

2013 Heart & Sole 5k/10k Results

Women's 10K Under 14: No Runners

Women's 10K 15-19: 1st Place – Berkley Rietveldt, 2nd Place – Taryn Lehr

Women's 10K 20-29: 1st Place – Whitney Kuyper, 2nd Place – Darcy Long, 3rd Place – Liza Reinesch

Women's 10K 30-39: 1st Place – Erin Desmond, 2nd Place – Kristin Vilhauer

Women's 10K 40-49: 1st Place – Carla Snedeker, 2nd Place – Samantha Schmitz, 3rd Place – Nancy Rumbolz

Women's 10K 50-59: 1st Place – Sharon McDaniel, 2nd Place – Tracy Whelchel

Women's 10K 60+: 1st Place – Joyce Piehl

Women's 5K Under 14: 1st Place – Alissa Kuyper, 2nd Place – Hannah Miller, 3rd Place – Emma Hohn

Women's 5K 15-19: 1st Place – Brianna Kuyper, 2nd Place – Anna Rice, 3rd Place – Megan Roth

Women's 5K 20-29: 1st Place – Stacey Schuller, 2nd Place – Briana Wirth, 3rd Place – Amy Norden

Women's 5K 30-39: 1st Place – Kendra Widstrom, 2nd Place – Laura Wong, 3rd Place – Jodi Asbenson

Women's 5K 40-49: 1st Place – Connie Kuyper, 2nd Place – Becky Larson, 3rd Place – Heather Grabenstein

Women's 5K 50-59: 1st Place – Kim McCann, 2nd Place – Janet Nicolaus, 3rd Place – Cindy Symes

Women's 5K 60+: No Runners

Men's 10K Under 14: 1st Place – Logan Mahoney

Men's 10K 15-19: 1st Place – Austen Iverson

Men's 10K 20-29: No Runners

Men's 10K 30-39: 1st Place – Matt Bennett, 2nd Place – Clinton Desmond, 3rd Place – Matt Bialas

Men's 10K 40-49: 1st Place – Marty Talcagy, 2nd Place – Rick Miller, 3rd Place – Loren Gregerson

Men's 10K 50-59: No Runners

Men's 10K 60+: No Runners

Men's 5K Under 14: 1st Place – Tanner Hohn, 2nd Place – Kole Schelske, 3rd Place – Conner Singrey

Men's 5K 15-19: 1st Place – Caleb Larson, 2nd Place – Justin Krell, 3rd Place – Kyle Hohn

Men's 5K 20-29: 1st Place – Christian VanDyke, 2nd Place – Kevin Talley, 3rd Place – Alex Asmus

Men's 5K 30-39: 1st Place – Stewart Rothschadl, 2nd Place – Curtis Wong, 3rd Place – Tim Baltzer

Men's 5K 40-49: 1st Place – Tom Burdick, 2nd Place – Jeral Gross, 3rd Place – Jay Schreurs

Men's 5K 50-59: 1st Place – Steve Rice, 2nd Place – Michael Moeller, 3rd Place – Steve Vlieger

Men's 5K 60+: No Runners

Bib#	Time
503	24:30:00
504	33:04:00
505	24:18:00
506	27:49:00
508	36:33:00
509	27:01:00
511	31:10:00
512	24:09:00
513	25:23:00
514	34:52:00
515	32:18:00
516	27:57:00
518	34:52:00
519	26:26:00
520	33:00:00
521	35:53:00
522	33:48:00
523	24:49:00
524	28:10:00
525	31:48:00
526	28:32:00
528	32:04:00
529	35:15:00
530	30:41:00
532	31:03:00
533	20:20:00
535	19:45:00
536	23:15:00
539	30:56:00
541	23:05:00
546	19:18:00
547	33:17:00
548	53:13:00

549	26:55:00
550	28:28:00
551	29:25:00
552	37:05:00
553	23:27:00
555	25:07:00
556	23:27:00
557	27:51:00
558	34:00:00
559	34:01:00
560	30:33:00
561	30:22:00
562	32:18:00
563	21:44:00
564	37:50:00
565	27:09:00
566	32:10:00
567	25:42:00
568	25:54:00
569	25:51:00
570	23:28:00
571	22:10:00
572	37:31:00
573	19:20:00
574	32:06:00
575	24:29:00
576	26:15:00
577	27:50:00
578	26:27:00
580	26:23:00
581	32:17:00
582	28:55:00
583	30:38:00
584	33:26:00

585	30:59:00
586	27:17:00
587	27:15:00
589	25:27:00
590	30:40:00
591	32:07:00
592	35:00:00
593	35:07:00
594	47:47:00
595	38:16:00
596	34:44:00
597	23:29:00
598	31:30:00
599	31:32:00
600	47:14:00
601	45:32:00
602	55:10:00
603	43:51:00
604	54:56:00
605	53:07:00
606	40:28:00
608	59:59:00
609	63:03:00
610	65:27:00
611	45:10:00
612	62:10:00
613	47:49:00
614	97:01:00
617	45:32:00
618	67:03:00
619	62:17:00
620	27:40:00
621	63:15:00
622	55:38:00

623	46:47:00
624	55:58:00
625	57:39:00
676	34:20:00
677	34:31:00
679	34:32:00
680	17:46:00
681	29:23:00
682	21:28:00
683	33:40:00
684	31:22:00
685	22:46:00
686	27:59:00
687	32:09:00
688	25:18:00
690	27:48:00
691	22:17:00
692	25:35:00
693	23:27:00
695	25:00:00
696	26:08:00
697	22:09:00
699	31:25:00