

Participant	5K time	Bench press time	gender/age group	Adjusted Time
Nate Anderson	0:29:12	0:13:30	40-49 Male	0:15:42
Brandon Nordstrom	0:22:39	0:06:30	30-39 Male	0:16:09
Brooke Nelsen	0:21:29	0:04:00	30-39 Female	0:17:29
Holly Neusch	0:23:35	0:05:00	40-49 Female	0:18:35
Hanna Neusch	0:23:57	0:05:00	14-19 Female	0:18:57
Kyle Wester	0:21:45	0:01:30	20-29 Male	0:20:15
Tabitha Thatcher	0:23:51	0:02:30	14-19 Female	0:21:21
Taevyn Zinnel	0:29:04	0:06:30	13 & under Male	0:22:34
Nick Schiltz	0:23:46	0:00:00	14-19 Male	0:23:46
Scott Marrow	0:24:03	0	40-49 Male	0:24:03
Morgan Grabinoski	0:27:26	0:01:00	20-29 Female	0:26:26
Jen Zinnel	0:29:14	0:02:30	30-39 Female	0:26:44
Lisa Guinn	0:38:03	0:11:00	50+ Female	0:27:03
Dayna Paul	0:28:20	0:00:00	20-29 Female	0:28:20
Olivia Wester	0:29:12	0:00:30	20-29 Female	0:28:42
Teagan Fothergill	0:29:56	0:00:00	13 & under Male	0:29:56
Drake Nelsen	0:34:58	0:05:00	13 & under Male	0:29:58
Jaxlee Zinnel	0:35:11	0:05:00	13 & under Male	0:30:11
Kayden Laabs	0:32:54	0:02:30	13 & under Male	0:30:24
Jesse Prochniak	0:35:03	0:03:30	30-39 Male	0:31:33
Lorna Warrington	0:31:55	0:00:00	14-19 Female	0:31:55
Bryon Nelsen	0:35:02	0:00:00	30-39 Male	0:35:02
			13 & under	
Marissa Nielsen	0:36:07	0:00:00	Female	0:36:07
Kim Nielsen	0:36:08	0:00:00	30-39 Female	0:36:08
Tyson Nielsen	0:36:09	0:00:00	30-39 Male	0:36:09
			13 & under	
Abby Rezac	0:36:12	0:00:00	Female	0:36:12
			13 & under	
Olivia Von Bank	0:36:18	0:00:00	Female	0:36:18
Rick Houseman	0:37:13	0:00:00	50+ Male	0:37:13
Clinton Firstbrook	0:42:12	0:00	50+ Male	0:41:42
Bryer Prochniak	0:47:38	0:01:00	13 & under Male	0:46:38