

23rd Annual MVRA Heritage Trail

Awards Report

5/10/2014
Dubuque, IA
10K Run

Place	Finisher	City	Time	Place	Finisher	City	Time
Overall Male				M[55-59]			
1	Rj Montes	Asbury	IA 37:47	1	Tim Kelly	Iowa City	IA 48:02
				2	David Yonda	Dubuque	IA 56:04
				3	Terrence Koch	Dubuque	IA 56:33
Overall Female				M[60-69]			
1	Jessica Hruska	Dubuque	IA 39:14	1	Gary McGraw	Dubuque	IA 56:18
				F[60-69]			
M[19 & Under]				1	Marianne Schroede	Bettendorf	IA 57:30
1	Nathan Munshower	Dubuque	IA 49:23	M[70 & Over]			
				1	Ken Reimer	Elkader	IA 1:04:51
M[20-24]							
1	Marcus Prull	Monticello	IA 55:42				
2	Carson Forst	Dubuque	IA 1:02:42				
F[20-24]							
1	Codi Regan	Epworth	IA 58:56				
2	Ashley Koltun	Dubuque	IA 1:07:57				
M[25-29]							
1	Adam Ross	Epworth	IA 42:36				
2	Terry Willenborg	Dubuque	IA 44:27				
3	Dale Linderwell	Dubuque	IA 45:57				
F[25-29]							
1	Molly O'Neill	Dubuque	IA 43:53				
2	Tara Handke	Dubuque	IA 44:56				
3	Abbie Nilles	Dubuque	IA 46:10				
M[30-34]							
1	Louie Fischer	Dubuque	IA 38:14				
2	Tom Rauen	Dubuque	IA 39:09				
3	Jose Garcia	Dubuque	IA 42:57				
F[30-34]							
1	Elly Hinders	Dubuque	IA 41:43				
2	Erin Habel	Asbury	IA 44:13				
3	Holly Flood	Dubuque	IA 46:05				
M[35-39]							
1	Ryan Chatfield	Dubuque	IA 47:08				
2	Adam Feyen	Dubuque	IA 47:11				
3	Henry Myers	Dubuque	IA 52:25				
F[35-39]							
1	Jolene Darter	Dubuque	IA 43:07				
2	Stacey Thier	Dubuque	IA 51:37				
3	Leah Specht	Dubuque	IA 51:44				
M[40-44]							
1	John Moore	Dubuque	IA 41:35				
2	Shannon Woulfe	Dubuque	IA 43:25				
3	Eric Amberg		45:34				
F[40-44]							
1	Liz Pregler	Dubuque	IA 48:37				
2	Pam Schiessl	Dubuque	IA 54:24				
3	Amy Duehr	Durango	IA 54:57				
M[45-49]							
1	Brad Plummer	Dubuque	IA 48:34				
F[45-49]							
1	Sharon Klein	Durango	IA 54:55				
2	Vallerie Lynn	Dubuque	IA 54:57				
3	Mary French	Portland	OR 56:47				
M[50-54]							
1	Chuck Donnelly	Dubuque	IA 46:26				
2	Randy Timmerman	Dubuque	IA 49:02				
3	Andrew Seckinger	Farley	IA 1:01:37				
F[50-54]							
1	Joan Kies	Lamotte	IA 51:51				
2	Tina Becker	Watkins	IA 56:58				
3	Rose Hoerner	Dubuque	IA 57:50				