

Overall 10K Run

23rd Annual MVRA Heritage Trail

Dubuque, IA

Saturday, May 10, 2014

Plc	M\F	Division	Age	Name	City	St	Gun	mpm
1	1	1 OVM	35	Rj Montes	Asbury	IA	37:47	6:05
2	2	1 M30	33	Louie Fischer	Dubuque	IA	38:14	6:09
3	3	2 M30	31	Tom Rauhen	Dubuque	IA	39:09	6:18
4	1	1 OVF	34	Jessica Hruska	Dubuque	IA	39:14	6:19
5	4	1 M40	40	John Moore	Dubuque	IA	41:35	6:42
6	2	1 F30	32	Elly Hinders	Dubuque	IA	41:43	6:43
7	5	1 M25	28	Adam Ross	Epworth	IA	42:36	6:51
8	6	3 M30	33	Jose Garcia	Dubuque	IA	42:57	6:55
9	3	1 F35	39	Jolene Darter	Dubuque	IA	43:07	6:56
10	7	2 M40	41	Shannon Woulfe	Dubuque	IA	43:25	6:59
11	4	1 F25	26	Molly O'Neill	Dubuque	IA	43:53	7:04
12	8	4 M30	34	Brian Kallback	Dubuque	IA	44:07	7:06
13	5	2 F30	33	Erin Habel	Asbury	IA	44:13	7:07
14	9	2 M25	29	Terry Willenborg	Dubuque	IA	44:27	7:09
15	6	2 F25	26	Tara Handke	Dubuque	IA	44:56	7:14
16	10	3 M40	43	Eric Amberg			45:34	7:20
17	11	3 M25	28	Dale Linderwell	Dubuque	IA	45:57	7:24
18	7	3 F30	31	Holly Flood	Dubuque	IA	46:05	7:25
19	8	3 F25	27	Abbie Nilles	Dubuque	IA	46:10	7:26
20	12	4 M25	27	Kevin Koch	Dubuque	IA	46:22	7:28
21	13	1 M50	52	Chuck Donnelly	Dubuque	IA	46:26	7:28
22	14	5 M25	27	Thomas Hoelscher	Dubuque	IA	46:56	7:33
23	15	1 M35	36	Ryan Chatfield	Dubuque	IA	47:08	7:35
24	16	2 M35	36	Adam Feyen	Dubuque	IA	47:11	7:36
25	17	5 M30	32	Mark Roling	Dubuque	IA	47:11	7:36
26	18	4 M40	43	Everaldo Ferreyra	Dubuque	IA	47:43	7:41
27	19	1 M55	55	Tim Kelly	Iowa City	IA	48:02	7:44
28	9	4 F25	26	Rebekah Rickels	Dubuque	IA	48:07	7:45
29	10	4 F30	30	Sarah Milner	Dubuque	IA	48:16	7:46
30	20	5 M40	40	Chad Lucken	Dubuque	IA	48:24	7:47
31	21	1 M45	45	Brad Plummer	Dubuque	IA	48:34	7:49
32	11	1 F40	43	Liz Pregler	Dubuque	IA	48:37	7:49
33	22	2 M50	54	Randy Timmerman	Dubuque	IA	49:02	7:54
34	23	1 JRM	11	Nathan Munshower	Dubuque	IA	49:23	7:57
35	24	6 M40	41	Nate Kieffer	Dubuque	IA	49:48	8:01
36	25	7 M40	42	Tim Althaus	Peosta	IA	49:52	8:02
37	26	6 M30	31	Rob Hinton	Dubuque	IA	49:53	8:02
38	12	5 F30	31	Jessica Gunsolley	Peosta	IA	49:59	8:03
39	27	8 M40	42	Jason Rohner	Dubuque	IA	50:31	8:08
40	28	7 M30	34	Jose Alfonso Anto	Dubuque	IA	51:23	8:16
41	29	8 M30	32	Brian Gunsolley			51:33	8:18
42	13	2 F35	38	Stacey Thier	Dubuque	IA	51:37	8:18
43	14	3 F35	36	Leah Specht	Dubuque	IA	51:44	8:20
44	30	9 M30	34	Brian Becker	Dubuque	IA	51:47	8:20
45	15	6 F30	33	Krissy Mueller	Dubuque	IA	51:48	8:20
46	16	7 F30	30	Abigail Nauman	Dubuque	IA	51:48	8:20
47	17	1 F50	52	Joan Kies	Lamotte	IA	51:51	8:21
48	31	3 M35	39	Henry Myers	Dubuque	IA	52:25	8:26
49	18	8 F30	30	Jody Knepper	Asbury	IA	52:38	8:28
50	19	9 F30	32	Valerie Loewenber	Asbury	IA	52:46	8:29
51	20	5 F25	27	Stephanie Giese	Dubuque	IA	52:59	8:32
52	21	6 F25	26	Amanda Lawson	Dubuque	IA	53:05	8:33
53	32	9 M40	42	Michael Lightfoot	Asbury	IA	53:31	8:37
54	33	4 M35	37	Corey Crum	Dubuque	IA	53:34	8:37
55	22	4 F35	36	Jessica Kennedy	Dubuque	IA	53:40	8:38
56	23	2 F40	42	Pam Schiessl	Dubuque	IA	54:24	8:45
57	34	10 M30	32	Chris Loewenberg	Asbury	IA	54:43	8:48
58	24	1 F45	47	Sharon Klein	Durango	IA	54:55	8:50
59	25	2 F45	48	Vallerie Lynn	Dubuque	IA	54:57	8:51
60	26	3 F40	41	Amy Duehr	Durango	IA	54:57	8:51
61	27	7 F25	29	Heather Blackmore	Dubuque	IA	55:21	8:54
62	28	8 F25	28	Kristin Wessels	Dyersville	IA	55:22	8:55
63	29	5 F35	38	Danielle Reynolds	Dubuque	IA	55:24	8:55
64	30	10 F30	31	Megan Hoffman	Dubuque	IA	55:26	8:55
65	35	1 M20	23	Marcus Prull	Monticello	IA	55:42	8:58
66	31	6 F35	39	Karen Anger	East Dubuque	IL	56:02	9:01
67	36	2 M55	55	David Yonda	Dubuque	IA	56:04	9:01
68	37	1 M60	62	Gary McGraw	Dubuque	IA	56:18	9:04
69	38	3 M55	59	Terrence Koch	Dubuque	IA	56:33	9:06
70	32	3 F45	46	Mary French	Portland	OR	56:47	9:08
71	33	11 F30	30	Kirstin Ehrler	Scales Mound	IL	56:56	9:10
72	34	2 F50	53	Tina Becker	Watkins	IA	56:58	9:10
73	35	1 F60	67	Marianne Schroede	Bettendorf	IA	57:30	9:15
74	36	3 F50	54	Rose Hoerner	Dubuque	IA	57:50	9:18
75	37	7 F35	36	Renee Sandidge	Dubuque	IA	57:58	9:20
76	38	4 F45	48	Chris Nugent	Dubuque	IA	58:17	9:23
77	39	4 F40	42	Mary Althaus	Peosta	IA	58:39	9:26
78	39	10 M40	41	John Sutter	Asbury	IA	58:47	9:28
79	40	1 F20	22	Codi Regan	Epworth	IA	58:56	9:29
80	40	11 M40	43	Ryan Tresnak	Vinton	IA	59:21	9:33

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Plc	M\F	Division	Age	Name	City	St	Gun	mpm
81	41	8 F35	39	Dana Poll	Dubuque	IA	59:27	9:34
82	42	12 F30	31	Corrine Kroger	Dubuque	IA	1:00:15	9:42
83	43	13 F30	34	Abbey Destefano	East Dubuque	IL	1:00:20	9:43
84	44	14 F30	30	Carmen Dunkel	Durango	IA	1:00:41	9:46
85	45	9 F25	27	Amy Errthum	Durango	IA	1:00:41	9:46
86	41	4 M55	55	Jim Becker			1:01:24	9:53
87	42	3 M50	50	Andrew Seckinger	Farley	IA	1:01:37	9:55
88	46	5 F40	40	Kathy Nauman	Peosta	IA	1:01:59	9:58
89	47	9 F35	39	Stephanie Radabau	Guttenberg	IA	1:02:26	10:03
90	43	2 M20	24	Carson Forst	Dubuque	IA	1:02:42	10:05
91	48	15 F30	33	Brandie Misiag Be	Asbury	IA	1:03:45	10:16
92	49	10 F35	38	Lori Laufenberg	Platteville	WI	1:03:47	10:16
93	50	5 F45	47	Linda Schmitt	Holy Cross	IA	1:04:36	10:24
94	44	1 M70	72	Ken Reimer	Elkader	IA	1:04:51	10:26
95	51	16 F30	34	Beth Shank	Dubuque	IA	1:05:30	10:32
96	45	4 M50	51	Mark Manders	Dubuque	IA	1:06:07	10:38
97	52	10 F25	29	Kari Lammer	Dubuque	IA	1:07:11	10:49
98	46	12 M40	43	James Connely	East Dubuque	IL	1:07:56	10:56
99	53	2 F20	23	Ashley Koltun	Dubuque	IA	1:07:57	10:56
100	54	17 F30	30	Nicole Nebergall	Dubuque	IA	1:08:20	11:00
101	55	6 F45	49	Barb Runde	Dubuque	IA	1:12:23	11:39
102	56	4 F50	51	Laure Lewis	Dubuque	IA	1:17:21	12:27
103	57	11 F35	35	Jen Thumser	Dubuque	IA	1:17:33	12:29