

**Breast Friends 5k Rack Run****Date: 10/07/2018****Ranking****Weather - Raining 55°****Overall men****Running | 5K Timed**

| #  | Name             | M/F | Age | City          | State | Final Result | Pace      |
|----|------------------|-----|-----|---------------|-------|--------------|-----------|
| 1  | Louis Pelsang    | M   | 44  | Iowa City     | IA    | 00:20:22.67  | 06:33 /mi |
| 2  | James Pelsang    | M   | 53  | Iowa City     | IA    | 00:21:01.87  | 06:46 /mi |
| 3  | Nick McCollom    | M   | 33  | North Liberty | IA    | 00:21:42.00  | 06:59 /mi |
| 4  | John Stonebarger | M   | 54  | Iowa City     | IA    | 00:21:43.04  | 06:59 /mi |
| 5  | Bryan Jensen     | M   | 36  | Iowa City     | IA    | 00:21:57.79  | 07:04 /mi |
| 6  | Nate Sundblad    | M   | 38  | Iowa City     | IA    | 00:22:25.34  | 07:13 /mi |
| 7  | Riley Larson     | M   | 11  | Randall       | IA    | 00:23:32.92  | 07:34 /mi |
| 8  | James Buxton     | M   | 63  | Iowa City     | IA    | 00:24:02.81  | 07:44 /mi |
| 9  | Neal Eckhoff     | M   | 17  | Iowa City     | IA    | 00:24:07.76  | 07:46 /mi |
| 10 | Conley Sundblad  | M   | 12  | Iowa City     | IA    | 00:24:37.96  | 07:55 /mi |
| 11 | Ross Bittner     | M   | 45  | Iowa City     | IA    | 00:25:15.86  | 08:08 /mi |
| 12 | Chris Merritt    | M   | 62  | Iowa City     | IA    | 00:25:17.58  | 08:09 /mi |
| 13 | Blake Larson     | M   | 11  | Randall       | IA    | 00:25:34.04  | 08:13 /mi |
| 14 | Tom Lothspeich   | M   | 51  | Iowa City     | IA    | 00:25:50.80  | 08:19 /mi |
| 15 | Jody Krueger     | M   | 57  | Iowa City     | IA    | 00:27:56.21  | 09:00 /mi |
| 16 | Tom Rath         | M   | 51  | Iowa City     | IA    | 00:30:04.88  | 09:41 /mi |
| 17 | Angel Aragon     | M   | 28  | Iowa City     | IA    | 00:34:09.00  | 11:00 /mi |
| 18 | Luis Garcia      | M   | 40  | Iowa City     | IA    | 00:48:08.24  | 15:30 /mi |
| 19 | Reed Garcia      | M   | 7   | Iowa City     | IA    | 00:48:08.97  | 15:30 /mi |

**Overall women****Running | 5K Timed**

| #  | Name              | M/F | Age | Team name     | Team type | Final Result | Pace      |
|----|-------------------|-----|-----|---------------|-----------|--------------|-----------|
| 1  | Sydney Wilkes     | F   | 13  | Iowa City     | IA        | 00:25:23.31  | 08:10 /mi |
| 2  | Sophie Stumbo     | F   | 13  | Iowa City     | IA        | 00:25:23.89  | 08:10 /mi |
| 3  | Carla Pies        | F   | 55  | Iowa City     | IA        | 00:25:40.91  | 08:16 /mi |
| 4  | Lindsay Beyer     | F   | 12  | Independence  | IA        | 00:25:47.96  | 08:18 /mi |
| 5  | Greta Stanier     | F   | 13  | Iowa City     | IA        | 00:25:57.89  | 08:21 /mi |
| 6  | Bella Skay        | F   | 13  | Iowa City     | IA        | 00:25:58.62  | 08:22 /mi |
| 7  | Jill Tomek        | F   | 47  | Iowa City     | IA        | 00:26:32.31  | 08:33 /mi |
| 8  | Michelle Reichert | F   | 32  | Tipton        | IA        | 00:26:58.30  | 08:41 /mi |
| 9  | Jennifer Skelley  | F   | 41  | North Liberty | IA        | 00:26:59.59  | 08:41 /mi |
| 10 | Jean Audas        | F   | 51  | Muscatine     | IA        | 00:27:07.53  | 08:44 /mi |
| 11 | Alysia Horcher    | F   | 25  | Iowa City     | IA        | 00:27:44.71  | 08:56 /mi |
| 12 | Shay Sundblad     | F   | 10  | Iowa City     | IA        | 00:30:07.43  | 09:42 /mi |
| 13 | Teresa Lyon       | F   | 56  | Muscatine     | IA        | 00:30:08.61  | 09:42 /mi |
| 14 | Susie Garton      | F   | 55  | Solon         | IA        | 00:30:17.04  | 09:45 /mi |

|    |                           |   |    |               |    |             |           |
|----|---------------------------|---|----|---------------|----|-------------|-----------|
| 15 | Molly Brown               | F | 42 | Iowa City     | IA | 00:30:27.24 | 09:48 /mi |
| 16 | Hilary Jensen             | F | 33 | Iowa City     | IA | 00:31:00.59 | 09:59 /mi |
| 17 | Jeanette Beyer            | F | 71 | Independence  | IA | 00:31:52.31 | 10:15 /mi |
| 18 | Jean Pfeiffer             | F | 55 | Muscatine     | IA | 00:33:16.05 | 10:42 /mi |
| 19 | Alexandra Sierra-Langtimm | F | 25 | Iowa City     | IA | 00:33:26.70 | 10:46 /mi |
| 20 | Tara Coady                | F | 53 | Iowa City     | IA | 00:33:27.00 | 10:46 /mi |
| 21 | Katrina Geer              | F | 38 | Tipton        | IA | 00:33:34.71 | 10:48 /mi |
| 22 | Kassidy Schiltz           | F | 21 | Marion        | IA | 00:33:47.62 | 10:52 /mi |
| 23 | Brittany Greig            | F | 23 | Marion        | IA | 00:33:49.22 | 10:53 /mi |
| 24 | Nancy Shell               | F | 65 | Muscatine     | IA | 00:33:55.68 | 10:55 /mi |
| 25 | Patty Freese              | F | 63 | Muscatine     | IA | 00:34:32.31 | 11:07 /mi |
| 26 | Alma Brunson              | F | 47 | Muscatine     | IA | 00:34:33.28 | 11:07 /mi |
| 27 | Rebecca Whitaker          | F | 39 | Iowa City     | IA | 00:34:37.80 | 11:09 /mi |
| 28 | Kim Greiner               | F | 54 | Coralville    | IA | 00:34:38.02 | 11:09 /mi |
| 29 | Amy Phelps                | F | 51 | Iowa City     | IA | 00:35:38.94 | 11:28 /mi |
| 30 | Lauren Beyer              | F | 13 | Independence  | IA | 00:35:45.91 | 11:31 /mi |
| 31 | Jayme Beyer               | F | 40 | Independence  | IA | 00:35:46.65 | 11:31 /mi |
| 32 | Patty Krueger             | F | 57 | Iowa City     | IA | 00:36:32.27 | 11:46 /mi |
| 33 | Melissa Stout             | F | 25 | Cedar Rapids  | IA | 00:38:15.61 | 12:19 /mi |
| 34 | Stacy Hank                | F | 38 | North Liberty | IA | 00:39:05.87 | 12:35 /mi |
| 35 | Sheila Grimm              | F | 48 | Tiffin        | IA | 00:39:07.50 | 12:36 /mi |
| 36 | Payton McCallister        | F | 19 | Iowa City     | IA | 00:39:08.62 | 12:36 /mi |
| 37 | Becky Eserhaut            | F | 51 | Muscatine     | IA | 00:39:38.62 | 12:46 /mi |
| 38 | Terry Hartstock           | F | 64 | Muscatine     | IA | 00:39:38.83 | 12:46 /mi |
| 39 | Michelle Thole            | F | 36 | Coralville    | IA | 00:40:27.11 | 13:01 /mi |
| 40 | Pat McCauley              | F | 31 | Iowa City     | IA | 00:42:06.64 | 13:33 /mi |
| 41 | Lillian Erdahl            | F | 38 | Iowa City     | IA | 00:49:38.87 | 15:59 /mi |
| 42 | Jade Garcia               | F | 3  | Iowa City     | IA | 00:49:40.60 | 16:00 /mi |
| 43 | Delmy Faustino            | F | 57 | Iowa City     | IA | 00:59:20.00 | 19:06 /mi |

**M19-**

**Running | 5K Timed**

| # | Name            | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|-----------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | Riley Larson    | M   | 11  | Randall   | IA        | 00:23:32.92  | 07:34 /mi |
| 2 | Neal Eckhoff    | M   | 17  | Iowa City | IA        | 00:24:07.76  | 07:46 /mi |
| 3 | Conley Sundblad | M   | 12  | Iowa City | IA        | 00:24:37.96  | 07:55 /mi |
| 4 | Blake Larson    | M   | 11  | Randall   | IA        | 00:25:34.04  | 08:13 /mi |
| 5 | Reed Garcia     | M   | 7   | Iowa City | IA        | 00:48:08.97  | 15:30 /mi |

**F19-**

**Running | 5K Timed**

| # | Name               | M/F | Age | Team name    | Team type | Final Result | Pace      |
|---|--------------------|-----|-----|--------------|-----------|--------------|-----------|
| 1 | Sydney Wilkes      | F   | 13  | Iowa City    | IA        | 00:25:23.31  | 08:10 /mi |
| 2 | Sophie Stumbo      | F   | 13  | Iowa City    | IA        | 00:25:23.89  | 08:10 /mi |
| 3 | Lindsay Beyer      | F   | 12  | Independence | IA        | 00:25:47.96  | 08:18 /mi |
| 4 | Greta Stanier      | F   | 13  | Iowa City    | IA        | 00:25:57.89  | 08:21 /mi |
| 5 | Bella Skay         | F   | 13  | Iowa City    | IA        | 00:25:58.62  | 08:22 /mi |
| 6 | Shay Sundblad      | F   | 10  | Iowa City    | IA        | 00:30:07.43  | 09:42 /mi |
| 7 | Lauren Beyer       | F   | 13  | Independence | IA        | 00:35:45.91  | 11:31 /mi |
| 8 | Payton McCallister | F   | 19  | Iowa City    | IA        | 00:39:08.62  | 12:36 /mi |
| 9 | Jade Garcia        | F   | 3   | Iowa City    | IA        | 00:49:40.60  | 16:00 /mi |

**M20-29**
**Running | 5K Timed**

| # | Name         | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|--------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | Angel Aragon | M   | 28  | Iowa City | IA        | 00:34:09.00  | 11:00 /mi |

**F20-29**
**Running | 5K Timed**

| # | Name                      | M/F | Age | Team name    | Team type | Final Result | Pace      |
|---|---------------------------|-----|-----|--------------|-----------|--------------|-----------|
| 1 | Alysia Horcher            | F   | 25  | Iowa City    | IA        | 00:27:44.71  | 08:56 /mi |
| 2 | Alexandra Sierra-Langtimm | F   | 25  | Iowa City    | IA        | 00:33:26.70  | 10:46 /mi |
| 3 | Kassidy Schiltz           | F   | 21  | Marion       | IA        | 00:33:47.62  | 10:52 /mi |
| 4 | Brittany Greig            | F   | 23  | Marion       | IA        | 00:33:49.22  | 10:53 /mi |
| 5 | Melissa Stout             | F   | 25  | Cedar Rapids | IA        | 00:38:15.61  | 12:19 /mi |

**M30-39**
**Running | 5K Timed**

| # | Name          | M/F | Age | Team name     | Team type | Final Result | Pace      |
|---|---------------|-----|-----|---------------|-----------|--------------|-----------|
| 1 | Nick McCollom | M   | 33  | North Liberty | IA        | 00:21:42.00  | 06:59 /mi |
| 2 | Bryan Jensen  | M   | 36  | Iowa City     | IA        | 00:21:57.79  | 07:04 /mi |
| 3 | Nate Sundblad | M   | 38  | Iowa City     | IA        | 00:22:25.34  | 07:13 /mi |

**F30-39**
**Running | 5K Timed**

| # | Name              | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|-------------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | Michelle Reichert | F   | 32  | Tipton    | IA        | 00:26:58.30  | 08:41 /mi |
| 2 | Hilary Jensen     | F   | 33  | Iowa City | IA        | 00:31:00.59  | 09:59 /mi |
| 3 | Katrina Geer      | F   | 38  | Tipton    | IA        | 00:33:34.71  | 10:48 /mi |

|   |                  |   |    |               |    |             |           |
|---|------------------|---|----|---------------|----|-------------|-----------|
| 4 | Rebecca Whitaker | F | 39 | Iowa City     | IA | 00:34:37.80 | 11:09 /mi |
| 5 | Stacy Hank       | F | 38 | North Liberty | IA | 00:39:05.87 | 12:35 /mi |
| 6 | Michelle Thole   | F | 36 | Coralville    | IA | 00:40:27.11 | 13:01 /mi |
| 7 | Pat McCauley     | F | 31 | Iowa City     | IA | 00:42:06.64 | 13:33 /mi |
| 8 | Lillian Erdahl   | F | 38 | Iowa City     | IA | 00:49:38.87 | 15:59 /mi |

**M40-49**
**Running | 5K Timed**

| # | Name          | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|---------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | Louis Pelsang | M   | 44  | Iowa City | IA        | 00:20:22.67  | 06:33 /mi |
| 2 | Ross Bittner  | M   | 45  | Iowa City | IA        | 00:25:15.86  | 08:08 /mi |
| 3 | Luis Garcia   | M   | 40  | Iowa City | IA        | 00:48:08.24  | 15:30 /mi |

**F40-49**
**Running | 5K Timed**

| # | Name             | M/F | Age | Team name     | Team type | Final Result | Pace      |
|---|------------------|-----|-----|---------------|-----------|--------------|-----------|
| 1 | Jill Tomek       | F   | 47  | Iowa City     | IA        | 00:26:32.31  | 08:33 /mi |
| 2 | Jennifer Skelley | F   | 41  | North Liberty | IA        | 00:26:59.59  | 08:41 /mi |
| 3 | Molly Brown      | F   | 42  | Iowa City     | IA        | 00:30:27.24  | 09:48 /mi |
| 4 | Alma Brunson     | F   | 47  | Muscatine     | IA        | 00:34:33.28  | 11:07 /mi |
| 5 | Jayme Beyer      | F   | 40  | Independence  | IA        | 00:35:46.65  | 11:31 /mi |
| 6 | Sheila Grimm     | F   | 48  | Tiffin        | IA        | 00:39:07.50  | 12:36 /mi |

**M50-59**
**Running | 5K Timed**

| # | Name             | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|------------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | James Pelsang    | M   | 53  | Iowa City | IA        | 00:21:01.87  | 06:46 /mi |
| 2 | John Stonebarger | M   | 54  | Iowa City | IA        | 00:21:43.04  | 06:59 /mi |
| 3 | Tom Lothspeich   | M   | 51  | Iowa City | IA        | 00:25:50.80  | 08:19 /mi |
| 4 | Jody Krueger     | M   | 57  | Iowa City | IA        | 00:27:56.21  | 09:00 /mi |
| 5 | Tom Rath         | M   | 51  | Iowa City | IA        | 00:30:04.88  | 09:41 /mi |

**F50-59**
**Running | 5K Timed**

| # | Name          | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|---------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | Carla Pies    | F   | 55  | Iowa City | IA        | 00:25:40.91  | 08:16 /mi |
| 2 | Jean Audas    | F   | 51  | Muscatine | IA        | 00:27:07.53  | 08:44 /mi |
| 3 | Teresa Lyon   | F   | 56  | Muscatine | IA        | 00:30:08.61  | 09:42 /mi |
| 4 | Susie Garton  | F   | 55  | Solon     | IA        | 00:30:17.04  | 09:45 /mi |
| 5 | Jean Pfeiffer | F   | 55  | Muscatine | IA        | 00:33:16.05  | 10:42 /mi |
| 6 | Tara Coady    | F   | 53  | Iowa City | IA        | 00:33:27.00  | 10:46 /mi |

|    |                |   |    |            |    |             |           |
|----|----------------|---|----|------------|----|-------------|-----------|
| 7  | Kim Greiner    | F | 54 | Coralville | IA | 00:34:38.02 | 11:09 /mi |
| 8  | Amy Phelps     | F | 51 | Iowa City  | IA | 00:35:38.94 | 11:28 /mi |
| 9  | Patty Krueger  | F | 57 | Iowa City  | IA | 00:36:32.27 | 11:46 /mi |
| 10 | Becky Eserhaut | F | 51 | Muscatine  | IA | 00:39:38.62 | 12:46 /mi |
| 11 | Delmy Faustino | F | 57 | Iowa City  | IA | 00:59:20.00 | 19:06 /mi |

**M60+**
**Running | 5K Timed**

| # | Name          | M/F | Age | Team name | Team type | Final Result | Pace      |
|---|---------------|-----|-----|-----------|-----------|--------------|-----------|
| 1 | James Buxton  | M   | 63  | Iowa City | IA        | 00:24:02.81  | 07:44 /mi |
| 2 | Chris Merritt | M   | 62  | Iowa City | IA        | 00:25:17.58  | 08:09 /mi |

**F60+**
**Running | 5K Timed**

| # | Name            | M/F | Age | Team name    | Team type | Final Result | Pace      |
|---|-----------------|-----|-----|--------------|-----------|--------------|-----------|
| 1 | Jeanette Beyer  | F   | 71  | Independence | IA        | 00:31:52.31  | 10:15 /mi |
| 2 | Nancy Shell     | F   | 65  | Muscatine    | IA        | 00:33:55.68  | 10:55 /mi |
| 3 | Patty Freese    | F   | 63  | Muscatine    | IA        | 00:34:32.31  | 11:07 /mi |
| 4 | Terry Hartstock | F   | 64  | Muscatine    | IA        | 00:39:38.83  | 12:46 /mi |