

Morgan Creek *** 5K *** Overall & Divisions

[10K results](#)
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Event: 5K

Date: Sunday, August 12, 2018

Location: Cedar Rapids

Weather: Mild 75°

Overall and Age Divisions

Results By: On The Run Race Timing Race
Video [25:45](#) [1:25:36](#) Click On Your Name to see
yourself cross the Finish line!

Bib#	Place	Gender	Division	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
777	1	1	1 OVM	Craig Thompson, M36	North Liberty, IA	26:06	8:24/M	26:05	8:24/M
506	2	2	1 M40	Chris Nims, M41	Robins, IA	29:57	9:38/M	29:56	9:38/M
785	3	1	1 OVF	Deidre Nims, F42	Robins, IA	32:13	10:22/M	32:11	10:21/M
23	4	3	1 M30	David Bentow, M36	Hiawatha, IA	32:38	10:30/M	32:30	10:28/M
550	5	4	2 M40	Eric Silbaugh, M43	Cedar Rapids, IA	32:54	10:35/M	32:48	10:34/M
759	6	5	2 M30	Nick Kissel, M33	Cedar Rapids, IA	33:20	10:44/M	33:15	10:42/M
329	7	6	1 M20	Joel Dotseth, M28	Coralville, IA	33:51	10:54/M	33:47	10:52/M
522	8	7	3 M30	Jeremy Reiland, M36	Iowa City, IA	34:28	11:06/M	34:21	11:03/M
310	9	8	1 M60	Jeff Dotseth, M60	Coralville, IA	34:46	11:11/M	34:42	11:10/M
579	10	9	4 M30	Timothy Thurn, M35	Mount Vernon, IA	38:23	12:21/M	38:16	12:19/M
773	11	10	2 M60	Doug Lord, M63	Lisbon, IA	40:27	13:01/M	40:23	13:00/M
614	12	11	1 JRM	Alex Rivera, M15	Cedar Rapids, IA	40:40	13:05/M	40:38	13:05/M
456	13	12	1 M50	Joe Mlodzik, M53	Cedar Rapids, IA	41:08	13:14/M	41:00	13:12/M
31	14	2	1 F20	Morgan Breitbach, F24	Farley, IA	41:26	13:20/M	41:15	13:17/M
253	15	13	2 JRM	Lucas Dolphin,	Cedar Rapids,	41:40	13:25/M	41:28	13:21/M

				<u>M13</u>	IA				
697	16	3	1 F30	Lauren Aboud, F32	Coralville, IA	43:38	14:03/M	43:36	14:02/M
569	17	4	1 F40	June Tai, F41	Iowa City, IA	43:53	14:08/M	43:44	14:05/M
133	18	5	2 F40	Tina Clair, F48	Iowa City, IA	43:53	14:08/M	43:44	14:05/M
424	19	6	2 F30	Corinne Krzywicki, F34	Cedar Rapids, IA	44:00	14:10/M	43:50	14:07/M
589	20	14	3 M40	Paul Vieira, M42	Marion, IA	45:03	14:30/M	44:51	14:26/M
11	21	7	3 F30	Micky Alber, F32	Manchester, IA	47:45	15:22/M	47:37	15:20/M
551	22	8	3 F40	Sherie Silbaugh, F41	Cedar Rapids, IA	47:57	15:26/M	47:47	15:23/M
609	23	9	4 F30	Kristen Wegmann, F35	Marion, IA	47:58	15:26/M	47:48	15:23/M
333	24	15	4 M40	John Fisher, M47	Cedar Rapids, IA	48:09	15:30/M	47:57	15:26/M
693	25	10	1 F50	Lisa Harris, F52	Cedar Rapids, IA	48:13	15:31/M	48:09	15:30/M
487	26	11	5 F30	Alissa Nicholls, F36	Cedar Rapids, IA	48:17	15:32/M	48:07	15:29/M
28	27	12	6 F30	Kelly Bentow, F36	Hiawatha, IA	48:17	15:32/M	48:07	15:29/M
426	28	16	2 M50	Judd Malcolm, M55	Cedar Rapids, IA	48:36	15:39/M	48:28	15:36/M
618	29	13	7 F30	Krystle Davis, F34	Solon, IA	48:56	15:45/M	48:52	15:44/M
694	30	17	3 JRM	Lucus Hanson, M14	Cedar Rapids, IA	51:17	16:31/M	51:16	16:30/M
525	31	14	2 F50	Julie Rhodes, F53	Hiawatha, IA	52:28	16:53/M	52:24	16:52/M
36	32	15	2 F20	Jackie Bries, F24	Farley, IA	52:30	16:54/M	52:20	16:51/M
561	33	16	8 F30	Amanda Springer, F32	Solon, IA	1:06:12	21:18/M	1:06:02	21:15/M
584	34	17	4 F40	Carine Townsend, F41	Fruitland, IA	1:08:12	21:57/M	1:08:09	21:56/M
466	35	18	5 M40	Joseph Nguyen, M40	Cedar Rapids, IA	1:58:07	38:01/M	1:57:59	37:59/M
470	36	18	1 JRF	Maya Nguyen, F9	Cedar Rapids, IA	1:58:07	38:01/M	1:58:00	37:59/M
468	37	19	2 JRF	Leah Nguyen, F7	Cedar Rapids, IA	1:58:16	38:04/M	1:58:09	38:02/M
465	38	20	9 F30	Heather Nguyen, F39	Cedar Rapids, IA	1:58:17	38:04/M	1:58:09	38:02/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Craig Thompson, M36	North Liberty, IA	26:06	8:24/M	26:05	8:24/M

Overall Female

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Deidre Nims, F42	Robins, IA	32:13	10:22/M	32:11	10:21/M

M[19 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Alex Rivera, M15	Cedar Rapids, IA	40:40	13:05/M	40:38	13:05/M
2	Lucas Dolphin, M13	Cedar Rapids, IA	41:40	13:25/M	41:28	13:21/M
3	Lucus Hanson, M14	Cedar Rapids, IA	51:17	16:31/M	51:16	16:30/M

F[19 & Under]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Maya Nguyen, F9	Cedar Rapids, IA	1:58:07	38:01/M	1:58:00	37:59/M
2	Leah Nguyen, F7	Cedar Rapids, IA	1:58:16	38:04/M	1:58:09	38:02/M

M[20-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Joel Dotseth, M28	Coralville, IA	33:51	10:54/M	33:47	10:52/M

F[20-29]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Morgan Breitbach, F24	Farley, IA	41:26	13:20/M	41:15	13:17/M
2	Jackie Bries, F24	Farley, IA	52:30	16:54/M	52:20	16:51/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	David Bentow, M36	Hiawatha, IA	32:38	10:30/M	32:30	10:28/M
2	Nick Kissel, M33	Cedar Rapids, IA	33:20	10:44/M	33:15	10:42/M
3	Jeremy Reiland, M36	Iowa City, IA	34:28	11:06/M	34:21	11:03/M
4	Timothy Thurn, M35	Mount Vernon, IA	38:23	12:21/M	38:16	12:19/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Lauren Aboud, F32	Coralville, IA	43:38	14:03/M	43:36	14:02/M
2	Corinne Krzywicki, F34	Cedar Rapids, IA	44:00	14:10/M	43:50	14:07/M

3	Micky Alber, F32	Manchester, IA	47:45	15:22/M	47:37	15:20/M
4	Kristen Wegmann, F35	Marion, IA	47:58	15:26/M	47:48	15:23/M
5	Alissa Nicholls, F36	Cedar Rapids, IA	48:17	15:32/M	48:07	15:29/M
6	Kelly Bentow, F36	Hiawatha, IA	48:17	15:32/M	48:07	15:29/M
7	Krystle Davis, F34	Solon, IA	48:56	15:45/M	48:52	15:44/M
8	Amanda Springer, F32	Solon, IA	1:06:12	21:18/M	1:06:02	21:15/M
9	Heather Nguyen, F39	Cedar Rapids, IA	1:58:17	38:04/M	1:58:09	38:02/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Chris Nims, M41	Robins, IA	29:57	9:38/M	29:56	9:38/M
2	Eric Silbaugh, M43	Cedar Rapids, IA	32:54	10:35/M	32:48	10:34/M
3	Paul Vieira, M42	Marion, IA	45:03	14:30/M	44:51	14:26/M
4	John Fisher, M47	Cedar Rapids, IA	48:09	15:30/M	47:57	15:26/M
5	Joseph Nguyen, M40	Cedar Rapids, IA	1:58:07	38:01/M	1:57:59	37:59/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	June Tai, F41	Iowa City, IA	43:53	14:08/M	43:44	14:05/M
2	Tina Clair, F48	Iowa City, IA	43:53	14:08/M	43:44	14:05/M
3	Sherie Silbaugh, F41	Cedar Rapids, IA	47:57	15:26/M	47:47	15:23/M
4	Carine Townsend, F41	Fruitland, IA	1:08:12	21:57/M	1:08:09	21:56/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Joe Mlodzik, M53	Cedar Rapids, IA	41:08	13:14/M	41:00	13:12/M
2	Judd Malcolm, M55	Cedar Rapids, IA	48:36	15:39/M	48:28	15:36/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Lisa Harris, F52	Cedar Rapids, IA	48:13	15:31/M	48:09	15:30/M
2	Julie Rhodes, F53	Hiawatha, IA	52:28	16:53/M	52:24	16:52/M

M[60-69]

Place	Name	City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Jeff Dotseth, M60	Coralville, IA	34:46	11:11/M	34:42	11:10/M
2	Doug Lord, M63	Lisbon, IA	40:27	13:01/M	40:23	13:00/M

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The Run Race Timing
