

2017 Live Healthy Iowa 5K - Decorah

5K Division	First Name	Last Name	City	Time
5K 60 & Over Male	Randy	Nordheim	Waukon	20:06
5K 20 - 29 Male	Steven	Pelischek	LaCrosse	21:21
5K 30 - 39 Female	Lisa	Zittergruen	Decorah	21:22
5K 30 - 39 Male	Josh	Funk	Elkader	21:30
5K 20 - 29 Male	Corby	Friederich	Mason City	21:58
5K 20 - 29 Male	Troy	Friederich	Postville	21:58
5K 50 - 59 Male	Dave	Farmer	Postville	22:10
5K 20 - 29 Male	Jeremy	Stenseth	Calmar	22:57
5K 30 - 39 Female	Julie	Archer	Decorah	22:58
5K 30 - 39 Female	Lindsey	Fisk	Monona	23:54
5K 50 - 59 Male	Jim	Stenseth	Calmar	23:59
5K 30 - 39 Female	Liza	Hicken	Decorah	24:58
5K 50 - 59 Female	Kim	Wander	West Union	25:00
5K 60 & Over Male	Linus	Barloon	Decorah	25:05
5K 50 - 59 Male	John	Courtney	Decorah	25:22
5K 13 - 15 Female	Samantha	See	Decorah	25:26
5K 50 - 59 Female	Sue	Busta	Calmar	25:46
5K 20 - 29 Female	Hannah	Lindblom	Decorah	27:05
5K 40 - 49 Female	Cindy	See	Decorah	27:41
5K 30 - 39 Male	Braden	Archer	Decorah	27:46
5K 30 - 39 Female	Jenna	Cline	Adel	27:58
5K 30 - 39 Female	Marie	Rosonke	Fredericksburg	27:59
	Alan	Schmitt	Fort Atkinson	28:22
5K 20 - 29 Female	Morgan	Bjerke	Waukon	29:41
5K 20 - 29 Female	Bobbi	Wild	Lansing	29:41
5K 20 - 29 Male	Steven	Teslow	Ossian	30:01
5K 13 - 15 Female	Moriah	Grinna	Decorah	30:02
5K 30 - 39 Male	Shannon	Cline	Adel	30:38
5K 13 - 15 Female	Annika	Lensch	Decorah	31:26
5K 20 - 29 Male	Ben	Stenseth	Calmar	31:38
5K 50 - 59 Female	Sharon	Elsbernd	Calmar	32:42
5K 30 - 39 Female	April	Belverud	Waukon	32:58
5K 30 - 39 Female	Julie	Wilkins	Waukon	32:58
5K 30 - 39 Female	Angie	Kerndt	Decorah	33:25
5K 12 & Under Female	Stella	Pole	Decorah	33:25
5K 12 & Under Female	Mary	Moore	Decorah	34:44
5K 60 & Over Male	Marvin	Ehm	Decorah	35:39
5K 13 - 15 Male	Wyatt	Hackman	Decorah	37:10
5K 50 - 59 Male	Erik	Stoen	Decorah	37:47
5K 50 - 59 Female	Kim	Soukup	Cresco	38:12
5K 40 - 49 Female	Elly	Lensch	Decorah	38:13
5K 30 - 39 Female	Marie	Loven	Waukon	38:22
5K 50 - 59 Female	Colleen	Moore	Decorah	38:23
5K 60 & Over Male	James	Bond	Oelwein	38:51
5K 60 & Over Female	Ellen	Drewes-Stoen	Decorah	38:51
5K 30 - 39 Female	Joanna	Horstman	West Union	39:56
5K 50 - 59 Female	Kathy	Fulton	Keokuk	41:02

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5K Division	First Name	Last Name	City	Time
5K 60 & Over Female	Kathi	Wild	Decorah	41:25
5K 20 - 29 Female	Clare	Courtney	Decorah	43:00
5K 20 - 29 Female	Katie	Courtney	Decorah	43:24
5K 20 - 29 Female	Mady	Courtney	Decorah	43:24
5K 12 & Under Female	Ava	Bahr	Decorah	45:13
5K 50 - 59 Female	Sally	Emerson	Lansing	45:15
5K 30 - 39 Female	Leisha	Bahr	Decorah	45:16
5K 20 - 29 Male	Benjamin	Pfile	Decorah	46:00
5K 40 - 49 Female	Lesa	Jacobson	Chatfield	47:37
5K 40 - 49 Female	Lisa	Barnes	Decorah	47:41
5K 30 - 39 Male	Kyle	Collins	Decorah	48:19
5K 60 & Over Female	Rose	Breitsprecher	Canton, MN	51:06
5K 50 - 59 Female	Brenda	Timp	Calmar	53:16
5K 20 - 29 Female	Katelyn	Plaht	Postville	53:17
5K 30 - 39 Female	Nicole	Collins	Decorah	55:08
5K 60 & Over Female	Sandy	Deal	Waukon	55:36
5K 20 - 29 Female	Heather	Sparrow	Fort Madison	57:33
5K 40 - 49 Female	Carol	Hall	Grant City	59:10
5K 60 & Over Female	Mary	Schibursky	Preston	59:11
5K 20 - 29 Female	Elizabeth	Pfile	Decorah	59:38
5K 50 - 59 Female	Germaine	Kuhn	Calmar	59:39
5K 20 - 29 Female	Katelyn	Hackman	Decorah	1:01:28
5K 40 - 49 Female	Brenda	Hackman	Decorah	1:01:29
5K 40 - 49 Female	Caran	Howard	Cedar Falls	1:06:57
5K 50 - 59 Female	Belle	Cowden	Cedar Falls	1:06:59
5K 40 - 49 Female	Michelle	Kosalka	Waterloo	1:07:00
5K 50 - 59 Female	Dianne	Gregory	Cedar Falls	1:07:02

1K Division	First Name	Last Name	City
1K 12 & Under Coed	Lulu	Bellrichard	Decorah
1K 12 & Under Coed	Poppy	Bellrichard	Decorah
1K 12 & Under Coed	Avery	Franzen	Calmar
1K 12 & Under Coed	Brody	Franzen	Calmar
1K 12 & Under Coed	Daisy	Funk	Elkader
1K 12 & Under Coed	Gracyn	Humpal	Fort Atkinson
1K 12 & Under Coed	Hanna	Lensch	Decorah
1K 12 & Under Coed	Eli	Lyon	Decorah
1K 12 & Under Coed	Braelyn	Rosonke	Fredericksburg
1K 12 & Under Coed	Brayden	Rosonke	Fredericksburg
1K 12 & Under Coed	Bryson	Rosonke	Fredericksburg
1K 12 & Under Coed	Ethan	Sparrow	Keokuk
1K 12 & Under Coed	Tyler	Sparrow	Keokuk
1K 12 & Under Coed	Jack	Turner	Decorah
1K 12 & Under Coed	Kash	Turner	Decorah
1K 12 & Under Coed	Jasera	Tweten	Decorah