

# Winter Iowa Games 5K

## Course Records

(New Course in 2014)

### WOMENS 5K

Overall: Elaina Mertens 19:33 (2016)

AGE	YEAR/NAME	TIME
15 & Under	2017 Kayci Martensen	20:35
16 - 18	2016 Heidi Welu	23:39
19 - 24	2014 Raquel Gutierrez	25:28
25 -29	2016 Elaina Mertens	19:33
30 - 34	2016 Alice Anderson	21:00
35 - 39	2015 Ann Johnson	26:19
40 - 44	2015 Pam Connelly	21:32
45 - 49	2016 Pam Connelly	20:57
50 -54	2016 Ann Schroeder	23:50
55 - 59	2014 Mary Van Bogaert	36:50
60 - 64	2015 Ann Cooper	29:08
65- 69	2016 Debbie Pausz	32:03
70+	2015 Marianne Schroeder	52:57

### MENS 5K

Overall: Jeremiah Gerardy 16:38 (2016)

AGE	YEAR/NAME	TIME
15 & Under	2017 Carter Welbes	20:34
16 - 18	2016 Mark Whalen	16:40
19 - 24	2016 Jeremiah Gerardy	16:38
25 -29	2016 Jose Escoriza	18:01
30 - 34	2015 Cory Hall	18:54
35 - 39	2016 Guillermo Fernandes	21:21
40 - 44	2017 Chad Darter	20:55
45 - 49	2017 William Iverson	20:18
50 -54	2014 Phil Kauder	20:34
55 - 59	2017 Phil Kauder	19:45
60 - 64	2016 Brian Cooper	22:52
65- 69	2016 Bob Strickland	22:44
70+	2014 Tom Kirkwood	25:58