

2024 Live Healthy Iowa 5K Results - Fort Dodge

First Name	Last Name	City	Age Group	Finishing Time
Devon	Gurnett	Des Moines	Male 30 - 39	19.03
Anibal	Aguilar	Denison	Male 30 - 39	21.44
Nolan	Johnson	Fort Dodge	Male 19 - 29	22.50
Mitchell	McGraw	Independence	Male 30 - 39	24.42
Landis	Powgnas	Webster City	Male 18 & Under	24.49
Alexandrer	Veye	Carroll	Male 19 - 29	25.00
Nick	Ray	Webster City	Male 30 - 39	25.05
Daniel	Johnson	Fort Dodge	Male 19 - 29	25.25
Andy	Reed	Humboldt	Male 40 - 49	27.17
Wyatt	Moranville	Otho	Male 19 - 29	27.23
Joseph	Mader	West Bend	Male 19 - 29	27.24
Andy	McGill	Fort Dodge	Male 50 - 59	27.34
Hannah	Sievert	Ankeny	Female	28.05
Britta	Strong	Normal	Female 30 - 39	28.12
Carter	Reed	Humboldt	Male 18 & Under	28.21
Joel	Holder	Fort Dodge	Male 50 - 59	28.54
Jodi	Reekers	Fort Dodge	Female 40 - 49	29.07
Jen	Crimmins	Fort Dodge	Female 30 - 39	29.34
Jennifer	Whittlesey	Humboldt	Female 40 - 49	30.07
Monica	Reinken	Ames	Female 30 - 39	30.55
Dayana	Aguilar	Denison	Female 19 - 29	31.33
Stephen	Hindman	Fort Dodge	Male 30 - 39	31.36
Leah	Applebee	Fort Dodge	Female 30 - 39	31.49
Cadeb	Koltschnee	Dayton	Male 18 & Under	31.57
Christion	Bierstedt	Armstrong	Male 19 - 29	32.33
Douglas	Ethan	Ames	Male 19 - 29	32.40
Michael	Craighton	Ames	Male 30 - 39	32.41
Jose	Zambrano	Council Bluffs	Male 19 - 29	32.43
Rolando	Aguilar	Denison	Male 40 - 49	33.50
Tara	Fortune	Webster City	Female 30 - 39	34.55
Alex	Copper	Fort Dodge	Male 19 - 29	36.44
Randall	Scott	Fort Dodge	Male 30 - 39	36.50
Katlin	Sandlin	Fort Dodge	Female 30 - 39	36.58
Evelin	Bonilla	Fort Dodge	Female 19 - 29	37.16
Sadie	Groves	Fort Dodge	Female 40 - 49	37.31
Jacob	McGill	Fort Dodge	Male 19 - 29	40.06
Janell	Powgnas	Webster City	Female 40 - 49	44.30
Sarah	Hruska	Fort Dodge	Female 40 - 49	44.53
Alyssa	Redenius	Webster City	Female 30 - 39	44.55
Alaina	Powgnas	Webster City	Female 18 & Under	46.14
Rhonda	Jones	Fort Dodge	Female 60 & Up	46.57
Whitney	Fisher	Gowrie	Female 19 - 29	48.23
Amy	Caven	Amboy	Female 40 - 49	48.34
Janet	Secor	Fort Dodge	Female 60 & Up	51.58
Nancy	Siefert	Fort Dodge	Female 60 & Up	52.14
Carmelo	Marquez	Eagle Grove	Male 40 - 49	53.04
Lisa	Shimkat	Fort Dodge	Female 50 - 59	54.34
Ed	Shimkat	Fort Dodge	Male 50 - 59	54.35
Aaron	Persons	Mankato	Male 40 - 49	54.47
Emilee	Anderson	Mankato	Female 26	54.48
Lauren	Caven	Fort Dodge	Female 19 - 29	54.49
Stacy	Hale	Fort Dodge	Female 40 - 49	55.17
Gabby	Long	Dayton	Female 19 - 29	56.49
Robert	Koltschnee	Dayton	Male 50 - 59	56.5
Kathy	Long	Dayton	Female 40 - 49	56.51
Rachel	Wieland	Carroll	Female 40 - 49	57.33
Abbi	Wieland	Carroll	Female 40 - 49	57.34
Lila	Heatheringt	Fort Dodge	Female 50 - 59	57.4
Chelsea	Heatheringt	Fort Dodge	Female 30 - 39	57.41
Thomas	Hires	Fort Dodge	Male 30 - 39	59.15
Elysa	Geldbaugh	Fort Dodge	Female 19 - 29	59.54

2024 Live Healthy Iowa 5K Age Group Results - Fort Dodge

First Name	Last Name	City	Age Group	Finishing Time
Alaina	Powgnas	Webster City	Female 18 & Under	46.14
Hannah	Sievert	Ankeny	Female 19 - 29	28.05
Dayana	Aguilar	Denison	Female 19 - 29	31.33
Evelin	Bonilla	Fort Dodge	Female 19 - 29	37.16
Whitney	Fisher	Gowrie	Female 19 - 29	48.23
Emilee	Anderson	Mankato	Female 19 - 29	54.48
Lauren	Caven	Fort Dodge	Female 19 - 29	54.49
Gabby	Long	Dayton	Female 19 - 29	56.49
Elysa	Geldbaugh	Fort Dodge	Female 19 - 29	59.54
Britta	Strong	Normal	Female 30 - 39	28.12
Jen	Crimmins	Fort Dodge	Female 30 - 39	29.34
Monica	Reinken	Ames	Female 30 - 39	30.55
Leah	Applebee	Fort Dodge	Female 30 - 39	31.49
Tara	Fortune	Webster City	Female 30 - 39	34.55
Katlin	Sandlin	Fort Dodge	Female 30 - 39	36.58
Alyssa	Redenius	Webster City	Female 30 - 39	44.55
Chelsea	Heatherington	Fort Dodge	Female 30 - 39	57.41
Jodi	Reekers	Fort Dodge	Female 40 - 49	29.07
Jennifer	Whittlesey	Humboldt	Female 40 - 49	30.07
Sadie	Groves	Fort Dodge	Female 40 - 49	37.31
Janell	Powgnas	Webster City	Female 40 - 49	44.3
Sarah	Hruska	Fort Dodge	Female 40 - 49	44.53
Amy	Caven	Amboy	Female 40 - 49	48.34
Stacy	Hale	Fort Dodge	Female 40 - 49	55.17
Kathy	Long	Dayton	Female 40 - 49	56.51
Rachel	Wieland	Carroll	Female 40 - 49	57.33
Abbi	Wieland	Carroll	Female 40 - 49	57.34
Lisa	Shimkat	Fort Dodge	Female 50 - 59	54.34
Lila	Heatherington	Fort Dodge	Female 50 - 59	57.40
Rhonda	Jones	Fort Dodge	Female 60 & Up	46.57
Janet	Secor	Fort Dodge	Female 60 & Up	51.58
Nancy	Siefert	Fort Dodge	Female 60 & Up	52.14
Landis	Powgnas	Webster City	Male 18 & Under	24.49
Carter	Reed	Humboldt	Male 18 & Under	28.21
Cadeb	Koltschnee	Dayton	Male 18 & Under	31.57
Nolan	Johnson	Fort Dodge	Male 19 - 29	22.50
Alexandrer	Veye	Carroll	Male 19 - 29	25.00
Daniel	Johnson	Fort Dodge	Male 19 - 29	25.25
Wyatt	Moranville	Otho	Male 19 - 29	27.23
Joseph	Mader	West Bend	Male 19 - 29	27.24
Christion	Bierstedt	Armstrong	Male 19 - 29	32.33
Douglas	Ethan	Ames	Male 19 - 29	32.40
Jose	Zambrano	Council Bluffs	Male 19 - 29	32.43
Alex	Copper	Fort Dodge	Male 19 - 29	36.44
Jacob	McGill	Fort Dodge	Male 19 - 29	40.06
Devon	Gurnett	Des Moines	Male 30 - 39	19.03
Anibal	Aguilar	Denison	Male 30 - 39	21.44
Mitchell	McGraw	Independence	Male 30 - 39	24.42
Nick	Ray	Webster City	Male 30 - 39	25.05
Stephen	Hindman	Fort Dodge	Male 30 - 39	31.36
Michael	Craighton	Ames	Male 30 - 39	32.41
Randall	Scott	Fort Dodge	Male 30 - 39	36.50
Thomas	Hires	Fort Dodge	Male 30 - 39	59.15
Andy	Reed	Humboldt	Male 40 - 49	27.17
Rolando	Aguilar	Denison	Male 40 - 49	33.50
Carmelo	Marquez	Eagle Grove	Male 40 - 49	53.04
Aaron	Persons	Mankato	Male 40 - 49	54.47
Andy	McGill	Fort Dodge	Male 50 - 59	27.34
Joel	Holder	Fort Dodge	Male 50 - 59	28.54
Ed	Shimkat	Fort Dodge	Male 50 - 59	54.35
Robert	Koltschnee	Dayton	Male 50 - 59	56.50