

AMAZING GRACE'S LEMONADE 5K RUN - 7/27/2024**7/27/2024****Results****Event 1 Girls 8&U 5000 Meter Run**

Name	Age Team	Avg Mile	Finals	Points
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Results - Women 8 & Under

1 Risdal, Katherine	8 Ames	11:48.6	36:41.40	
2 Mongar, Olivia	6 Ames	15:03.2	46:46.10	

Event 1 Boys 8&U 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Men 8 & Under

1 Nie, Micheal	5 Ames	9:56.3	30:52.60	
2 Wood, Henry	7 Ames	10:22.9	32:15.10	
3 Wood, Oscar	5 Ames	13:07.4	40:46.10	

Event 1 Girls 9-14 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Women 9-14

1 Sadow, Miriam	12 Ames	7:44.0	24:01.50	
2 Lickhart, Ava	11 Ames	7:54.5	24:34.10	
3 Risdal, Olivia	12 Ames	8:01.2	24:54.90	
4 Thomas, Anna	13 Ames	8:15.1	25:38.20	
5 Mongar, Madelyn	9 Ames	10:16.2	31:54.40	
6 Logan, Marie	9 Ames	10:54.9	33:54.60	
7 Leege, Erica	11 Ames	11:30.7	35:45.90	
8 Schweitzer, Lauren	10 Ames	13:15.7	41:12.00	
9 Terry, Kierra	10 Ames	14:03.9	43:41.60	
10 Baker, Pearl	11 Van Meter	16:47.8	52:11.10	
11 Gassman, Ruth	9 Ames	17:23.9	54:03.00	

Event 1 Boys 9-14 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Men 9-14

1 Baker, Easton	14 Van Meter	9:24.0	29:12.20	
2 Ginder, Henry	9 Ames	9:27.2	29:22.20	
3 Terry, Gerald	12 Ames	9:31.1	29:34.10	
4 Logan, George	12 Ames	10:33.3	32:47.50	

Event 1 Women 15-19 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
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Results - Women 15-19

1 Yakobson, Miki	15 Ames	8:06.2	25:10.40	
2 Schindel, Samantha	15 Ames	9:21.3	29:03.90	
3 Duhn, Alaina	16 Ames	9:21.4	29:04.20	
4 Chavez, Isabella	17 State Center	16:21.1	50:48.10	

AMAZING GRACE'S LEMONADE 5K RUN - 7/27/2024**7/27/2024****Results****Event 1 Men 15-19 5000 Meter Run**

Name	Age Team	Avg Mile	Finals	Points
Results - Men 15-19				
1 Bhavé, Brennen	17 Ames	5:11.9	16:08.80	
2 Sheldon, Elijah	16 Ames	7:23.7	22:58.50	
3 Uthe, Jackson	15 Ames	7:27.8	23:11.10	
4 Schindel, John	18 Ames	9:11.5	28:33.40	

Event 1 Women 20-29 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Women 20-29				
1 Ehlers, Chelsey	29 Boone	8:26.1	26:12.20	
2 Onyenemezu, Onyeka	27 Ames	9:06.9	28:19.10	
3 Cannon, Julia	20 Ames	10:07.8	31:28.10	
4 Williams, Kelli	29 Ames	10:42.3	33:15.40	
5 Tyler, Brooke	29 Ames	11:01.1	34:13.90	
6 Hunt, Natasha	24 Ames	11:53.9	36:57.80	

Event 1 Men 20-29 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Men 20-29				
1 Patel, Nathan	22 Ames	4:59.2	15:29.40	
2 Mesenbrink, Ethan	23 Ames	5:06.8	15:53.10	
3 Thomas, Noah	25 Ames	5:31.6	17:10.20	
4 Peterson, Carter	20 Ames	6:01.6	18:43.40	
5 Jackley, Clark	29 Grundy Center	6:02.4	18:45.70	
6 Schindel, Drew	20 Ames	6:12.5	19:17.20	
7 Przybyszewski, Josh	28 Ames	8:07.3	25:13.90	
8 Dotzler, Colby	20 Boone	8:17.3	25:45.00	
9 Hunt, Davis	24 Ames	8:57.4	27:49.50	
10 Jagnow, Quincy	21 Ames	11:44.3	36:28.10	
11 Nelson, Ian	20 Ames	11:55.6	37:03.10	

Event 1 Women 30-39 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Women 30-39				
1 Stormer, Britt	30 Boone	6:37.2	20:34.00	
2 Schueler, Ashley	36 Pella	8:32.9	26:33.50	
3 Booten, Lauren	34 Ames	8:36.2	26:43.60	
4 Leege, Emily	39 Ames	9:15.1	28:44.50	
5 Manz, Carly	38 Ames	10:23.1	32:15.90	
6 Logan, Amy	38 Ames	10:47.2	33:30.50	
7 Grove, April	38 Ames	10:48.3	33:34.00	
8 Sullivan, Kala	35 Ames	11:12.6	34:49.70	
9 De Jesus, Leanniris	30 Ames	11:35.5	36:00.80	
10 Fuentes, Estefania	31 Ames	11:44.3	36:27.90	
11 Murphy, Claudia	33 Ames	11:55.7	37:03.30	
12 Edgington, Karen	39 Nevada	12:14.9	38:03.20	
13 Mongar, Karen	36 Ames	15:03.7	46:47.50	

AMAZING GRACE'S LEMONADE 5K RUN - 7/27/2024**7/27/2024****Results****....Event 1 Women 30-39 5000 Meter Run**

14 Baker, Lindsay	37 Van Meter	16:47.9	52:11.40
15 Eash, Rachel	33 Ames	17:52.8	55:32.90

Event 1 Men 30-39 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Men 30-39				
1 Nie, Cheng	38 Ames	5:38.7	17:32.30	
2 Baker, Brett	38 Van Meter	7:46.7	24:09.90	
3 Lippincott, Logan	34 Polk City	8:50.1	27:26.90	
4 Lippincott, Ross	38 Cedar Falls	9:56.5	30:53.20	
5 Mongar, John	37 Ames	10:16.1	31:54.10	
6 Leege, Steven	39 Ames	11:24.1	35:25.20	
7 Eash, Zac	33 Ames	17:52.4	55:31.70	

Event 1 Women 40-49 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Women 40-49				
1 Smith, Jodi	46 Ames	8:01.5	24:55.70	
2 Kaftan, Stephanie	43 Wyoming	9:50.8	30:35.30	
3 Risdal, Ryan	45 Ames	11:52.3	36:52.80	
4 Bangs, Katie	40 Hingham	12:06.4	37:36.70	
5 Rohret, Sarah	48 Centerville	13:02.3	40:30.40	
6 Hamond, Camila	43 Ames	13:30.4	41:57.60	
7 Bovee, Shanna	47 Cedar Falls	13:49.3	42:56.30	
8 Shane, Jennifer	46 Ames	16:48.5	52:13.10	
9 Murphy, Theresa	48 Ames	17:34.6	54:36.40	

Event 1 Men 40-49 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Men 40-49				
1 Logan, Joel	40 Ames	6:51.9	21:19.50	
2 Bovee, Nathan	47 Cedar Falls	7:55.3	24:36.60	
3 Sadow, Aaron	49 Ames	8:12.1	25:28.80	
4 Thomas, Aaron	44 Ames	8:15.4	25:39.00	
5 Berger, Travis	48 Ames	8:19.2	25:50.90	
6 Reis, Jorge Tie	44 Ames	12:26.3	38:38.50	
7 Wood, Aaron	44 Ames	13:07.4	40:46.20	
8 Schweitzer, Jeremy	41 Ames	13:15.9	41:12.70	
9 Murphy, Mark	49 Ames	17:06.3	53:08.40	

Event 1 Women 50-59 5000 Meter Run

Name	Age Team	Avg Mile	Finals	Points
Results - Women 50-59				
1 Boothe, Tracey	57 Ames	10:21.6	32:11.00	
2 Cobb, Joylyn	57 Webster City	11:52.0	36:52.00	
3 Allen, Brenda	50 Ames	12:11.9	37:53.90	
4 Oldham, Anne	51 Ames	12:25.5	38:36.10	

AMAZING GRACE'S LEMONADE 5K RUN - 7/27/2024**7/27/2024****Results****....Event 1 Women 50-59 5000 Meter Run**

5 Johnston, Kristine	54	Story City	12:32.9	38:59.10
6 Ferch, Tracy	58	State Center	14:59.4	46:34.30
7 Sterenberg, Jane	56	Boone	17:01.5	52:53.50
8 Sandquist, Lisa	59	Ames	17:24.9	54:06.20
9 Webber, Stacy	50	State Center	17:42.2	55:00.00

Event 1 Men 50-59 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
Results - Men 50-59					
1 Peterson, Marc	54	Ames	5:48.6	18:03.00	
2 Bannantine, John	58	Ames	6:34.3	20:25.00	
3 Moody, Mike	55	Ames	7:35.8	23:36.10	
4 Niegsch, Jesse	52	Ames	7:39.4	23:47.10	
5 evans, dave	59	Ames	9:23.9	29:11.70	
6 Terry, Brent	50	Ames	14:51.4	46:09.40	

Event 1 Women 60+ 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
Results - Women 60+					
1 Eyles, Judi	62	Ames	7:53.7	24:31.60	
2 Schimelfenig, Carla	63	Nevada	10:11.4	31:39.40	
3 Clark, Mary	62	Ames	10:13.9	31:47.20	
4 Behle, Diane	61	Boone	10:40.6	33:10.20	
5 Huber, Colleen	63	Cambridge	11:02.2	34:17.21	
6 Rasmussen, Ann	63	Ames	14:34.1	45:15.50	
7 Voss, Pam	67	Ames	14:40.3	45:34.90	
8 Wallen, Sheri	60	Ames	14:40.4	45:35.00	
9 Bazylnski, Catherine	70	Ames	14:43.2	45:43.70	
10 Burg, Lois	68	Ankeny	14:59.4	46:34.10	
11 Swanson, Grace	69	Ames	15:28.2	48:03.60	
12 Peden, Patricia	70	Marshalltown	15:33.2	48:19.10	
13 Bergstrom, Liz	61	Ames	15:59.9	49:42.10	
14 Oftedal, Elaine	73	Ames	17:01.4	52:53.30	
15 Franje, Melody	69	Ames	17:01.5	52:53.40	
16 Scallon, Cosette	66	Ames	17:53.5	55:35.00	

Event 1 Men 60+ 5000 Meter Run

Name	Age	Team	Avg Mile	Finals	Points
Results - Men 60+					
1 Reisetter, Steve	67	Ames	10:50.9	33:42.00	
2 Scallon, Louis	66	Ames	11:05.6	34:27.90	
3 Adam, John	67	Ames	14:27.7	44:55.60	
4 Malcolm, Judd	61	Cedar Falls	15:11.5	47:11.80	
5 Duncan, Randy	66	Ames	15:15.4	47:23.80	
6 Peden, William	64	Marshalltown	15:33.2	48:19.30	
7 Bergstrom, Kent	70	Ames	15:59.8	49:41.90	