

## 2019 Live Healthy Iowa 5K - Dike

Saturday April 13th, 2019

5K Divisions	First Name	Last Name	City	Time
5K   50 - 59   Male	Doug	Clark	Grundy Center	22:47:00
5K   13 - 15   Female	Taylor	Stahl	Grundy Center	23:38:00
5K   40 - 49   Male	Anthony	Farmer	Grinnell	24:09:00
5K   12 & Under	Daniel	Boelman		25:00:00
5K   60 & Over   Male	Tim	Carson	Ackley	26:46:00
5K   50 - 59   Female	Betty	Carson	Ackley	27:16:00
5K   50 - 59   Female	Cindy	Weyland	Gilbertville	27:56:00
5K   30 - 39   Female	Crystal	Huisman	Grundy Center	28:52:00
5K   60 & Over   Female	Sharlene	Buskohl	Grundy Center	29:20:00
5K   30 - 39   Female	Kelli	McWilliams	Dike	30:52:00
5K   12 & Under	Mark	Boelman		32:00:00
5K   30 - 39   Female	Elizabeth	Boelman		32:07:00
5K   30 - 39   Female	Julia	Brunner		33:35:00
5K   50 - 59   Female	Deb	Prier	Aplington	34:19:00
5K   60 & Over   Male	Robert	Welshons	Cedar Falls	35:57:00
5K   50 - 59   Female	Odette	Bulmer	Cedar Falls	37:20:00
5K   40 - 49   Female	Jennifer	Meyers	Grundy Center	37:40:00
5K   50 - 59   Female	Holly	Jongedyk	Parkersburg	38:12:00
5K   50 - 59   Female	Candy	Voss	Parkersburg	38:25:00
5K   40 - 49   Female	Carrie	Pontzius	Cedar Falls	38:26:00
5K   30 - 39	Ryan	Daniels		38:49:00
5K   30 - 39   Female	Ashly	Daniels		38:50:00
5K   60 & Over	Alan	Gielan		44:02:00
5K   30 - 39   Female	Sarah	Bishop	Waterloo	46:38:00
5K   50 - 59   Female	Tracy	Dirksen	Sheffield	46:44:00
5K   60 & Over   Female	Yvonne	Keller	Dike	47:02:00
5K   60 & Over   Female	Rhonda	Shaw	Cedar Falls	47:03:00
5K   50 - 59   Female	Wendy	Brewer	Wellsburg	48:41:00
5K   50 - 59   Female	Melissa	VanDeest	Dike	48:43:00
5K   30 - 39   Female	Heidi	Biersner	Dike	52:54:00
5K   30 - 39   Female	Megan	Conlon	Hampton	54:50:00
5K   50 - 59   Female	Victoria	Kruse	Allison	54:51:00
5K   12 & Under   Male	Ian	Nielson	Waverly	56:08:00
5K   30 - 39   Female	Greta	Nielson	Waverly	56:10:00
5K   50 - 59   Female	Janet	Waidelich	Waverly	56:13:00
5K   50 - 59   Female	Becky	McRobie	Waverly	56:14:00
5K   12 & Under   Female	Emma	Nielson	Waverly	56:25:00
5K   30 - 39   Male	Adam	Nielson	Waverly	56:26:00
5K   20 - 29   Female	Molly	Bray	Cedar Falls	58:14:00
5K   50 - 59   Female	Char	Koenen	Aplington	58:15:00
5K   30 - 39   Female	Mandi	Koenen	Aplington	58:16:00
5K   50 - 59   Female	Kathy	Williams	Waterloo	59:07:00
5K   50 - 59   Female	Chris	Goarcke	Dike	59:08:00

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1K Divisions	First Name	Last Name	City
1K   12 & Under   Coed	Kianna	McWilliams	Dike
1K   12 & Under   Coed	Brynn	McWilliams	Dike
1K   12 & Under   Coed	Anna	Meyers	Grundy Center
1K   12 & Under   Coed	Emily	Meyers	Grundy Center
1K   12 & Under   Coed	Lucy	Meyers	Grundy Center