

# Matt's Race - 10 Kilometer (6.2 miles)

[5K results are here](#)

Waterworks Park - Des Moines, Iowa

June 14, 2003

70, sunny, humid

Results by Cal Murdock

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

"\*" indicates females

| PLACE                                                                                                                                                                                         | CLASS  | FINISHER                                | TIME  | PACE |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------|-------|------|
| 1                                                                                                                                                                                             |        | Nate Earhart, 23, West Des Moines, IA   | 36:46 | 5:55 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">Top</a> |        |                                         |       |      |
| 2                                                                                                                                                                                             | 1 M19  | Derek McChurch, 22, Indianola, IA       | 39:08 | 6:18 |
| 3                                                                                                                                                                                             | 1 M30  | John Bannantine, 37, Ames, IA           | 39:17 | 6:19 |
| 4                                                                                                                                                                                             | 2 M19  | Carl Noftsgar, 29, Altoona, IA          | 40:56 | 6:35 |
| 5                                                                                                                                                                                             | 1 M50  | Steve Taylor, 51, Des Moines, IA        | 42:22 | 6:49 |
| 6                                                                                                                                                                                             | 2 M30  | Dave Lenhart, 38, Ankeny, IA            | 42:37 | 6:51 |
| 7                                                                                                                                                                                             | 3 M30  | Rob Wheeler, 39, Des Moines, IA         | 42:44 | 6:53 |
| 8                                                                                                                                                                                             | 4 M30  | Edward Duckworth, 35, Indianola, IA     | 42:52 | 6:54 |
| 9                                                                                                                                                                                             | 5 M30  | Travis Beyer, 32, Pleasant Hill, IA     | 42:57 | 6:55 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">Top</a> |        |                                         |       |      |
| 10                                                                                                                                                                                            | 3 M19  | Eric Weber, 22, Ames, IA                | 43:34 | 7:01 |
| 11                                                                                                                                                                                            | 6 M30  | Lee Hill, 34, Des Moines, IA            | 43:51 | 7:03 |
| 12                                                                                                                                                                                            | 4 M19  | Jeff Lillie, 23, Des Moines, IA         | 44:48 | 7:12 |
| 13                                                                                                                                                                                            | 5 M19  | Alex Niswander, 24, Altoona, IA         | 44:49 | 7:13 |
| 14                                                                                                                                                                                            | 7 M30  | Matthew Palen, 35, Norwalk, IA          | 44:50 | 7:13 |
| 15                                                                                                                                                                                            | 1 M40  | Dennis Feeley, 49, W Frankfort, IL      | 45:30 | 7:19 |
| 16                                                                                                                                                                                            | 2 M40  | David Teachout, 42, Des Moines, IA      | 45:43 | 7:21 |
| 17                                                                                                                                                                                            | 1 M60  | Dennis Kruger, 60, Dike, IA             | 46:11 | 7:26 |
| 18                                                                                                                                                                                            | 6 M19  | Matthew Ross, 29, Ankeny, IA            | 46:12 | 7:26 |
| 19                                                                                                                                                                                            | 7 M19  | Adam Soyer, 27, Norwalk, IA             | 46:29 | 7:29 |
| 20                                                                                                                                                                                            | 8 M30  | Andrew Long, 30, Grimes, IA             | 46:33 | 7:29 |
| 1                                                                                                                                                                                             |        | Susan Ridenour, 45*, Des Moines, IA     | 46:37 | 7:30 |
| 2                                                                                                                                                                                             | 1 W19  | Erin Kouri, 26*, Des Moines, IA         | 47:09 | 7:35 |
| 21                                                                                                                                                                                            | 9 M30  | Joe Hrdlicka, 37, West Des Moines, IA   | 47:10 | 7:35 |
| 22                                                                                                                                                                                            | 10 M30 | Gary Grafft, 38, Marengo, IA            | 47:24 | 7:38 |
| 23                                                                                                                                                                                            | 3 M40  | Don Owens, 44, Des Moines, IA           | 47:42 | 7:41 |
| 24                                                                                                                                                                                            | 2 M50  | Lonnie Cleland, 54, West Des Moines, IA | 47:42 | 7:41 |
| 3                                                                                                                                                                                             | 2 W19  | Nicole Denmon, 19*, Slater, IA          | 48:15 | 7:46 |
| 25                                                                                                                                                                                            | 4 M40  | Eddie Mauro, 40, Des Moines, IA         | 48:22 | 7:47 |
| 26                                                                                                                                                                                            | 8 M19  | Nathan Soyer, 20, Norwalk, IA           | 48:58 | 7:53 |
| 27                                                                                                                                                                                            | 5 M40  | Tim Saigh, 47, West Des Moines, IA      | 49:00 | 7:53 |
| 4                                                                                                                                                                                             | 3 W19  | Sarah Rhoten, 26*, Urbandale, IA        | 49:12 | 7:55 |
| 5                                                                                                                                                                                             | 1 W30  | Jean Seward, 38*, Clive, IA             | 49:16 | 7:56 |
| 6                                                                                                                                                                                             | 4 W19  | Sarah Janiak, 21*, Omaha, NE            | 49:20 | 7:56 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">Top</a> |        |                                         |       |      |
| 7                                                                                                                                                                                             | 5 W19  | Christa Bahr, 22*, Ames, IA             | 49:43 | 8:00 |
| 28                                                                                                                                                                                            | 6 M40  | David Skidmore, 45, Des Moines, IA      | 49:48 | 8:01 |

|    |    |                                              |       |      |
|----|----|----------------------------------------------|-------|------|
| 29 | 9  | M19 Jason Klein, 29, Des Moines, IA          | 50:14 | 8:05 |
| 30 | 10 | M19 Scott Kenik, 20, Norwalk, IA             | 50:16 | 8:05 |
| 31 | 7  | M40 Mark Koskamp, 44, Des Moines, IA         | 50:43 | 8:10 |
|    | 8  | W30 Sarah Wiese, 35*, West Des Moines, IA    | 50:49 | 8:11 |
| 32 | 11 | M30 James Eischeid, 33, Norwalk, IA          | 50:58 | 8:12 |
| 33 | 2  | M60 Don Miller, 68, Belton, MO               | 51:25 | 8:16 |
| 34 | 8  | M40 Chris Beyerhelm, 46, West Des Moines, IA | 51:31 | 8:17 |
| 35 | 12 | M30 John Sparks, 34, Ames, IA                | 51:33 | 8:18 |
|    | 9  | W30 Jane Crosman, 33*, Cummings, IA          | 51:37 | 8:18 |
| 36 | 3  | M50 Dale Bunting, 50, West Des Moines, IA    | 51:44 | 8:19 |
| 37 | 9  | M40 Rex Rankin, 49, Des Moines, IA           | 51:44 | 8:20 |
| 38 | 10 | M40 David Weber, 49, Ames, IA                | 52:00 | 8:22 |
|    | 6  | W19 Sara Luse, 24*, Des Moines, IA           | 52:12 | 8:24 |
| 11 | 1  | W40 Polly Glascock, 48*, Indianola, IA       | 52:30 | 8:27 |
| 39 | 11 | M40 John Hemminger, 49, Des Moines, IA       | 52:32 | 8:27 |
| 40 | 11 | M19 Bart Brandon, 26, West Des Moines, IA    | 52:34 | 8:27 |
| 12 | 7  | W19 Katie Young, 27*, Cedar Rapids, IA       | 52:41 | 8:29 |
| 13 | 4  | W30 Jennifer Foote, 36*, Des Moines, IA      | 52:42 | 8:29 |
| 41 | 13 | M30 Mike Eilers, 34, Indianola, IA           | 53:00 | 8:32 |
| 42 | 1  | M15 Nick Bernard, 17, Elkhart, IA            | 53:10 | 8:33 |
| 43 | 12 | M40 Jeff Kling, 41, Sully, IA                | 53:28 | 8:36 |
| 44 | 13 | M40 Thomas Shide, 40, Urbandale, IA          | 53:30 | 8:37 |
| 14 | 8  | W19 Jayne Svkoray, 24*, Des Moines, IA       | 53:45 | 8:39 |
| 15 | 5  | W30 Keri Frommelt, 32*, Ankeny, IA           | 54:10 | 8:43 |
| 45 | 14 | M30 Ron Wheeler, 33, Urbandale, IA           | 54:12 | 8:43 |
| 16 | 6  | W30 Nichole Carlson, 31*, Urbandale, IA      | 54:15 | 8:44 |
| 17 | 9  | W19 Melissa Hansen, 23*, Minneapolis, MN     | 54:17 | 8:44 |
| 18 | 2  | W40 Denise Harklau, 40*, Ames, IA            | 54:21 | 8:45 |
| 46 | 14 | M40 Chris Mitchell, 48, Ankeny, IA           | 54:49 | 8:49 |
| 47 | 15 | M40 Dennis Rustad, 48, Des Moines, IA        | 54:54 | 8:50 |
| 48 | 12 | M19 Doug Van Woert, 20, Urbandale, IA        | 54:58 | 8:51 |
| 19 | 10 | W19 Heather Ladd, 29*, Greenfield, IA        | 55:05 | 8:52 |
| 20 | 7  | W30 Tiffany Koenig, 30*, Des Moines, IA      | 55:18 | 8:54 |
| 21 | 3  | W40 Renee Sommers, 40*, Des Moines, IA       | 55:22 | 8:55 |
| 22 | 4  | W40 Jackie Cacciatore, 40*, Des Moines, IA   | 55:24 | 8:55 |
| 23 | 5  | W40 Ginger Gadbaw-Smith, 42*, Urbandale, IA  | 55:27 | 8:55 |
| 49 | 16 | M40 John Williams, 48, Carlisle, IA          | 55:29 | 8:56 |
| 24 | 8  | W30 Trish Lemke, 36*, Menlo, IA              | 55:46 | 8:58 |
| 25 | 11 | W19 Geneva Moore, 23*, Ankeny, IA            | 55:53 | 8:59 |

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [Top](#)

|    |    |                                             |       |      |
|----|----|---------------------------------------------|-------|------|
| 26 | 12 | W19 Kimberly Miller, 27*, Clive, IA         | 55:57 | 9:00 |
| 50 | 4  | M50 Thomas Kurt, 58, Ankeny, IA             | 56:01 | 9:01 |
| 51 | 17 | M40 David Regan, 46, West Des Moines, IA    | 56:05 | 9:01 |
| 52 | 15 | M30 Timothy Gedler, 39, West Des Moines, IA | 56:16 | 9:03 |
| 53 | 18 | M40 Paul Christiansen, 40, Urbandale, IA    | 56:21 | 9:04 |
| 27 | 13 | W19 Krystal Kron, 26*, Urbandale, IA        | 56:22 | 9:04 |
| 28 | 14 | W19 Jami West, 27*, Altoona, IA             | 56:23 | 9:04 |
| 54 | 16 | M30 Michael Daley, 36, Savannah, GA         | 56:28 | 9:05 |
| 29 | 9  | W30 Jennifer Kees, 30*, Des Moines, IA      | 56:32 | 9:06 |
| 30 | 15 | W19 Carrie Specht, 27*, Des Moines, IA      | 56:37 | 9:07 |
| 31 | 10 | W30 Ziva Patt, 32*, Des Moines, IA          | 56:42 | 9:07 |
| 32 | 11 | W30 Leah Mohling, 31*, Boulder, CO          | 56:42 | 9:07 |
| 33 | 16 | W19 Jen Kasner, 28*, West Des Moines, IA    | 57:02 | 9:11 |
| 34 | 6  | W40 Wendy Highsmith, 40*, Ankeny, IA        | 57:09 | 9:12 |
| 35 | 17 | W19 Bindy Comito, 23*, Cedar Falls, IA      | 57:24 | 9:14 |
| 55 | 19 | M40 Kevin Krampe, 42, Baxter, IA            | 57:47 | 9:18 |
| 56 | 17 | M30 Richard Townsend, 31, Clive, IA         | 57:49 | 9:18 |
| 57 | 5  | M50 Richard Townsend, 54, Johnston, IA      | 57:50 | 9:18 |
| 36 | 18 | W19 Mary Canady, 26*, West Des Moines, IA   | 58:47 | 9:28 |
| 37 | 19 | W19 Kelsey Lawler, 23*, Des Moines, IA      | 58:48 | 9:28 |
| 38 | 12 | W30 Denise Richardson, 37*, Urbandale, IA   | 59:04 | 9:30 |
| 39 | 13 | W30 Michelle Pohlmeier, 35*, Urbandale, IA  | 59:04 | 9:30 |
| 40 | 14 | W30 Heather MacBean, 39*, Urbandale, IA     | 59:09 | 9:31 |
| 58 | 20 | M40 Ed Larsen, 47, Urbandale, IA            | 59:09 | 9:31 |

|                                                                                                                                                                                               |    |                                                |         |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------------------------------------------------|---------|-------|
| 41                                                                                                                                                                                            | 15 | W30 Lisa Leon, 36*, Des Moines, IA             | 59:11   | 9:31  |
| 42                                                                                                                                                                                            | 7  | W40 Jennifer Seales, 46*, Rhodes, IA           | 59:32   | 9:35  |
| 43                                                                                                                                                                                            | 20 | W19 Becky Cox, 27*, Des Moines, IA             | 1:00:02 | 9:40  |
| 59                                                                                                                                                                                            | 21 | M40 Jim McNeill, 48, Newton, IA                | 1:00:15 | 9:42  |
| 60                                                                                                                                                                                            | 6  | M50 Roger Nunns, 55, Des Moines, IA            | 1:01:20 | 9:52  |
| 44                                                                                                                                                                                            | 21 | W19 Marie Puskas, 29*, Clive, IA               | 1:01:47 | 9:57  |
| 45                                                                                                                                                                                            | 8  | W40 Hilgenberg, 45*, Waukee, IA                | 1:01:57 | 9:58  |
| 46                                                                                                                                                                                            | 16 | W30 Rhonda Goode, 39*, Des Moines, IA          | 1:01:58 | 9:58  |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">Top</a> |    |                                                |         |       |
|                                                                                                                                                                                               |    |                                                |         |       |
| 61                                                                                                                                                                                            | 7  | M50 Scott Butler, 52, Des Moines, IA           | 1:02:06 | 10:00 |
| 47                                                                                                                                                                                            | 9  | W40 Sue Elliott, 46*, Ankeny, IA               | 1:02:11 | 10:00 |
| 62                                                                                                                                                                                            | 8  | M50 Neil Schultz, 52, Des Moines, IA           | 1:02:12 | 10:00 |
| 48                                                                                                                                                                                            | 22 | W19 Colleen Kelly, 27*, Des Moines, IA         | 1:02:25 | 10:03 |
| 63                                                                                                                                                                                            | 22 | M40 Jeff Carpenter, 47, Johnston, IA           | 1:02:29 | 10:03 |
| 49                                                                                                                                                                                            | 23 | W19 Megan Dahlke, 23*, Iowa City, IA           | 1:03:10 | 10:10 |
| 50                                                                                                                                                                                            | 17 | W30 Anne Garrison, 32*, Des Moines, IA         | 1:04:06 | 10:19 |
| 51                                                                                                                                                                                            | 24 | W19 Cari Rice, 23*, Urbandale, IA              | 1:05:12 | 10:29 |
| 64                                                                                                                                                                                            | 9  | M50 Nate Viall, 57, Des Moines, IA             | 1:05:45 | 10:35 |
| 52                                                                                                                                                                                            | 10 | W40 Cathy McClellan, 41*, Johnston, IA         | 1:05:50 | 10:36 |
| 53                                                                                                                                                                                            | 18 | W30 Deb Vogel, 37*, Pleasant Hill, IA          | 1:05:50 | 10:36 |
| 54                                                                                                                                                                                            | 19 | W30 Debra Scorpiniti, 35*, West Des Moines, IA | 1:05:56 | 10:36 |
| 55                                                                                                                                                                                            | 20 | W30 Christy Behrens, 35*, Urbandale, IA        | 1:06:15 | 10:40 |
| 65                                                                                                                                                                                            | 23 | M40 Martie Mendenhall, 45, Des Moines, IA      | 1:06:32 | 10:42 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">Top</a> |    |                                                |         |       |
|                                                                                                                                                                                               |    |                                                |         |       |
| 56                                                                                                                                                                                            | 11 | W40 Roxy Page, 47*                             | 1:10:22 | 11:19 |
| 66                                                                                                                                                                                            | 10 | M50 Jack Matthews, 59, Stuart, IA              | 1:10:57 | 11:25 |
| 57                                                                                                                                                                                            | 12 | W40 Sandy Swallow, 46*, Waukee, IA             | 1:11:01 | 11:26 |
| 58                                                                                                                                                                                            | 25 | W19 Valerie Pickett, 20*, Iowa City, IA        | 1:11:01 | 11:26 |
| 59                                                                                                                                                                                            | 13 | W40 Sue Johnson, 45*, Baxter, IA               | 1:11:14 | 11:28 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">Top</a> |    |                                                |         |       |
|                                                                                                                                                                                               |    |                                                |         |       |
| 60                                                                                                                                                                                            | 14 | W40 Linda Howard, 46*, Manilla, IA             | 1:18:02 | 12:33 |

1 finishers among Men 15 - 18  
 12 finishers among Men 19 - 29  
 17 finishers among Men 30 - 39  
 23 finishers among Men 40 - 49  
 10 finishers among Men 50 - 59  
 2 finishers among Men 60 & Up  
 25 finishers among Women 19 - 29  
 20 finishers among Women 30 - 39  
 14 finishers among Women 40 - 49  
 66 male finishers  
 60 female finishers  
 126 total finishers

[Top](#)

[Return to home page.](#)