

Kevin Kennedy Hero Super 5K Results 2023

Mens Overall Warren Lannon 20:07

12 & under

1 Britton Blomstedt 29:51:00
2 Barrett Miller 33:24:00
3 Carter Robels 39:47:00

13-19

1 Axel Blomstedt 23:27
2 Shane Patterson 26:06:00
3 Benjamin Nolda 32:08:00
4 Jax Staton 38:28:00

20-29

1 John Guethlein, Jr. 24:42:00
2 Caleb Tegtmeier 25:45:00
3 Anthony Linstrom 45:17:00
4 Carlos Romero 54:03:00

30-39

1 Jake Hasenauer 20:48
2 Kyle Bottom 20:55
3 Zach Seier 22:15
4 Nick Auwerda 23:31
5 Andrew Walker 24:17:00
6 Justin Petska 26:10:00
7 Travis Veal 26:57:00
8 Charles Hayes 40:12:00

Womens Overall Emily Hasenauer 23:52

12 & under

1 Rinlee Blomstedt 26:29:00
2 Bryar Jensen 40:38:00
3 Rylie William 52:42:00

13-19

1 Harper Anderson 26:12:00
2 Sierra Schultz 35:12:00

20-29

1 Marissa Ramos 25:46:00
2 Evey Choat 33:27:00
3 Mariah Bottom 35:27:00
4 Madeline Fletcher 39:08:00
5 Ashley King 54:05:00
6 Aura Adkisson 56:33:00
7 Shayla Raska 58:28:00
8 Amanda Beebout 58:30:00
9 Kylee Lucci 58:32:00

30-39

1 Brianna Moline 28:36:00
2 Kandra Auwerda 33:20:00
3 Cassie Hill 43:15:00
4 Teri Williams 47:49:00
5 Shaunee Welsh 54:07:00
6 Danielle Aman 57:46:00
7 Christine Hayes 1:09:15

9 Jared Lage	47:27:00
10 Justin Thompson	50:35:00
11 Bradley Williams	52:44:00

40-49

1 Casey Roy	24:39:00
2 Erik Richardson	29:56:00
3 Eric Louder	34:22:00
4 Jon Knapp	37:07:00
5 Ivan Mitchell	37:33:00
6 Tom Staton	39:20:00

50-59

1 Jamie Gastineau	23:16
2 Chadd Kohn	25:10:00
3 Reece Oliver	32:32:00
4 Steven Lynch	33:33:00
5 Jim Powell	34:27:00
6 Troy Hahn	42:33:00
7 Jay Engel	45:05:00
8 John Guethlein, Sr.	45:08:00
9 Larry Piper	50:17:00
10 Keith Howell	54:21:00

60-69

1 Jeff Bargell	23:39
2 Wayne Wallace	24:23:00
3 Bob Veal	34:16:00
4 David Clouatre	34:40:00
5 Jim Gonzales	35:17:00

40-49

1 Steph Miller	27:01:00
2 Staci Blomstedt	27:46:00
3 Heather George	28:44:00
4 Maria Cosme	30:16:00
5 Amy Sabatka	30:45:00
6 DeeAnn Jensen	40:36:00
7 Megan Anderson	45:26:00
8 Denice Louder	50:39:00
9 Kisha Arnold	53:33:00
10 Nikki Nichelson	57:06:00
11 Shelby Schultz	1:00:54

50-59

1 Deb O'Malley	27:24:00
2 Linda Kramer	28:45:00
3 Malinda Hayes	29:54:00
4 Sonja Gugelman	32:46:00
5 Monica Lynch	33:54:00
6 Stacy Totherow	36:09:00
7 Renee Hahn	42:31:00
8 Liz Brown	45:21:00
9 Christy Nickels	51:23:00
10 Allison Davis	1:00:21

60-69

1 Kristy Lage	37:53:00
2 Cheryl Uhrmacher	40:32:00
3 Joyce Delgado	41:04:00
4 Ronda Veal	43:33:00
5 Nancy Deckert	44:09:00

6 Richard Deckert 48:37:00

6 Jan Wright 44:37:00

7 Molly O'Holleran 54:52:00

8 Julie Hlavaty 54:54:00

70 & over

1 Warren Cico 35:34:00

2 Danny Delgado 36:00:00

3 Jack Miettinen 53:19:00

70 & over

1 Sandy Adams 48:03:00

2 Doris Davis 58:38:00