

2024 Live Healthy Iowa 5K Decorah - Overall Results

First Name	Last Name	City	Age Group	Finishing Time
Ethan	Monroe	Castalia	Male 19 - 29	0:21:46
Jeff	Ernst	Cresco	Male 60 & Up	0:22:21
Brenda	Rix	Decorah	Female 40 - 49	0:22:24
Pat	Reisinger	Decorah	Male 40 - 49	0:22:45
Lisa	Zittergruen	Decorah	Female 40 - 49	0:23:04
Whitney	Deering	Postville	Female 30 - 39	0:23:11
Randy	Nordheim	Waukon	Male 60 & Up	0:23:32
Braden	Archer	Decorah	Male 30 - 39	0:24:09
Cory	Anderson	Waverly	Male 19 - 29	0:24:10
Gwen	Strand	Decorah	Female 40 - 49	0:24:20
Steven	Zittergruen	Decorah	Male 40 - 49	0:25:43
Dave	Farmer	Postville	Male 60 & Up	0:25:52
Alex	Gisleson	Decorah	Male 30 - 39	0:28:13
Grady	Dunham	Waterville	Male 50 - 59	0:28:26
Jen	Nahl	Decorah	Female 40 - 49	0:28:28
Emily	Wrightsman	Decorah	Female 40 - 49	0:29:04
Chelsea	Dietzenbach	Calmar	Female 19 - 29	0:29:52
Bob	Johnson	Waukon	Male 50 - 59	0:29:57
Alan	Schmitt	Fort Atkinson	Male 50 - 59	0:32:34
Kari	Gibbs	Waukon	Female 40 - 49	0:36:17
Dianne	Schultz	Postville	Female 60 & Up	0:38:04
Jed	Becker	Cresco	Male 60 & Up	0:40:21
Emily	Pecinovsky	North Liberty	Female 19 - 29	0:46:15
Tylen	Burrow	West Union	Male 19 - 29	0:48:53
Jaidyn	Hagen	West Union	Female 19 - 29	0:48:54
Montana	Porter	Cedar Rapids	Female 19 - 29	0:49:45
Calista	Byerly	Decorah	Female 30 - 39	0:56:44
Julie	Archer	Decorah	Female 30 - 39	0:59:30
Mary	Wagner	Calmar	Female 50 - 59	1:01:11
Beth	Anderson	Decorah	Female 50 - 59	1:06:20

2024 Live Healthy Iowa 5K Decorah - Age Group Results

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Emily	Pecinovsky	North Liberty	Female 19 - 29	0:46:15
Jaidyn	Hagen	West Union	Female 19 - 29	0:48:54
Montana	Porter	Cedar Rapids	Female 19 - 29	0:49:45
Whitney	Deering	Postville	Female 30 - 39	0:23:11
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Lisa	Zittergruen	Decorah	Female 40 - 49	0:23:04
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