

Marathon to Marathon Men 5K Records 1996-2016

Open	1 Benson Chesang	15:33	2011 KS
	2 Dale Dexter	15:36	2011 KS
	3 Chad Leitzen	16:04	2001 IL
	4 Chad Leitzen	16:05	2008 IA
	5 Chad Leitzen	16:11	2005 IA
0-13	1 Quinton Varce	20:26	2001 IA
	2 Marshall Wernimont	20:55	2003 A
	3 Heath Moenck	21:30	1998 IA
	4 Max Brown	21:30	2015 IA
	5 Wyatt Erickson	21:35	2015 IA
14-19	1 Scott Cale	16:55	2001 IA
	2 Jaden Lux	17:50	2013 IA
	3 Nicholas Thomas	18:05	2011 IA
	4 Trent Kischer	18:05	2012 IA
	5 Ryan Marzen	18:08	2009 IA
20-29	1 Benson Chesang	15:33	2011 KS
	2 Chad Leitzen	16:04	2001 IL
	3 Chad Leitzen	16:11	2005 IA
	4 David Bohlken	16:13	2009 IA
	5 Joel Reese	16:25	2008 IA
30-39	1 Dale Dexter	15:36	2011 KS
	2 Chad Leitzen	16:05	2008 IA
	3 Jeff Brennan	16:20	2009 IA
	4 Louis DeWild	16:40	2013 IA
	5 Mike Kuchtka	17:10	1997 NE
40-49	1 Mason Redskin	18:38	1998 NE
	2 Alan Mills	18:57	1998 IA
	3 Alan Mills	19:10	1999 IA
	4 Matthew Garrison	19:34	2012 IA
	5 Alan Mills	19:51	2003 IA
50-59	1 Mike Manna	18:50	1998 NE
	2 David Spataru	19:48	2000 IA
	3 Marlin Binnebose	20:36	2002 IA
	4 Joe Medema	20:43	2008 IA
	5 Alan Mills	20:47	2008 IA
60-69	1 Dan Blake	21:22	2001 IA
	2 Alan Mills	21:58	2016 IA
	3 Gary Cloud	22:27	2004 IA
	4 Gary Cloud	23:23	2005 IA
	5 John Brostad	23:27	2013 IA
70-79	1 Jim Andringa	27:26	2012 IA
	2 Jim Andringa	27:57	2013 IA
	3 Jim Andringa	29:59	2016 IA
	4 Jim Andringa	30:14	2015 IA
	5 Jim Andringa	30:31	2014 IA
80-89	1 Victor Smith	39:07	2007 OR
	2 Victor Smith, 84	45:35	2011 OR
	3 Victor Smith	48:07	2009 OR
	4 Victor Smith	48:26	2008 OR
	5 Ben Winkler, 85	51:07	2009 IA
90+	1 Ben Winkler	59:37	2014 IA
	2 Ben Winkler, 91	1:08:32	2015 IA

Women 5K Records 1996-2016

Open	1 Molly Wedel	19:07	1998 IA
	2 Nicole Novotney	19:19	1998 NE
	3 Jenny Mockler	19:26	2005 ENG
	4 Suja Thomas	19:48	1997 NY
	5 Jenny Mockler	19:48	2006 ENG
0-13	1 Carmen Moss	21:49	1998 IA
	2 Amy Wulfekuhler	23:20	1998 IA
	3 Teresa Hanna	23:37	1997 IA
	4 Taylor Robinson	23:50	2016 IA
	5 Tracy Snow	24:38	2000 IA
14-19	1 Molly Wedel	19:07	1998 IA
	2 Aly ALtenhofen	20:30	2007 IA
	3 Brieanne Reedy	20:34	2005 IA
	4 Amber Schmidt	20:40	1998 IA
	5 Brieanne Reedy	20:46	2004 IA
20-29	1 Nicole Novotney	19:19	1998 NE
	2 Jenny Mockler	19:26	2005 ENG
	3 Jenny Mockler	19:48	2006 ENG
	4 Brooke Ferguson	20:34	2005 IA
	5 Nicole Tuve	22:23	2003 IA
30-39	1 Suja Thomas	19:48	1997 NY
	2 Catherine Schreur	21:47	2008 IA
	3 Mary Monthel	22:09	1997 MN
	4 Connie Eddie	23:34	2001 IA
	5 Jessica Meyers	23:32	2011 MO
40-49	1 Andriette Wickstrom	20:15	1996 IA
	2 Andriette Wickstrom	21:42	2001 IA
	3 Cindy Mack	22:47	2005 IA
	4 Becky Lehr	24:15	2001 IA
	5 Anne Watts	24:33	1998 CO
50-59	1 Sally Marzen	25:27	2012 IA
	2 Lorrie Copper	25:52	2011 IA
	3 Judy Conant	27:23	1998 IL
	4 Nancy Meany	27:23	2013 IL
	5 Bobbi Mechler	27:32	2003 FL
60-69	1 Marge Nielsen	24:49	1996 IA
	2 Lois De Gonda	26:42	1996 IA
	3 Mary Bonetz	29:16	2007 FL
	4 Karen Book	29:50	2003 IA
	5 Karen Book	31:35	2006 IA
70-79	1 Marge Nielsen	28:53	2008 IA
	2 Marge Nielsen	33:58	2013 IA
	3 Marge Nielsen, 79	35:51	2015 IA
	4 Donna Christy	42:45	2007 IA
	5 Pat Rosene	45:02	2013 IA
80+	1 Shirley Smith, 80	56:08	2011 OR