

2019 Live Healthy Iowa 5K - Asbury

Saturday, April 13, 2019

5K Division	First Name	Last Name	City	Time
5K 50 - 59 Male	Andrew	Benko	Dubuque	20:42
5K 30 - 39 Female	Molly	Hein	Dubuque	21:38
5K 30 - 39 Male	Justin	Risma	Asbury	22:45
5K 40 - 49 Female	Lynette	Montes	Dubuque	23:11
5K 20 - 29 Female	Sarah	Benko	Beaver Dam	23:58
5K 50 - 59 Male	Mark	Singsank	Dyersville	24:34
5K 50 - 59 Male	Kevin	Hancock	Asbury	25:07
5K 50 - 59 Male	Clete	Campbell	Asbury	25:27
5K 50 - 59 Male	John	Campbell	Monroe	25:59
5K 40 - 49 Female	Janet	Gammage	Asbury	27:33
5K 30 - 39 Male	Andrew	Boom	Dubuque	29:19
5K 30 - 39 Female	Nicole	Klar	Dubuque	29:37
5K 30 - 39 Male	Josh	Schauf	Dubuque	29:47
5K 20 - 29 Male	Dan	Tringale	Dubuque	29:59
5K 30 - 39 Male	Jimmy	Jean-Francois	Asbury	30:10
5K 50 - 59 Female	Denise	Williams	Dubuque	30:13
5K 30 - 39 Male	Joe	Cannavo	Asbury	31:18
				31:48
5K 30 - 39 Female	Danielle	Beck	Peosta	31:54
5K 40 - 49 Male	Merritt	Gammage	Asbury	32:51
5K 30 - 39 Female	Brittany	Glaser	Dubuque	33:21
5K 40 - 49 Female	Janell	Cannavo	Asbury	34:24
5K 40 - 49 Female	Jenny	Hobbs	Davenport	35:25
5K 40 - 49 Female	Chelle	Klootwyk	Indianola	36:20
5K 30 - 39 Female	Nicole	Pickel	Dubuque	37:12
5K 12 & Under Female	Sadhana	Rawal	Dubuque	39:31
5K 30 - 39 Male	Abhay	Rawal	Dubuque	39:32
				40:12
5K 40 - 49 Female	Jinty	Montocchio	Asbury	41:07
5K 50 - 59 Female	Lisa	Benko	Dubuque	41:14
				42:04
				42:04
5K 50 - 59 Male	Mike	Vandermillen	East Dubuque	46:56
5K 50 - 59 Female	Jamie	Vandermillen	Dubuque	46:57
5K 60 & Over Male	Mike	Donovan	Cascade	55:52

1K Division	First Name	Last Name	City
1K 12 & Under Coed	Bowen	Boom	Dubuque
1K 12 & Under Coed	Jayden	Boom	Dubuque
1K 12 & Under Coed	Clare	Jean-Francois	Asbury
1K 12 & Under Coed	Coralie	Jean-Francois	Asbury
1K 12 & Under Coed	Miranda	Klootwyk	Indianola
1K 12 & Under Coed	Stella	Lolwing	Dubuque
1K 12 & Under Coed	Kate	Risma	Asbury
1K 12 & Under Coed	Mark	Risma	Asbury
1K 12 & Under Coed	Nolan	Risma	Asbury

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1K 12 & Under Coed	Avery	Schauf	Dubuque
1K 12 & Under Coed	Brinley	Schauf	Dubuque
1K 12 & Under Coed	Adriane	Sinclair	Indianola
1K 12 & Under Coed	Cale	Thomas	Asbury
1K 12 & Under Coed	Chase	Thomas	Asbury
1K 12 & Under Coed	Eden	Thomas	Asbury
1K 12 & Under Coed	Brantley	Tuegel	Peosta
1K 12 & Under Coed	Cayden	Williams	Dubuque