

Glow for Hope *** 5K Run *** Overall & Divisions

Event: 5K Run

Date: Saturday, October 10, 2015

Location: Mason City, IA

Weather: Wind SSW 10-20mph & 66°

[Overall and Age Divisions](#)

Results By: Andrew Kauder, Kauder Racing

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Christian Rodriguez, M12	Mason City, IA	18:24	5:55/M	18:23	5:55/M
2	2	1 M13	Alex Levad, M14	Mason City, IA	20:19	6:32/M	20:19	6:32/M
3	3	2 M13	Wasfie Alshara, M16	Mason City, IA	20:34	6:37/M	20:33	6:37/M
4	4	1 M50	Creighton Whitehill, M52	Pleasant Hill, IA	20:59	6:45/M	20:58	6:45/M
5	1	1 OVF	Kenzie Penca, F17	Mason City, IA	21:09	6:49/M	21:09	6:48/M
6	5	1 JRM	Cooper Wiemann, M11	Mason City, IA	22:10	7:08/M	22:07	7:07/M
7	2	1 F50	Sheri Sprung, F52	Mason City, IA	22:26	7:13/M	22:24	7:12/M
8	3	1 JRF	Trystan Servantez, F12	Mason City, IA	22:36	7:16/M	22:35	7:16/M
9	6	3 M13	Connor Wiemann, M13	Mason City, IA	23:00	7:24/M	22:58	7:23/M
10	7	4 M13	Miles Ralls, M13	Mason City, IA	23:01	7:25/M	23:01	7:25/M
11	4	2 F50	Michelle Deverell, F53	Mason City, IA	23:09	7:27/M	23:06	7:26/M
12	5	1 F40	Becky Buffington, F44	Mason City, IA	24:26	7:52/M	24:23	7:51/M
13	8	5 M13	Brett Despenas, M17	Mason City, IA	24:39	7:56/M	24:38	7:56/M
14	9	6 M13	Brett Smith, M17	Mason City, IA	24:46	7:58/M	24:45	7:58/M
15	10	7 M13	Derek Carpenter, M16	Waverly, IA	24:54	8:01/M	24:53	8:00/M
16	6	2 F40	Darla Krutsinger, F45	Mason City, IA	25:31	8:13/M	25:29	8:12/M
17	7	1 F13	Karly Krutsinger, F16	Mason City, IA	25:48	8:18/M	25:46	8:18/M
18	11	2 M50	Ben Furleigh, M50	Clear Lake, IA	25:49	8:19/M	25:47	8:18/M
19	8	2 F13	Taryn Kantaris, F19	Mason City, IA	26:05	8:24/M	25:58	8:21/M
20	12	2 JRM	Michael Goepel, M10	Mason City, IA	26:46	8:37/M	26:43	8:36/M

21	9	3 F13	Morgan Dvorak, F17	Mason City, IA	26:47	8:37/M	26:45	8:36/M
22	10	3 F40	Rhonda Rosendahl, F44	Mason City, IA	26:50	8:38/M	26:48	8:38/M
23	11	4 F40	Kris Penca, F43	Mason City, IA	27:13	8:46/M	27:09	8:44/M
24	12	1 F30	Misty Gomez, F38	Kensett, IA	28:42	9:14/M	28:36	9:12/M
25	13	1 F20	Britney Borchardt, F26	Mason City, IA	29:07	9:22/M	29:05	9:22/M
26	14	2 F30	Hayley Behrends, F32	Mason City, IA	29:15	9:25/M	29:09	9:23/M
27	13	1 M20	Josh Volsen, M24	Mason City, IA	29:19	9:26/M	29:16	9:25/M
28	15	2 F20	Heather Pope, F24	Mason City, IA	29:52	9:37/M	29:45	9:35/M
29	16	3 F50	Julie Goll, F53	Mason City, IA	30:02	9:40/M	29:58	9:39/M
30	14	3 M50	Joel Goll, M54	Mason City, IA	30:02	9:40/M	29:58	9:39/M
31	17	2 JRF	Briana Henaman, F11	Mason City, IA	30:39	9:52/M	30:30	9:49/M
32	15	1 M40	Mark Johnson, M44	Nora Springs, IA	30:40	9:52/M	30:36	9:51/M
33	18	4 F50	Becky Gump, F51	Mason City, IA	30:51	9:56/M	30:49	9:55/M
34	16	8 M13	Matthew Boenish, M13	Mason City, IA	31:22	10:06/M	31:18	10:05/M
35	17	3 JRM	Logan Young, M12	Mason City, IA	31:25	10:07/M	31:22	10:06/M
36	18	4 JRM	Nathan Farland, M12	Mason City, IA	31:26	10:07/M	31:23	10:06/M
37	19	3 F30	Brooke Wiemann, F39	Mason City, IA	32:11	10:22/M	32:08	10:20/M
38	20	4 F30	Tiffany Henaman, F36	Mason City, IA	33:10	10:40/M	33:00	10:37/M
39	21	5 F40	Sheela Ahari, F45	Mason City, IA	33:10	10:40/M	33:00	10:37/M
40	19	1 M30	Travis Sayer, M35	Mason City, IA	33:11	10:41/M	33:01	10:38/M
41	20	2 M40	Stan Newton, M43	Forest City, IA	33:35	10:49/M	33:30	10:47/M
42	21	4 M50	Tom Kantaris, M61	Mason City, IA	33:55	10:55/M	33:48	10:53/M
43	22	5 F50	Kathleen Nutt, F54	Mason City, IA	34:04	10:58/M	34:00	10:57/M
44	23	6 F40	Tonya Kantaris, F43	Mason City, IA	34:32	11:07/M	34:25	11:05/M
45	24	4 F13	Alexis Lindsay, F19	Mason City, IA	34:46	11:11/M	34:42	11:10/M
46	25	6 F50	Kristie Pope, F57	Mason City, IA	34:50	11:13/M	34:42	11:10/M
47	22	5 JRM	Tate Millsap, M10	Mason City, IA	35:04	11:17/M	34:55	11:14/M
48	26	5 F30	Krystal Bolinger, F35	Mason City, IA	35:04	11:17/M	34:56	11:14/M
49	27	6 F30	Jolene Schweitzer, F34	Mason City, IA	35:06	11:18/M	34:57	11:15/M
50	28	7 F30	Emily Younke, F34	Mason City, IA	35:06	11:18/M	34:57	11:15/M
51	29	7 F40	Tracy Hoveland, F42	Mason City, IA	36:14	11:40/M	36:10	11:38/M
52	30	5 F13	Madison Abbott, F13	Forest City, IA	36:55	11:53/M	36:52	11:52/M

53	31	3 F20	Ashley Volsen, F27	Mason City, IA	40:43	13:06/M	40:41	13:06/M
54	32	8 F30	Jackie Miles, F33	Mason City, IA	40:43	13:06/M	40:43	13:06/M
55	33	7 F50	Robin Ralls, F52	Mason City, IA	46:59	15:07/M	46:53	15:05/M
56	34	8 F50	Kathy Dobrzynski, F60	Mason City, IA	47:55	15:25/M	47:48	15:23/M
57	35	8 F40	Vicki Zweibohmer, F45	Mason City, IA	47:56	15:26/M	47:56	15:26/M
58	36	9 F30	Samantha Dugan, F30	Forest City, IA	48:49	15:43/M	48:47	15:42/M
59	37	10 F30	Megan Northway, F31	Manly, IA	49:01	15:47/M	48:56	15:45/M
60	38	9 F50	Kris Boenish, F50	Mason City, IA	52:10	16:47/M	52:04	16:45/M
61	39	9 F40	Mindy Farland, F43	Mason City, IA	52:12	16:48/M	52:07	16:47/M
62	23	6 JRM	Eric Farland, M9	Mason City, IA	52:27	16:53/M	52:24	16:52/M
63	24	7 JRM	Peter Boenish, M9	Mason City, IA	52:30	16:54/M	52:26	16:53/M

Overall and Age Divisions							
Overall Male							
Place	Name		City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Christian Rodriguez, M12		Mason City, IA	18:24	5:55/M	18:23	5:55/M

Overall Female							
Place	Name		City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Kenzie Penca, F17		Mason City, IA	21:09	6:49/M	21:09	6:48/M

M[12 & Under]							
Place	Name		City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Cooper Wiemann, M11		Mason City, IA	22:10	7:08/M	22:07	7:07/M
2	Michael Goepel, M10		Mason City, IA	26:46	8:37/M	26:43	8:36/M
3	Logan Young, M12		Mason City, IA	31:25	10:07/M	31:22	10:06/M
4	Nathan Farland, M12		Mason City, IA	31:26	10:07/M	31:23	10:06/M
5	Tate Millsap, M10		Mason City, IA	35:04	11:17/M	34:55	11:14/M
6	Eric Farland, M9		Mason City, IA	52:27	16:53/M	52:24	16:52/M
7	Peter Boenish, M9		Mason City, IA	52:30	16:54/M	52:26	16:53/M

F[12 & Under]							
Place	Name		City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Trystan Servantez, F12		Mason City, IA	22:36	7:16/M	22:35	7:16/M
2	Briana Henaman, F11		Mason City, IA	30:39	9:52/M	30:30	9:49/M

M[13-19]							
Place	Name		City	Gun Time	Pace mpm	Chip Time	Pace mpm
1	Alex Levad, M14		Mason City, IA	20:19	6:32/M	20:19	6:32/M

2	Wasfie Alshara, M16	Mason City, IA	20:34	6:37/M	20:33	6:37/M
3	Connor Wiemann, M13	Mason City, IA	23:00	7:24/M	22:58	7:23/M
4	Miles Ralls, M13	Mason City, IA	23:01	7:25/M	23:01	7:25/M
5	Brett Despenas, M17	Mason City, IA	24:39	7:56/M	24:38	7:56/M
6	Brett Smith, M17	Mason City, IA	24:46	7:58/M	24:45	7:58/M
7	Derek Carpenter, M16	Waverly, IA	24:54	8:01/M	24:53	8:00/M
8	Matthew Boenish, M13	Mason City, IA	31:22	10:06/M	31:18	10:05/M

F[13-19]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Karly Krutsinger, F16	Mason City, IA	25:48	8:18/M	25:46	8:18/M
2	Taryn Kantaris, F19	Mason City, IA	26:05	8:24/M	25:58	8:21/M
3	Morgan Dvorak, F17	Mason City, IA	26:47	8:37/M	26:45	8:36/M
4	Alexis Lindsay, F19	Mason City, IA	34:46	11:11/M	34:42	11:10/M
5	Madison Abbott, F13	Forest City, IA	36:55	11:53/M	36:52	11:52/M

M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Josh Volsen, M24	Mason City, IA	29:19	9:26/M	29:16	9:25/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Britney Borchardt, F26	Mason City, IA	29:07	9:22/M	29:05	9:22/M
2	Heather Pope, F24	Mason City, IA	29:52	9:37/M	29:45	9:35/M
3	Ashley Volsen, F27	Mason City, IA	40:43	13:06/M	40:41	13:06/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Travis Sayer, M35	Mason City, IA	33:11	10:41/M	33:01	10:38/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Misty Gomez, F38	Kensett, IA	28:42	9:14/M	28:36	9:12/M
2	Hayley Behrends, F32	Mason City, IA	29:15	9:25/M	29:09	9:23/M
3	Brooke Wiemann, F39	Mason City, IA	32:11	10:22/M	32:08	10:20/M
4	Tiffany Henaman, F36	Mason City, IA	33:10	10:40/M	33:00	10:37/M
5	Krystal Bolinger, F35	Mason City, IA	35:04	11:17/M	34:56	11:14/M
6	Jolene Schweitzer, F34	Mason City, IA	35:06	11:18/M	34:57	11:15/M
7	Emily Younke, F34	Mason City, IA	35:06	11:18/M	34:57	11:15/M
8	Jackie Miles, F33	Mason City, IA	40:43	13:06/M	40:43	13:06/M
9	Samantha Dugan, F30	Forest City, IA	48:49	15:43/M	48:47	15:42/M
10	Megan Northway, F31	Manly, IA	49:01	15:47/M	48:56	15:45/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Mark Johnson, M44	Nora Springs, IA	30:40	9:52/M	30:36	9:51/M
2	Stan Newton, M43	Forest City, IA	33:35	10:49/M	33:30	10:47/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Becky Buffington, F44	Mason City, IA	24:26	7:52/M	24:23	7:51/M
2	Darla Krutsinger, F45	Mason City, IA	25:31	8:13/M	25:29	8:12/M
3	Rhonda Rosendahl, F44	Mason City, IA	26:50	8:38/M	26:48	8:38/M
4	Kris Penca, F43	Mason City, IA	27:13	8:46/M	27:09	8:44/M
5	Sheela Ahari, F45	Mason City, IA	33:10	10:40/M	33:00	10:37/M
6	Tonya Kantaris, F43	Mason City, IA	34:32	11:07/M	34:25	11:05/M
7	Tracy Hoveland, F42	Mason City, IA	36:14	11:40/M	36:10	11:38/M
8	Vicki Zweibohmer, F45	Mason City, IA	47:56	15:26/M	47:56	15:26/M
9	Mindy Farland, F43	Mason City, IA	52:12	16:48/M	52:07	16:47/M

M[50 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Creighton Whitehill, M52	Pleasant Hill, IA	20:59	6:45/M	20:58	6:45/M
2	Ben Furleigh, M50	Clear Lake, IA	25:49	8:19/M	25:47	8:18/M
3	Joel Goll, M54	Mason City, IA	30:02	9:40/M	29:58	9:39/M
4	Tom Kantaris, M61	Mason City, IA	33:55	10:55/M	33:48	10:53/M

F[50 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	Sheri Sprung, F52	Mason City, IA	22:26	7:13/M	22:24	7:12/M
2	Michelle Deverell, F53	Mason City, IA	23:09	7:27/M	23:06	7:26/M
3	Julie Goll, F53	Mason City, IA	30:02	9:40/M	29:58	9:39/M
4	Becky Gump, F51	Mason City, IA	30:51	9:56/M	30:49	9:55/M
5	Kathleen Nutt, F54	Mason City, IA	34:04	10:58/M	34:00	10:57/M
6	Kristie Pope, F57	Mason City, IA	34:50	11:13/M	34:42	11:10/M
7	Robin Ralls, F52	Mason City, IA	46:59	15:07/M	46:53	15:05/M
8	Kathy Dobrzynski, F60	Mason City, IA	47:55	15:25/M	47:48	15:23/M
9	Kris Boenish, F50	Mason City, IA	52:10	16:47/M	52:04	16:45/M

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