

### 2021 Live Healthy Iowa 5K - Virtual Results

Place	First Name	Last Name	Age	5K Finishing Time
1	Anthony	Ayala	Male 30 - 39	20:00
2	Matthew	Hamersma	Male 20-29	24:35
3	Katelind	Lenz	Female   30 - 39	27:01
4	Carlee	Flack	Female   30 - 39	29:33
5	Nicole	Perez	Female   40 - 49	30:07
6	Adam	Herzog	Male 30 - 39	30:30
7	Niki	Cooper	Female   40 - 49	35:36
8	Kirsten	Corley	Female   30 - 39	37:13
9	Beth	Olson	Female   50 - 59	44:43
10	Katie	Ohms	Female   30 - 39	45:00
11	Danise	Russo	Female   40 - 49	45:01
12	Laura	Sherman	Female   30 - 39	52:12
13	Pamela	Schafer	Female   40 - 49	55:55
14	Melissa	VanDeest	Female   50 - 59	55:55
15	Wendy	Brewer	Female   50 - 59	55:55
16	Sue	Speers	Female   60 & Over	1:05:20
17	Lisa	Paddock	Female   50 - 59	1:10:13

1	Olivia	Corley	Kid's 1K	6:35
---	--------	--------	----------	------

### 2021 Live Healthy Iowa 5K - Virtual Age Group Results

Place	First Name	Last Name	Age	5K Finishing Time
1	Katelind	Lenz	Female   30 - 39	27:01
2	Carlee	Flack	Female   30 - 39	29:33
3	Kirsten	Corley	Female   30 - 39	37:13
4	Katie	Ohms	Female   30 - 39	45:00
5	Laura	Sherman	Female   30 - 39	52:12
1	Nicole	Perez	Female   40 - 49	30:07
2	Niki	Cooper	Female   40 - 49	35:36
3	Danise	Russo	Female   40 - 49	45:01
4	Pamela	Schafer	Female   40 - 49	55:55
1	Beth	Olson	Female   50 - 59	44:43
2	Melissa	VanDeest	Female   50 - 59	55:55
2	Wendy	Brewer	Female   50 - 59	55:55
3	Lisa	Paddock	Female   50 - 59	1:10:13
1	Sue	Speers	Female   60 & Over	1:05:20
1	Matthew	Hamersma	Male 20-29	24:35
1	Anthony	Ayala	Male 30 - 39	20:00
2	Adam	Herzog	Male 30 - 39	30:30
1	Olivia	Corley	Kid's 1K	6:35