

2022 Live Healthy Iowa 5K - Spencer Results

Place	First Name	Last Name	Sub Event	City	Gender	Finishing Time
1	John	Bendlin	5K 30 - 39 Male	Spencer	M	20:29.0
2	Cassie	Zimmerman	5K 20 - 29 Female	Spencer	F	23:39.0
3	Mark	Hutchinson	5K 30 - 39 Male	Hartley	M	23:52.0
4	Brad	Veit	5K 30 - 39 Male	Spencer	M	24:11.0
5	Brian	Bleuer	5K 30 - 39 Male	Emmetsburg	M	25:28.0
6	Alan	Mills	5K 60 & Over Male	Sioux Rapids	M	25:44.0
7	Ethan	Beurskens	5K 20 - 29 Male	Emmetsburg	M	25:46.0
8	Briana	Wetrich	5K 30 - 39 Female	Sioux rapids	F	25:58.0
9	Rob	Long	5K 30 - 39 Male	Spencer	M	26:54.0
10	Christine	Mehan	5K 30 - 39 Female	Spencer	F	27:20.0
11	Brian	Mehan	5K 30 - 39 Male	Spencer	M	28:06.0
12	Lindsay	Kracht	5K 30 - 39 Female	Hartley	F	28:26.0
13	JaMae	Dau	5K 40 - 49 Female	Sutherland	F	29:01.0
14	Stacy	Yarkosky	5K 30 - 39 Female	Spencer	F	29:40.0
15	William	Knoer			M	30:40.0
16	cindy	pingel	5K 60 & Over Female	Spencer	F	33:13.0
17	Adam	Morey			M	35:17.0
18	Hannah	Bleuer	5K 30 - 39 Female	Emmetsburg	F	36:13.0
19	Susan	Mills	5K 60 & Over Female	Sioux Rapids	F	42:00.0
20	Kamdyn	Van Gelder	5K 13 - 15 Female	Spencer	F	50:22.0
21	Shantel	VanGelder	5K 40 - 49 Female	Spencer	F	50:54.0
22	Glenn	Preston	5K 60 & Over Male	Spencer	M	52:15.0
23	Darlene	DeWitt	5K 40 - 49 Female	Spirit Lake	F	52:21.0
24	Brenda	Dolan	5K 60 & Over Female	Milford	F	52:23.0
25	Tatum	Geerdes	5K 40 - 49 Female	Everly	F	52:24.0
26	Amy	Essick	5K 40 - 49 Female	Spencer	F	59:46.0

Spencer Age Group Results

Place	First Name	Last Name	Sub Event	City	Gender	Finishing Time
1	Kamdyn	Van Gelder	5K 13 - 15 Female	Spencer	F	50:22.0
1	Cassie	Zimmerman	5K 20 - 29 Female	Spencer	F	23:39.0
1	Ethan	Beurskens	5K 20 - 29 Male	Emmetsburg	M	25:46.0
1	Briana	Wetrich	5K 30 - 39 Female	Sioux rapids	F	25:58.0
2	Christine	Mehan	5K 30 - 39 Female	Spencer	F	27:20.0
3	Lindsay	Kracht	5K 30 - 39 Female	Hartley	F	28:26.0
4	Stacy	Yarkosky	5K 30 - 39 Female	Spencer	F	29:40.0
5	Hannah	Bleuer	5K 30 - 39 Female	Emmetsburg	F	36:13.0
1	John	Bendlin	5K 30 - 39 Male	Spencer	M	20:29.0
2	Mark	Hutchinson	5K 30 - 39 Male	Hartley	M	23:52.0
3	Brad	Veit	5K 30 - 39 Male	Spencer	M	24:11.0
4	Brian	Bleuer	5K 30 - 39 Male	Emmetsburg	M	25:28.0
5	Rob	Long	5K 30 - 39 Male	Spencer	M	26:54.0
6	Brian	Mehan	5K 30 - 39 Male	Spencer	M	28:06.0
1	JaMae	Dau	5K 40 - 49 Female	Sutherland	F	29:01.0
2	Shantel	VanGelder	5K 40 - 49 Female	Spencer	F	50:54.0
3	Darlene	DeWitt	5K 40 - 49 Female	Spirit Lake	F	52:21.0
4	Tatum	Geerdes	5K 40 - 49 Female	Everly	F	52:24.0
5	Amy	Essick	5K 40 - 49 Female	Spencer	F	59:46.0
1	cindy	pingel	5K 60 & Over Female	Spencer	F	33:13.0
2	Susan	Mills	5K 60 & Over Female	Sioux Rapids	F	42:00.0
3	Brenda	Dolan	5K 60 & Over Female	Milford	F	52:23.0
1	Alan	Mills	5K 60 & Over Male	Sioux Rapids	M	25:44.0
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	William	Knoer			M	30:40.0
	Adam	Morey			M	35:17.0

