52
11	Seth Fisher	12	Pella	IA	33:53
12	Elyse Kriegel	13	Pella	IA	44:41
13	Sean Vander Hart	13	Urbandale	IA	46:35

FEMALE INDIVIDUAL AGE GROUP: 15 - 19

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Kelsey Blommers	17	Pella	IA	24:16
2	Lindsay Breon	15	Oskaloosa	IA	24:53
3	Cara Theune	18	Pella	IA	26:27
4	Jackie Lensing	15	Pella	IA	29:21
5	Laura De Zwarte	15	Pella	IA	29:21
6	Becca Hortsman	16	Pella	IA	29:22
7	Josie Tegrotenhuis	16	Pella	IA	29:38
8	Moriah Wittenberg	16	Pella	IA	31:34

9	Claire Milligan	15	Pella	IA	31:42
10	Grace Bokhoven	15	Pella	IA	31:43
11	Lauren Kriegel	17	Pella	IA	31:44
12	Emily Kriegel	16	Pella	IA	35:01
13	Abby Tegrotenhuis	15	Pella	IA	36:25
14	Haley Albright	15	Oskaloosa	IA	37:00
15	Megan Eveland	15	Eddyville	IA	37:00

MALE INDIVIDUAL AGE GROUP: 15 - 19

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Drew Van Hauen	15	Pella	IA	19:04
2	Micah Wittenberg	18	Pella	IA	19:17
3	Carter Huyser	15	Oskaloosa	IA	20:40
4	Nathan Ver Meer	16	Pella	IA	23:16
5	Sam Lensing	17	Pella	IA	23:30
6	Ben Diehl	17	Pella	IA	23:44
7	Jeremiah Kriegel	16	Pella	IA	33:39

FEMALE INDIVIDUAL AGE GROUP: 20 - 29

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Natasha Nikkel	27	Sully	IA	22:26
2	Courtney Van Wyk	26	Pella	IA	22:54
3	Lacey Beenken	29	Bancroft	IA	22:54
4	Hannah Mason	24	Oskaloosa	IA	24:14
5	Elizabeth Bouwkamp	21	Pella	IA	27:44
6	Sarah Brandsen	21	Ankeny	IA	27:58
7	Jolyn Hartson	28	Pella	IA	29:53
8	Danielle Schneider	24	Lacona	IA	30:04
9	Jeana Van Voorst	29	Pella	IA	31:05
10	Megan Schiferl	26	Oconomowoc	WI	31:07
11	Hannah Wittenberg	20	Pella	IA	31:33
12	Larissa Arkema	28	Pella	IA	34:11
13	Cayla Collins	24	Pella	IA	34:34
14	Kelsie Van Haaften	25	New Sharon	IA	34:34
15	Natasha D Nikkel	27	Sully	IA	35:22
16	Allison Kraayenbrink	25	Pella	IA	41:43
17	Jess Vander Molen	28	Pella	IA	45:48
18	Kaylee McKee	25	New Sharon	IA	50:33
19	Ashley Van Maanen	25	Rock Valley	IA	53:02

MALE INDIVIDUAL AGE GROUP: 20 - 29

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Bryan Rutledge	27	Cedar Falls	IA	17:40
2	Luke Lorfield	21	Orange City	IA	18:24
3	Peter Burr	26	Saint Robert	MO	20:13

4	David Bouska	25	Pella	IA	21:00
5	John Henry	28	Pella	IA	22:27
6	Chad Degraaf	21	Sioux Center	IA	27:43
7	Lance Eysink	27	Pella	IA	28:33
8	Darius Teo	25	Singapore		32:35

FEMALE INDIVIDUAL AGE GROUP: 30 - 39

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Valerie Keegan	35	Pella	IA	20:44
2	Sara Chance	34	Ottumwa	IA	21:48
3	Amy Branderhorst	32	Pella	IA	21:56
4	Lisa Ver Meer	36	Pella	IA	22:14
5	Sheila Punt	38	Pella	IA	22:25
6	Deanne Breems	38	Pella	IA	24:37
7	Brittney Altwine	35	Pella	IA	25:37
8	Leah Bruxvoort	33	New Sharon	IA	27:39
9	Courtney Vander Hart	39	Urbandale	IA	29:16
10	Kendra Terlouw	32	Leighton	IA	29:20
11	Melissa Van Gorp	39	Pella	IA	31:08
12	Kelly Carter	33	Oskaloosa	IA	31:45
13	Victoria Holdsworth	35	Pella	IA	31:51
14	Erica Bohn	34	Pella	IA	31:51
15	Jill Schuknecht	33	Otley	IA	32:33
16	Leslie Johnston	39	Knoxville	IA	34:18
17	Jocelyn Meinders	36	Pella	IA	35:01
18	Teresa Ulferts	32	Pella	IA	36:22
19	Elisa Klahsen	36	Pella	IA	36:34
20	Joni Hannon	30	Pella	IA	37:15
21	Jody Vander Hart	39	Urbandale	IA	39:53
22	Audra Hiebert	39	Prairie City	IA	41:00
23	Marla Van Der Hart	38	Pella	IA	43:19
24	Allison Graham	32	Toledo	IA	44:28
25	Angela Van Gorp	34	Pella	IA	48:01
26	Jolee Stoddard	33	Barnes City	IA	48:22
27	Lacosta Van Dyk	31	Pella	IA	48:43
28	Tiffany Anderson	30	Oskaloosa	IA	52:12

MALE INDIVIDUAL AGE GROUP: 30 - 39

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Matt Hackman	33	Lenexa	KS	17:23
2	Kyle Punt	38	Pella	IA	21:07
3	Tom Baltzer	35	Hooper	NE	21:21
4	Tyler Schiferl	30	Pella	IA	21:21
5	Seth Beenken	30	Bancroft	IA	22:55
6	Justin Leahy	33	Knoxville	IA	22:58
7	Will Van Wyngarden	35	Pella	IA	24:32
8	Dan Branderhorst	33	Pella	IA	25:29
9	Chris Terlouw	32	Killduff	IA	29:20

10	Jakab Huyser	38	Oskaloosa	IA	31:37
11	David Lawrence	35	Pleasant Hill	IA	35:23
12	Paul Boonstra	38	New Sharon	IA	35:32
13	Darvin Graham	30	Pella	IA	41:38
14	Jake Keegan	37	Pella	IA	42:40
15	Kent Breems	37	Pella	IA	44:00

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Nariza Fuller	40	Runnells	IA	25:12
2	Angela Veenstra	41	Lynnville	IA	26:15
3	Jaci Goemaat	41	Pella	IA	26:27
4	Sue Theune	46	Pella	IA	26:28
5	Jamie Kriegel	43	Pella	IA	26:50
6	Allison Mullin	49	Keokuk	IA	27:06
7	Kim Doty	44	Pella	IA	27:25
8	Grace Barnes	42	Pella	IA	28:56
9	Debbie Brager	41	Oskaloosa	IA	29:09
10	Amy Bokhoven	41	Pella	IA	29:26
11	Dawn Anderson	48	Oskaloosa	IA	29:43
12	Diane Miller	46	Urbandale	IA	31:01
13	Jodi De Vries	40	Pella	IA	34:26
14	Kelly Koenen	40	Newton	IA	35:13
15	Tina Schneider	47	Lacona	IA	35:23
16	Laura Groenenboom	48	Oskaloosa	IA	37:32
17	Teresa Lyman	45	Newton	IA	39:11
18	Jodi Vande Noord	41	Prairie City	IA	39:54
19	Pam Van Gorp	49	Pella	IA	41:53
20	Ami Fisher	40	Pella	IA	41:53
21	Melissa Van Donselaar	40	Pella	IA	42:38
22	Heather Van Hauen	40	Pella	IA	44:05
23	Junann Holmes	46	Tracy	IA	44:26
24	Le Ann Bouwkamp	47	Pella	IA	45:48
25	Christine Howard	44	New Sharon	IA	48:22
26	Lori Lunsford	41	Pella	IA	48:36
27	Teresa Moses	49	Oskaloosa	IA	48:41
28	Ruth Veenstra	43	Oskaloosa	IA	52:43
29	Barb Gosselink	46	Leighton	IA	55:11

MALE INDIVIDUAL AGE GROUP: 40 - 49

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Chris Ver Meer	40	Pella	IA	18:49
2	John Milligan	45	Pella	IA	21:47
3	Jason Blommers	44	Pella	IA	22:22
4	Brent Van Hauen	40	Pella	IA	22:37
5	Seth Hatfield	42	Cedar Rapids	IA	23:49
6	Chad Johnston	40	Knoxville	IA	24:16
7	Brad Engbers	49	Pella	IA	25:12

8	Joel Ruisch	45	Pella	IA	25:48
9	Raymond Holdsworth	48	Oskaloosa	IA	26:27
10	Josh Vander Hart	43	Urbandale	IA	31:34
11	Dana Green	40	Oconomowoc	WI	33:26
12	Jim Gosselink	47	Leighton	IA	34:17
13	Darrell Veenstra	42	Lynnville	IA	35:34
14	Jeremy Vande Noord	43	Prairie City	IA	39:54
15	Dwain Holmes	46	Tracy	IA	43:45
16	Mark Kriegel	45	Pella	IA	44:41
17	Daryl Bouwkamp	47	Pella	IA	44:53
18	Randy Lunsford	47	Pella	IA	48:36

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Janean Griffith	56	Des Moines	IA	24:27
2	Lana Degroot	54	Oskaloosa	IA	25:52
3	Wanda Coleman	50	Pella	IA	27:01
4	Lisa Lensing	53	Pella	IA	28:09
5	Beth Adams	50	Indianola	IA	28:35
6	Lisa Groenendyk	58	Leighton	IA	29:24
7	Marti Van Walbeek	50	Monroe	IA	29:51
8	Susan Pierson	50	Pella	IA	32:45
9	Marsha Wetter	55	Pella	IA	34:01
10	Luann Brandsen	57	Ankeny	IA	34:41
11	Lisa Ruiter	51	Milford	IA	44:06
12	Rose Admiraal	50	Pella	IA	44:53
13	Kar Inn Teo	52	Singapore		45:50
14	Rosie Hol	59	New Sharon	IA	49:46
15	Roxann McKee	56	Montezuma	IA	50:36
16	Caryn Rempe	51	Pella	IA	50:46
17	Arlene Dugger	51	Pella	IA	50:46
18	Joni Van Der Pol	50	Pella	IA	52:43

MALE INDIVIDUAL AGE GROUP: 50 - 59

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Craig Wittenberg	51	Pella	IA	20:47
2	Mark Zimmer	58	Kesley	IA	21:29
3	Brent Pierson	50	Pella	IA	23:36
4	Keith Comfort	57	Oskaloosa	IA	23:45
5	Jeffrey Mullin	55	Keokuk	IA	25:58
6	Scott Miller	53	Urbandale	IA	28:05
7	Mark Davelaar	55	Maurice	IA	29:01
8	Joe Coleman	51	Pella	IA	29:42
9	Dale Lensing	51	Pella	IA	29:43
10	Jim Brandsen	55	Ankeny	IA	51:02

FEMALE INDIVIDUAL AGE GROUP: 60 - 69

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Marilyn Ver Meer	67	Pella	IA	23:25
2	Mary Van Steenis	67	Pella	IA	26:26
3	Joyce Burch	60	Pella	IA	29:26
4	Anne Aalbers	60	Pella	IA	36:57
5	Marcia Van Gorp	65	Pella	IA	45:47
6	Linda De Haan	64	Pella	IA	46:59
7	Becky Rozenboom	64	Oskaloosa	IA	50:55
8	Chris Nieuwsma	66	Oskaloosa	IA	50:55
9	Pam Wright	62	Greenwood	IN	53:02
10	Helen Roose	69	Pella	IA	53:11

MALE INDIVIDUAL AGE GROUP: 60 - 69

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Fred Kreykes	65	Pella	IA	24:38
2	Andrew Hazer	66	Columbia	IA	24:57
3	James Wright	69	Greenwood	IN	30:38
4	Carroll Hoksbergen	67	Tracy	IA	30:40
5	Maury De Haan	64	Pella	IA	37:26
6	Daryl Van Wyngarden	61	New Sharon	IA	49:46
7	Greg Schiferl	62	Fordyce	NE	54:10

FEMALE INDIVIDUAL AGE GROUP: 70 - 99

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Luana Van Gorp	72	Oskaloosa	IA	48:48
2	Pat Wichhart	71	Pella	IA	55:12

MALE INDIVIDUAL AGE GROUP: 70 - 99

Place	Name	Age	City	St	Time
=====	=====	=====	=====	=====	=====
1	Nate Viall	70	Pella	IA	36:22
2	Walter Graham	70	Pella	IA	41:38
3	Hummer Brown	76	Pleasant Hill	IA	47:29