

4th Have a Heart 5k

Raccoon River Park - West Des Moines, IA

July 24, 2016

High 70s and very 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.

Last updated July 24, 2016 10:02 AM

PLACE	CLASS	FINISHER	TIME	PACE
1	1 W20	Sara Hendrickson, 29*, Altoona	20:26	6:34
1	1 M30	John Brees, 35, West Des Moines	21:07	6:48
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
2	1 JrM	Christopher Martin, 13, West Des Moines	23:36	7:36
3	2 M30	Matthew Corbett, 39, Grimes	23:41	7:37
4	1 M40	Jim Stills, 48, Indianola	24:00	7:43
5	2 M40	Jim Annett, 48, West Des Moines	24:44	7:57
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
2	1 W40	Molly Weber, 42*, Adel	25:03	8:04
6	3 M40	Bill Hunter, 41, Des Moines	25:42	8:16
3	2 W40	Jenny Goodman, 41*, Johnston	25:59	8:22
4	3 W40	Nikki Thies, 40*, West Des Moines	26:20	8:28
5	1 W30	Megan Phillips, 31*, Grimes	26:30	8:31
6	1 W50	Carol Stephens, 55*, Arvada	26:57	8:40
7	4 M40	Scott Gonyo, 42, West Des Moines	27:52	8:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
8	1 M60	David Swenson, 61, Ames	27:59	9:00
9	2 JrM	Trey Stepleton, 9	28:56	9:19
10	3 JrM	Alden Short, 9	29:09	9:23
7	4 W40	Jeannine Laughlin, 48*, Waukee	29:45	9:34
8	1 JrW	Kate Kelly, 13*, West Des Moines	29:47	9:35
9	2 W30	Rachael Bigg, 30*, Altoona	30:11	9:43
10	2 W20	Lexie Kurovski, 27*, Ankeny	30:16	9:44
11	5 M40	Todd Hoskins, 43, West Des Moines	30:56	9:57
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
11	5 W40	Kendra Kelly, 44*, West Des Moines	31:21	10:05
12	4 JrM	Gus Mote, 17, Des Moines	31:24	10:06
13	6 M40	Rocky Sposato, 42, Des Moines	31:25	10:06
12	3 W30	Kristy Granlund, 37*, Des Moines	31:48	10:14
13	2 W50	Anne Johns, 51*, Pleasant Hill	32:02	10:18
14	1 M50	Keith Henaman, 50, West Des Moines	33:06	10:39
15	1 M20	Josh Henaman, 21, West Des Moines	33:07	10:39
14	4 W30	Anna Humston, 37*, West Des Moines	33:10	10:40
16	7 M40	Bryce Linkvis, 49, West Des Moines	33:21	10:44
17	3 M30	Zach Leiser, 31, Clive	33:29	10:46
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
15	2 JrW	Chelsey Atwood, 13*, Colfax	34:26	11:05
16	3 JrW	Olivia Strang, 11*, Waukee	34:29	11:06
17	4 JrW	Greta Mote, 14*, Des Moines	35:02	11:16
18	5 JrM	Alex Kottmeyer, 9	35:50	11:32
18	5 JrW	Samantha Loder, 11*, West Des Moines	36:06	11:37

19	6 JrM	Gavin Jones, 9, West Des Moines	36:19	11:41
19	5 W30	Beth Jones, 39*, West Des Moines	36:27	11:44
20	2 M60	Davis Eidahl, 75, Richland	36:33	11:46
21	7 JrM	Aj Sposato, 8, Des Moines	36:37	11:47
20	6 W30	Dawn Sposato, 38*, Des Moines	36:38	11:47
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

22	8 M40	Jim Kottmeyer, 40	37:20	12:01
21	7 W30	Amy Riordan, 32*, Waukee	37:26	12:03
23	9 M40	Tony Riordan, 47, Waukee	37:28	12:03
24	8 JrM	Nolan Strang, 8, Waukee	38:00	12:14
25	9 JrM	Jacob Petersen, 9, Norwalk	38:31	12:24
22	6 JrW	Jordan Atwood, 15*, Colfax	38:52	12:31
26	10 JrM	Aiden Askelson, 12, Johnston	38:55	12:31
23	6 W40	Jacki Skelson, 41*, Johnston	38:55	12:31
24	7 W40	Lisa Schoessler, 41*, West Des Moines	39:21	12:40
25	7 JrW	Jordyn Loder, 13*, West Des Moines	40:07	12:54
26	8 W40	Michele Loder, 41*, West Des Moines	40:07	12:55
27	3 W50	Lori K Hall, 56*, Carlisle	40:10	12:56
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

28	4 W50	Lisa Scheppmann, 51*, West Des Moines	40:59	13:11
29	8 JrW	Anna Scheppmann, 10*, West Des Moines	41:35	13:23
30	9 W40	Dawn Atwood, 42*, Colfax	41:51	13:28
31	3 W20	Kelli Schnurr, 24*, Johnston	42:10	13:34
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

32	9 JrW	Emerson Ruroden, 10*, Urbandale	43:31	14:00
33	8 W30	Kari Ferring, 39*, Clive	43:32	14:01
34	10 JrW	Anna Schoessler, 10*, West Des Moines	43:58	14:09
35	11 JrW	Addie Oldfield, 10*, Grimes	43:58	14:09
36	12 JrW	Cailtin Webb, 11*, Des Moines	44:23	14:17
27	11 JrM	Dylan Webb, 9, Des Moines	44:29	14:19
37	10 W40	Anne Ellingson Short, 43*, Norwalk	45:12	14:33
38	13 JrW	Lillie Nguyen, 17*, West Des Moines	45:28	14:38
28	2 M50	Gary Yuska, 59, Council Bluffs	45:28	14:38
39	14 JrW	Sloane Brees, 7*, West Des Moines	45:29	14:38
29	3 M60	Ernest Brees, 66, Polk City	45:29	14:38
40	9 W30	Heather Strang, 39*, Waukee	45:30	14:38
41	10 W30	Ann Nguyen, 37*, West Des Moines	45:31	14:39
30	12 JrM	Leyton Oldfield, 6, Clive	45:34	14:40
42	15 JrW	Elyse Risovi, 7*, West Des Moines	45:40	14:42
43	16 JrW	Ellen Risovi, 5*, West Des Moines	45:42	14:42
44	17 JrW	Elaine Risovi, 3*, West Des Moines	45:43	14:43
31	10 M40	Scott Oldfield, 42, Grimes	45:45	14:43
45	11 W30	Nicole Risovi, 37*, West Des Moines	45:47	14:44
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

46	18 JrW	E Keylon, 10*, Clive	51:17	16:30
47	19 JrW	Olivia Weil, 11*, West Des Moines	51:19	16:31
32	4 M30	John Weil, 37, West Des Moines	51:21	16:31
48	11 W40	Brenda Hardy, 40*, Des Moines	51:27	16:34
49	20 JrW	Izzy Kenyon, 8*	51:53	16:42
50	5 W50	Gail Yuska, 52*, Council Bluffs	52:19	16:50
51	12 W30	Elizabeth Weil, 36*, West Des Moines	52:37	16:56
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

52	1 W60	Connie Storey, 65*, West Des Moines	56:47	18:16
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

53	13 W30	Annie Brees, 33*, West Des Moines	59:53	19:16
33	13 JrM	Adler Brees, 4, West Des Moines	1:00:43	19:32
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

34	4 M60	Marty McCoy, 62, Toledo	1:09:15	22:17
54	14 W30	Shelley Leiser, 30*, Clive	1:11:14	22:56

Pace: [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [16:00](#) | [Top](#)

[35](#) 3 M50 Greg Hagerty, 56

1:11:37 23:03

* indicates females

13 finishers among Men Under 20

1 finishers among Men 20 - 29

4 finishers among Men 30 - 39

10 finishers among Men 40 - 49

3 finishers among Men 50 - 59

4 finishers among Men 60 & Up

20 finishers among Women Under 20

3 finishers among Women 20 - 29

14 finishers among Women 30 - 39

11 finishers among Women 40 - 49

5 finishers among Women 50 - 59

1 finishers among Women 60 & Up

35 male finishers

54 female finishers

89 total finishers

Age Groups

PLACE	CLASS	FINISHER	TIME	PACE
Open Men				
1	1 M30	John Brees, 35, West Des Moines	21:07	6:48
2	2 JrM	Christopher Martin, 13, West Des Moines	23:36	7:36
3	3 M30	Matthew Corbett, 39, Grimes	23:41	7:37
4	4 M40	Jim Stills, 48, Indianola	24:00	7:43
5	5 M40	Jim Annett, 48, West Des Moines	24:44	7:57
Open Women				
1	1 W20	Sara Hendrickson, 29, Altoona	20:26	6:34
2	2 W40	Molly Weber, 42, Adel	25:03	8:04
3	3 W40	Jenny Goodman, 41, Johnston	25:59	8:22
4	4 W40	Nikki Thies, 40, West Des Moines	26:20	8:28
5	5 W30	Megan Phillips, 31, Grimes	26:30	8:31

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Men Under 20				
2	1	Christopher Martin, 13, West Des Moines	23:36	7:36
9	2	Trey Stepleton, 9	28:56	9:19
10	3	Alden Short, 9	29:09	9:23
12	4	Gus Mote, 17, Des Moines	31:24	10:06
18	5	Alex Kottmeyer, 9	35:50	11:32
Men 20 - 29				
15	1	Josh Henaman, 21, West Des Moines	33:07	10:39
Men 30 - 39				
1	1	John Brees, 35, West Des Moines	21:07	6:48
3	2	Matthew Corbett, 39, Grimes	23:41	7:37
17	3	Zach Leiser, 31, Clive	33:29	10:46
32	4	John Weil, 37, West Des Moines	51:21	16:31
Men 40 - 49				
4	1	Jim Stills, 48, Indianola	24:00	7:43

5	2	Jim Annett, 48, West Des Moines	24:44	7:57
6	3	Bill Hunter, 41, Des Moines	25:42	8:16
7	4	Scott Gonyo, 42, West Des Moines	27:52	8:58
11	5	Todd Hoskins, 43, West Des Moines	30:56	9:57

Men 50 - 59

14	1	Keith Henaman, 50, West Des Moines	33:06	10:39
28	2	Gary Yuska, 59, Council Bluffs	45:28	14:38
35	3	Greg Hagerty, 56	1:11:37	23:03

Men 60 & Up

8	1	David Swenson, 61, Ames	27:59	9:00
20	2	Davis Eidahl, 75, Richland	36:33	11:46
29	3	Ernest Brees, 66, Polk City	45:29	14:38
34	4	Marty McCoy, 62, Toledo	1:09:15	22:17

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Women Under 20				
8	1	Kate Kelly, 13, West Des Moines	29:47	9:35
15	2	Chelsey Atwood, 13, Colfax	34:26	11:05
16	3	Olivia Strang, 11, Waukee	34:29	11:06
17	4	Greta Mote, 14, Des Moines	35:02	11:16
18	5	Samantha Loder, 11, West Des Moines	36:06	11:37
Women 20 - 29				
1	1	Sara Hendrickson, 29, Altoona	20:26	6:34
10	2	Lexie Kurovski, 27, Ankeny	30:16	9:44
31	3	Kelli Schnurr, 24, Johnston	42:10	13:34
Women 30 - 39				
5	1	Megan Phillips, 31, Grimes	26:30	8:31
9	2	Rachael Bigg, 30, Altoona	30:11	9:43
12	3	Kristy Granlund, 37, Des Moines	31:48	10:14
14	4	Anna Humston, 37, West Des Moines	33:10	10:40
19	5	Beth Jones, 39, West Des Moines	36:27	11:44
Women 40 - 49				
2	1	Molly Weber, 42, Adel	25:03	8:04
3	2	Jenny Goodman, 41, Johnston	25:59	8:22
4	3	Nikki Thies, 40, West Des Moines	26:20	8:28
7	4	Jeannine Laughlin, 48, Waukee	29:45	9:34
11	5	Kendra Kelly, 44, West Des Moines	31:21	10:05
Women 50 - 59				
6	1	Carol Stephens, 55, Arvada	26:57	8:40
13	2	Anne Johns, 51, Pleasant Hill	32:02	10:18
27	3	Lori K Hall, 56, Carlisle	40:10	12:56
28	4	Lisa Scheppmann, 51, West Des Moines	40:59	13:11
50	5	Gail Yuska, 52, Council Bluffs	52:19	16:50
Women 60 & Up				
52	1	Connie Storey, 65, West Des Moines	56:47	18:16

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