

2019 Live Healthy Iowa 5K - Decorah

Saturday, April 13, 2019

5K Division	First Name	Last Name	City	Time
5K 30 - 39 Female	Lisa	Zittergruen	Decorah	22:10
5K 30 - 39 Female	Josh	Adams	Decorah	22:24
5K 30 - 39 Female	Lydia	Adams	Decorah	22:38
5K	Dave	Farmer	Postville	22:52
5K	James	Stenseth	Calmar	23:47
5K	Becky	Rea	Lansing	24:15
5K	Mikayla	Lane	Cresco	24:42
5K	Garrett	See	Decorah	24:53
5K 30 - 39 Female	Kyrie	Jorgenson	Decorah	26:13
5K	Michael	Bergan	Cresco	26:16
5K 30 - 39 Male	Frederick	Kinaadman	Decorah	28:11
5K	Kenneth	Shatek	Cresco	28:34
5K 30 - 39 Male	Eddie	Wadsworth	Ossian	28:35
5K 40 - 49 Male	Brian	Lensch	Decorah	29:41
5K	Jesse	Leuenberger	Decorah	29:55
5K 30 - 39 Female	Heidi	Fishbaugher	Canton	31:07
5K	Carter	Hershberger	Mabel	32:01
5K	Katie	Hershberger	Mabel	32:03
5K	Ben	Stenseth	Calmar	32:15
5K 40 - 49 Female	Cynthia	Cmelik-Reams	Nashua	32:44
5K 20 - 29 Female	Katie	Casterton	Decorah	32:47
5K 40 - 49 Female	Elly	Lensch	Decorah	32:50
5K 30 - 39 Female	Amanda	Hatfield	New Hampton	32:52
5K 50 - 59 Female	Kim	Doebel	West Union	33:48
5K	Shannon	Lane	Cresco	34:00
5K	Robyn	Lane	Cresco	35:57
5K 30 - 39 Female	Melissa	Timp	Decorah	36:13
5K 50 - 59 Female	April	Cook	Nashua	36:40
5K 60 & Over Male	Merle	Cook	Nashua	36:41
5K	Paul	Ulvilden	Decorah	37:13
5K 60 & Over Female	Diane	Schultz	Postville	37:33
5K 12 & Under Male	Tyler	Sparrow	Keokuk	38:51
5K 12 & Under Male	Ethan	Sparrow	Keokuk	38:53
5K 30 - 39 Female	Julie	Archer	Decorah	38:53
5K	Ken	Reimer	Elkader	39:35
5K	Wee	Liang Chee	Decorah	39:36
5K 60 & Over Female	Melissa	O'Rourke	Decorah	46:35
5K	Hannah	Meyer	Decorah	46:47
5K 50 - 59 Female	Ruth	DeJarlais	Fountain City	46:58
5K 30 - 39 Female	Heather	Sparrow	Keokuk	47:40
5K 50 - 59 Female	Kathy	Fulton	Keokuk	47:40
5K 60 & Over Female	Susan	Snell	Decorah	47:46
5K 60 & Over Female	Kathy	Tollefsrud	Decorah	47:46
5K 40 - 49 Female	Tammy	Erickson	Robins	53:06
5K 40 - 49 Female	Molly	Fairchild	Des Moines	53:06
5K 50 - 59 Female	Susan	Lafontant	Marion	53:06
5K 50 - 59 Female	Erna	Stade	Marion	53:06

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1K Division	First Name	Last Name	City
1K 12 & Under Coed	Hanna	Lensch	Decorah
1K 12 & Under Coed	Grady	Sabelka	Decorah
1K 12 & Under Coed	Brinley	Sabelka	Decorah
1K 12 & Under Coed	Ethan	Sparrow	Keokuk
1K 12 & Under Coed	Tyler	Sparrow	Keokuk
1K 12 & Under Coed	Soren	Zittergruen	Decorah