

## 2022 Live Healthy Iowa 5K - Decorah Results

### Overall Results

Place	Sub Event	First Name	Last Name	City	Finishing Time
1	5K   30 - 39   Female	Lisa	Zittergruen	DECORAH	22:34:00
2	5K   13 - 15   Male	Owen	Rix	Decorah	23:56:00
3	5K   40 - 49   Female	Brenda	Rix	Decorah	23:58:00
4	5K   60 & Over   Male	Dave	Farmer	Postville	24:21:00
5	5K   30 - 39   Female	Ashley	Albertson	Fort Atkinson	25:12:00
6	5K   20 - 29   Female	Alicia	Albertson	Calmar	25:13:00
7	5K   40 - 49   Male	Ray	Rinkol	Decorah	25:16:00
8	5K   30 - 39   Male	Adam	Weber	Decorah	25:41:00
9	5K   50 - 59   Male	Al	Schmitt	Fort Atkinson	28:18:00
10	5K   13 - 15   Female	Alyssa	Holthaus	Ossian	28:36:00
11	5K   30 - 39   Female	ELIZABETH	Uhlenhake	Ossian	29:34:00
12	5K   30 - 39   Female	Jami	Weinacht	Cresco	31:03:00
13	5K   30 - 39   Male	Travis	Weinacht	Cresco	31:04:00
14	5K   60 & Over   Male	Kenneth	Shatek	Cresco	31:39:00
15	5K   40 - 49   Male	Eugene	Phillips	Decorah	32:21:00
16	5K   50 - 59   Female	Beth	Albertson	Calmar	33:33:00
17	5K   30 - 39   Female	Carrie	Weber	Decorah	35:04:00
18	5K   60 & Over   Female	Dianne	Schultz	Postville	35:15:00
19	5K   30 - 39   Female	Crystal	Elliott	Sumner	36:24:00
20	5K   50 - 59   Female	Brenda	Knobloch	Cresco	36:24:00
21	5K   60 & Over   Male	Jed	Becker	Cresco	38:26:00
22	5K   30 - 39   Male	Ben	Stenseth	Calmar	38:54:00
23	5K   40 - 49   Female	Cindy	Bodensteiner	Waukon	39:40:00

### Age Group Results

Place	Sub Event	First Name	Last Name	City	Finishing Time
1	5K   13 - 15   Female	Alyssa	Holthaus	Ossian	28:36:00
1	5K   13 - 15   Male	Owen	Rix	Decorah	23:56:00
1	5K   20 - 29   Female	Alicia	Albertson	Calmar	25:13:00
1	5K   30 - 39   Female	Lisa	Zittergruen	DECORAH	22:34:00
2	5K   30 - 39   Female	Ashley	Albertson	Fort Atkinson	25:12:00
3	5K   30 - 39   Female	ELIZABETH	Uhlenhake	Ossian	29:34:00
4	5K   30 - 39   Female	Jami	Weinacht	Cresco	31:03:00
5	5K   30 - 39   Female	Carrie	Weber	Decorah	35:04:00
6	5K   30 - 39   Female	Crystal	Elliott	Sumner	36:24:00
1	5K   30 - 39   Male	Adam	Weber	Decorah	25:41:00
2	5K   30 - 39   Male	Travis	Weinacht	Cresco	31:04:00
3	5K   30 - 39   Male	Ben	Stenseth	Calmar	38:54:00
1	5K   40 - 49   Female	Cindy	Bodensteiner	Waukon	39:40:00
1	5K   40 - 49   Male	Ray	Rinkol	Decorah	25:16:00
2	5K   40 - 49   Male	Eugene	Phillips	Decorah	32:21:00
1	5K   40 - 49   Female	Brenda	Rix	Decorah	23:58:00
2	5K   50 - 59   Female	Beth	Albertson	Calmar	33:33:00
3	5K   50 - 59   Female	Brenda	Knobloch	Cresco	36:24:00
1	5K   50 - 59   Male	Al	Schmitt	Fort Atkinson	28:18:00
1	5K   60 & Over   Female	Dianne	Schultz	Postville	35:15:00
1	5K   60 & Over   Male	Dave	Farmer	Postville	24:21:00
2	5K   60 & Over   Male	Kenneth	Shatek	Cresco	31:39:00
3	5K   60 & Over   Male	Jed	Becker	Cresco	38:26:00

