

10K RESULTS

FEMALE OVERALL

| Place | Name | Age | City | St | Time |
|-------|-------------|-----|------------|----|-------|
| 1 | Katie Lowry | 32 | Clear Lake | IA | 44:28 |

MALE OVERALL

| Place | Name | Age | City | St | Time |
|-------|-------------|-----|--------|----|-------|
| 1 | Randy Sturm | 37 | Garner | IA | 40:01 |

FEMALE INDIVIDUAL AGE GROUP: 19 - 24

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|------------|----|-------|
| 1 | Hillary Rickert | 23 | Hudson | IA | 52:23 |
| 2 | Kelsey Meany | 24 | Mason City | IA | 57:20 |
| 3 | Chelsey Formanek | 23 | Garner | IA | 59:03 |

MALE INDIVIDUAL AGE GROUP: 19 - 24

| Place | Name | Age | City | St | Time |
|-------|--------------|-----|--------|----|-------|
| 1 | Aric Moeller | 21 | Leland | IA | 41:26 |

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name | Age | City | St | Time |
|-------|------------------|-----|--------------|----|-------|
| 1 | Tiffany Townsend | 26 | Mason City | IA | 46:20 |
| 2 | Katie Abell | 26 | Rockwell | IA | 51:06 |
| 3 | Leah Youngblut | 28 | Independence | IA | 57:15 |

FEMALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|-----------|----|-------|
| 1 | Angelica Flores | 35 | Belmond | IA | 48:39 |
| 2 | Heidi Vanhorn | 32 | Swaledale | IA | 52:09 |
| 3 | Mari Banse | 32 | Hampton | IA | 52:36 |

MALE INDIVIDUAL AGE GROUP: 30 - 39

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|------------|----|-------|
| 1 | Jason Herrick | 33 | Nashua | IA | 40:16 |
| 2 | Doug Schumacher | 37 | Mason City | IA | 45:18 |

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Time |
|-------|--------------|-----|------------|----|---------|
| 1 | Nte Nditti | 42 | Mason City | IA | 55:31 |
| 2 | Sarah Datema | 42 | Garner | IA | 59:36 |
| 3 | Carrie Berg | 48 | Mason City | IA | 1:00:50 |

MALE INDIVIDUAL AGE GROUP: 40 - 49

| Place | Name | Age | City | St | Time |
|-------|-----------------|-----|--------|----|-------|
| 1 | Brad Rounds | 46 | Ankeny | IA | 43:48 |
| 2 | Carlos Gonescer | 48 | Britt | IA | 44:25 |
| 3 | Bnan Rumelhart | 42 | Ankeny | IA | 46:17 |

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Time |
|-------|----------------|-----|-------------|----|-------|
| 1 | Sheri Sprang | 51 | Mason City | IA | 46:52 |
| 2 | Karen Clemens | 50 | New Hampton | IA | 58:08 |
| 3 | Brenda Merritt | 52 | Mason City | IA | 58:21 |

MALE INDIVIDUAL AGE GROUP: 50 - 59

| Place | Name | Age | City | St | Time |
|-------|---------------|-----|------------|----|-------|
| 1 | Steve Hugo | 57 | Mason City | IA | 43:30 |
| 2 | George Jessen | 54 | Clear Lake | IA | 44:37 |
| 3 | David Heyden | 58 | Hampton | IA | 48:49 |

FEMALE INDIVIDUAL AGE GROUP: 60 - 98

| Place | Name | Age | City | St | Time |
|-------|--------------|-----|---------|----|---------|
| 1 | Susan Cowell | 60 | Kensett | IA | 1:06:29 |

MALE INDIVIDUAL AGE GROUP: 60 - 98

| Place Name | Age | City | St | Time |
|-------------------|-----|----------|----|-------|
| 1 Tom Tecklenburg | 60 | Humboldt | IA | 50:11 |