

3rd Have a Heart 5k

West Des Moines, IA

July 26, 2015

70s and cloudy

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.

PLACE	CLASS	FINISHER	TIME	PACE
1	1 M20	Jake Sutton, 24, West Des Moines	16:15	5:14
2	2 M20	Evan Jones, 20, Kasota, MN	16:35	5:20
3	3 M20	Mitchell Davis, 24, Des Moines	17:04	5:29
4	1 M30	Toby Moore, 33, Waukee	17:17	5:34
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
5	1 JrM	Dalton Trampnau, 15, Woodstock	19:16	6:12
6	2 M30	Josh Otis, 31, Clive	19:53	6:24
7	3 M30	Josh Russell, 36, Des Moines	20:41	6:39
8	2 JrM	Drake Strnad, 14, Ankeny	21:06	6:47
9	4 M30	John Brees, 34, Des Moines	21:07	6:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
10	4 M20	Brad Fritz, 28, Des Moines	21:52	7:02
1	1 W30	Bri Berryhill, 33*, Des Moines	22:25	7:13
2	1 W20	Sammy Zuckerman, 21*, West Des Moines	22:57	7:23
3	2 W20	Megan Brittain, 25*, Clive	23:28	7:33
11	1 M40	Larry Laughlin, 49, Waukee	23:47	7:39
12	5 M20	Dustin Nesheim, 26, Urbandale	23:59	7:43
13	2 M40	Keith Henaman, 49, West Des Moines	24:38	7:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	3 JrM	Evan Reiter, 14, Ankeny	24:57	8:02
15	5 M30	Pete Halackiewicz, 38, Clive	24:57	8:02
16	6 M30	Chris Spencer, 38, Tama	25:20	8:09
17	4 JrM	Colin Recker, 13, West Des Moines	25:48	8:18
18	5 JrM	Ethan Holter, 11, Johnston	26:22	8:29
19	6 M20	Chad Kurovski, 26, Ankeny	26:24	8:30
20	7 M20	Delby Hakamb, 22	26:50	8:38
4	1 JrW	Faith Keller, 19*, Waukee	26:51	8:38
21	8 M20	Peter Cade, 29, Des Moines	27:04	8:43
22	9 M20	John Leister, 23, Des Moines	27:12	8:45
23	3 M40	Todd Hoskins, 42, West Des Moines	27:14	8:46
5	3 W20	Lexie Kurovski, 26*, Ankeny	27:22	8:48
6	2 W30	Michelle Hilsabeck, 39*, West Des Moines	27:51	8:58
7	1 W40	Jeannine Laughlin, 47*, Waukee	27:52	8:58
8	2 JrW	Sofia Manzano, 12*, West Des Moines	27:54	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
24	6 JrM	Adam Kelsick, 11, Alleman	27:57	9:00
9	3 W30	Stephanie Kelsick, 39*, Alleman	27:58	9:00
10	1 W50	Janelle Holmes, 51*, Des Moines	28:20	9:07
11	3 JrW	Caroline Ash, 13*	28:52	9:17
12	4 JrW	Samantha Vanamburg, 16*	29:01	9:20
13	4 W30	Kathy Vanamburg, 35*	29:06	9:22
25	7 JrM	Gus Mote, 16, Des Moines	29:30	9:30

26	8 JrM	Zach Kobes, 16, Des Moines	29:30	9:30
14	5 W30	Erin DeJong, 30*, Carlisle	29:51	9:36
27	1 M50	Kevin Moreland, 54, West Des Moines	29:54	9:37
15	6 W30	Kelly Billings, 32*, Des Moines	29:54	9:37
28	4 M40	Jim Holter, 49, Johnston	29:55	9:38
16	7 W30	Jennifer Reding, 34*, Clive	29:56	9:38
29	7 M30	Adam Reding, 35, Clive	30:05	9:41
17	8 W30	Laura Cressy, 38*, Clive	30:06	9:41
18	4 W20	Ashley Raue, 29*, Toledo	30:27	9:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

19	2 W40	Lisa Ash, 48*	31:07	10:01
30	9 JrM	Fabian Leon, 9, West Des Moines	31:25	10:06
31	10 JrM	Luke Horvath, 9, West Des Moines	31:30	10:08
20	9 W30	Mandi Comer, 30*, Ankeny	31:34	10:10
21	5 JrW	Hailee Hackleman, 13*, Des Moines	32:16	10:23
32	11 JrM	Dylan Webb, 8, Des Moines	32:24	10:26
22	10 W30	Elizabeth Wulf, 32*, West Des Moines	32:28	10:27
23	6 JrW	Anna Asher, 12*, West Des Moines	32:46	10:33
24	11 W30	Mia Williams, 33*, Afton	32:47	10:33
25	7 JrW	Anna Recker, 10*, West Des Moines	32:47	10:33
26	8 JrW	Oliva Strang, 10*	32:49	10:34
33	5 M40	Greg Recker, 43, West Des Moines	33:15	10:42
27	9 JrW	Katie Asher, 11*, West Des Moines	33:44	10:51
34	12 JrM	Zachary Schwarte, 9, West Des Moines	33:47	10:52
28	3 W40	Lisa Schwarte, 44*, West Des Moines	33:54	10:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

35	13 JrM	Nolan Strang, 7	34:16	11:02
36	6 M40	Steve Strang, 41, West Des Moines	34:17	11:02
29	10 JrW	Megan McAllister, 16*, Waukee	34:41	11:10
30	11 JrW	Jacqueline Cataldo, 16*, West Des Moines	34:50	11:13
31	12 W30	Kelly Petersen, 38*, Norwalk	35:10	11:19
37	14 JrM	Jacob Petersen, 8, Norwalk	35:11	11:19
32	13 W30	Yecenia Leon, 34*, West Des Moines	35:35	11:27
33	4 W40	Angie Crandall, 46*, Urbandale	35:35	11:27
38	15 JrM	Diego Leon, 10, West Des Moines	36:58	11:54
39	8 M30	Jaime Leon, 34, West Des Moines	37:06	11:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

34	12 JrW	Samantha Loder, 10*, West Des Moines	37:38	12:07
35	5 W40	Michele Loder, 40*, West Des Moines	37:38	12:07
36	14 W30	Nicole Russell, 36*, Des Moines	37:41	12:08
37	2 W50	Lisa Clark, 52*, Des Moines	37:42	12:08
38	15 W30	Katie Hoover, 36*, Urbandale	37:42	12:08
39	3 W50	Lisa Scheppmann, 50*, West Des Moines	37:55	12:12
40	4 W50	Deb Medici-Feick, 54*, Granger	38:18	12:20
40	16 JrM	Braden Finnegan, 7, West Des Moines	38:24	12:22
41	6 W40	Amy Finnegan, 41*, West Des Moines	38:26	12:22
42	13 JrW	Hailee Graeber, 8*, West Des Moines	38:48	12:29
43	16 W30	Mary Graeber, 38*, West Des Moines	38:49	12:29
44	14 JrW	Anna Scheppmann, 9*, West Des Moines	39:23	12:40
41	17 JrM	Hunter Riorda, 13, Waukee	39:39	12:46
45	15 JrW	Caitlin Webb, 10*, Des Moines	39:42	12:46
46	17 W30	Amy Riordan, 31*, Waukee	40:02	12:53
42	7 M40	Tony Riordan, 46, Wauke	40:04	12:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

47	5 W20	Kathleen McGowan, 23*, West Des Moines	41:19	13:18
43	10 M20	Matthew Gardiner, 24, Des Moines	41:20	13:18
48	16 JrW	Macie Strnad, 10*, Ankeny	42:21	13:38
49	17 JrW	Kennedy Day, 10*, Ankeny	42:49	13:47
50	18 W30	Daneen Henle, 36*, Toledo	43:16	13:56
51	18 JrW	Zuzanna Wheeler, 11*, West Des Moines	43:18	13:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

52	19 JrW	Reagan Hendricks, 11*, Urbandale	44:02	14:10
53	20 JrW	Rebecca Celsi, 11*, West Des Moines	44:03	14:10
54	6 W20	Ali Disney, 28*, Clarion	45:00	14:29
55	5 W50	Julie Hagerty, 54*, Tama	46:23	14:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

56	7 W20	Shelley Leiser, 29*, Clive	46:42	15:02
44	9 M30	Zach Leiser, 30, Clive	46:43	15:02
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

57	21 JrW	Sloane Brees, 6*, Des Moines	51:46	16:39
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

58	19 W30	Meredith Otis, 31*, Clive	53:42	17:17
59	22 JrW	Amara Shade, 11*, Des Moines	53:45	17:18
60	23 JrW	Khadija Berry, 13*, Des Moines	53:47	17:18
45	18 JrM	Alex Hackleman, 9, Des Moines	53:56	17:21
61	24 JrW	Abby Reiter, 12*, Ankeny	53:58	17:22
46	19 JrM	Adler Brees, 3, Des Moines	54:15	17:28
62	20 W30	Annie Brees, 32*, Des Moines	54:16	17:28
63	25 JrW	Allison Gonyo, 9*	55:11	17:46
64	6 W50	Rhonda Smith, 52*, Des Moines	55:12	17:46
47	20 JrM	Robert Berry, 12, Des Moines	55:13	17:46
65	21 W30	Kelsey Bankey, 30*, Dakota Dunes	55:53	17:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

48	2 M50	Gery Hagerty, 55, Tama	55:56	18:00
66	26 JrW	Megan Solberg, 14*, Johnston	56:57	18:20
67	7 W40	Michelle Solberg, 47*, Johnston	56:58	18:20
68	8 W40	Malgorzata Wheeler, 41*, West Des Moines	57:50	18:37
69	9 W40	Barb Horvath, 46*, West Des Moines	57:55	18:38
49	8 M40	Matt Horvath, 47, West Des Moines	57:59	18:40
50	21 JrM	Anthony Guthrie, 8, Des Moines	58:27	18:49
70	10 W40	Amy Leister, 46*, Des Moines	58:55	18:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

71	8 W20	Jennifer Guthrie, 29*, Des Moines	59:39	19:12
51	10 M30	Michael Guthrie, 31, Des Moines	59:41	19:12
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

52	1 M60	Marty McCoy, 60, Toledo	1:02:40	20:10
72	27 JrW	Ashley Gonyo, 7*	1:02:48	20:13
53	9 M40	Scott Gonyo, 44, West Des Moines	1:03:18	20:22
73	9 W20	Megan Garvin, 27*, West Des Moines	1:03:19	20:22
54	11 M30	Jon Garvin, 34, West Des Moines	1:03:19	20:23

* indicates females

21 finishers among Men Under 20
 10 finishers among Men 20 - 29
 11 finishers among Men 30 - 39
 9 finishers among Men 40 - 49
 2 finishers among Men 50 - 59
 1 finishers among Men 60 & Up
 27 finishers among Women Under 20
 9 finishers among Women 20 - 29
 21 finishers among Women 30 - 39
 10 finishers among Women 40 - 49
 6 finishers among Women 50 - 59
 54 male finishers
 73 female finishers
 127 total finishers

Age Groups

CLASS	PLACE	FINISHER	TIME	PACE
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Open Men

1	1 M20	Jake Sutton, 24, West Des Moines	16:15	5:14
2	2 M20	Evan Jones, 20, Kasota, MN	16:35	5:20
3	3 M20	Mitchell Davis, 24, Des Moines	17:04	5:29
4	4 M30	Toby Moore, 33, Waukee	17:17	5:34
5	5 JrM	Dalton Trampnau, 15, Woodstock	19:16	6:12
6	6 M30	Josh Otis, 31, Clive	19:53	6:24

Open Women

1	1 W30	Bri Berryhill, 33, Des Moines	22:25	7:13
2	2 W20	Sammy Zuckerman, 21, West Des Moines	22:57	7:23
3	3 W20	Megan Brittain, 25, Clive	23:28	7:33
4	4 JrW	Faith Keller, 19, Waukee	26:51	8:38
5	5 W20	Lexie Kurovski, 26, Ankeny	27:22	8:48
6	6 W30	Michelle Hilsabeck, 39, West Des Moines	27:51	8:58

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men Under 20				
5	1	Dalton Trampnau, 15, Woodstock	19:16	6:12
8	2	Drake Strnad, 14, Ankeny	21:06	6:47
14	3	Evan Reiter, 14, Ankeny	24:57	8:02
Men 20 - 29				
1	1	Jake Sutton, 24, West Des Moines	16:15	5:14
2	2	Evan Jones, 20, Kasota, MN	16:35	5:20
3	3	Mitchell Davis, 24, Des Moines	17:04	5:29
Men 30 - 39				
4	1	Toby Moore, 33, Waukee	17:17	5:34
6	2	Josh Otis, 31, Clive	19:53	6:24
7	3	Josh Russell, 36, Des Moines	20:41	6:39
Men 40 - 49				
11	1	Larry Laughlin, 49, Waukee	23:47	7:39
13	2	Keith Henaman, 49, West Des Moines	24:38	7:55
23	3	Todd Hoskins, 42, West Des Moines	27:14	8:46
Men 50 - 59				
27	1	Kevin Moreland, 54, West Des Moines	29:54	9:37
48	2	Gery Hagerty, 55, Tama	55:56	18:00
Men 60 & Up				
52	1	Marty McCoy, 60, Toledo	1:02:40	20:10

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Women Under 20				
4	1	Faith Keller, 19, Waukee	26:51	8:38
8	2	Sofia Manzano, 12, West Des Moines	27:54	8:59
11	3	Caroline Ash, 13	28:52	9:17
Women 20 - 29				
2	1	Sammy Zuckerman, 21, West Des Moines	22:57	7:23
3	2	Megan Brittain, 25, Clive	23:28	7:33
5	3	Lexie Kurovski, 26, Ankeny	27:22	8:48
Women 30 - 39				

1	1	Bri Berryhill, 33, Des Moines	22:25	7:13
6	2	Michelle Hilsabeck, 39, West Des Moines	27:51	8:58
9	3	Stephanie Kelsick, 39, Alleman	27:58	9:00
Women 40 - 49				
7	1	Jeannine Laughlin, 47, Waukee	27:52	8:58
19	2	Lisa Ash, 48	31:07	10:01
28	3	Lisa Schwarte, 44, West Des Moines	33:54	10:55
Women 50 - 59				
10	1	Janelle Holmes, 51, Des Moines	28:20	9:07
37	2	Lisa Clark, 52, Des Moines	37:42	12:08
39	3	Lisa Scheppmann, 50, West Des Moines	37:55	12:12

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