

NKF Capital City 5k

Age Group Awards

Place	Bib	Name	Age	Gender	Club	Pace	ChipTime	GunTime
5K								
Female 11 & Under								
1.	489	Finley Kamoske	10	f		11:05	34:30	34:30
Female 12-15								
2.	493	Quinn Thompson	14	f		7:39	23:49	23:50
3.	240	Makenzie Hottinger	14	f		7:50	24:22	24:22
4.	500	Makayla Fritz	14	f		7:50	24:23	24:23
Female 16-19								
1.	483	Julia Michalski	18	f		8:04	25:06	25:25
2.	373	Lexi Richardson	17	f	Give if All You've Got- Colin	8:18	25:48	25:52
3.	239	Emily Hottinger	17	f		8:45	27:14	27:14
4.	228	Sarah Guenther	19	f	GHC-SCW Transformers	9:38	29:57	30:11
Female 20-29								
1.	205	Carla Garces	27	f		7:08	22:11	22:11
2.	465	Anna-Lisa Doebley	24	f		7:41	23:54	24:13
3.	349	Jen Oikarinen	24	f	Running to Remember Ben	7:47	24:14	24:22
4.	386	Emily Schaidle	28	f		8:27	26:17	26:26
Female 30-39								
1.	111	Lisa Bauer	38	f		7:22	22:54	22:54
2.	190	Theresa Erickson	38	f		7:28	23:13	23:13
3.	494	Julie Krbec	37	f		7:39	23:49	23:49
4.	499	Dana Fritz	35	f		7:49	24:20	24:20
Female 40-49								
1.	359	Anne Phelan	44	f		9:39	30:00	30:10
2.	387	Jennifer Schmidt	41	f	UnityPoint Health-Meriter	10:20	32:07	32:24
3.	283	Sherri Lee	49	f		10:20	32:10	32:19
4.	338	Rebecca Nelson	41	f	UnityPoint Health-Meriter	10:22	32:14	32:29
Female 50-59								
1.	393	Anne Schultz	53	f		9:05	28:15	28:26
2.	297	Jenny Maas	52	f		9:56	30:54	31:01
3.	436	judy weber	52	f		10:00	31:07	31:34
4.	417	June Stine	55	f	UnityPoint Health-Meriter	10:25	32:24	32:55
Female 60-69								
1.	234	Karen Haslow	68	f		10:08	31:32	31:47
2.	299	Molly Maguire	67	f	Team UW Health	10:16	31:57	32:09
3.	274	Diane Kunz	60	f	UnityPoint Health-Meriter	10:25	32:24	32:55
4.	468	Chris Barney	65	f	Rapid Eye Movement	10:29	32:37	32:49
Female 70+								
1.	311	Dianne McCaughey	81	f	UnityPoint Health-Meriter	14:24	44:45	45:03

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Male 11 & Under								
1.	476	Christian Elliot	11	m	Fresenius Kidney Care	11:16	35:01	35:10
Male 12-15								
1.	210	Austin Goetsche	14	m		6:33	20:24	20:24
2.	348	Silas Oakley	12	m	GHC-SCW Transformers	7:03	21:57	21:59
3.	497	Jonah Sebranek	15	m	Fresenius Kidney Care	7:22	22:54	22:55
4.	281	Joey Lee	14	m		7:24	23:02	23:04
Male 16-19								
1.	490	Josh Schoenfeld	19	m		14:06	43:51	44:28
Male 20-29								
2.	312	Kelly McDermott	28	m	Dimitra's Other Kidney	5:59	18:38	18:38
3.	369	Steven Redd	27	m		6:33	20:24	20:24
4.	333	Lucas Muzynoski	27	m		6:35	20:30	20:32
Male 30-39								
1.	395	Ben Schumaker	35	m	Team Angel Lung	6:15	19:28	19:28
2.	334	Casey Nelson	33	m	#livelikelyn	6:57	21:38	21:43
3.	227	Aaron Guenterberg	32	m		7:00	21:46	21:52
4.	136	Dale Broeckert	35	m	Team Angel Lung	7:03	21:56	21:56
Male 40-49								
1.	187	Dan Dye	45	m		7:14	22:31	22:35
2.	351	Lucas Olson	42	m		7:39	23:48	23:53
3.	268	Todd Koppa	41	m	Running to Remember Ben	7:40	23:50	23:54
4.	370	Joe Reetz	48	m		7:48	24:16	24:21
Male 50-59								
1.	282	Randy Lee	52	m		6:54	21:29	21:32
2.	212	Michael Falk	51	m		7:00	21:47	21:47
3.	475	Tom Alesia	51	m		7:00	21:47	21:48
4.	287	Dean Leonard	55	m		7:31	23:23	23:26
Male 60-69								
1.	182	John Doebley	64	m		8:18	25:50	26:09
2.	467	Neal Barney	62	m	Rapid Eye Movement	8:29	26:25	26:37
3.	149	Robert Cafilisch	65	m		9:15	28:45	28:49
4.	352	Surinder Pangli	60	m	Team Pangli	9:21	29:06	29:11
Male 70+								
1.	226	Wade Groleau	78	m	Running to Remember Ben	11:39	36:12	36:39
2.	198	Jim Brien	70	m	Team Chris	12:39	39:19	39:30
3.	356	John Perez	76	m		14:59	46:35	46:50
4.	426	Donald Sundstrom	71	m	Strelka's Striders	22:08	1:08:48	1:11:18