

Run For Your Life 10 km

Des Moines, IA

Aug. 24, 2013

Results by Michael Franke

[5K results here](#)

Use the Find option of your Web Browser to find the performance of a specific individual.

CLASS			
PLACE	PLACE	FINISHER	TIME
1	1 M30	Daniel Blondowski, 39, Clive, IA	39:26
2	1 M20	Barry Hill, 27, Spencer, IA	43:17
3	1 M40	Jim Mulligan, 40, Urbandale, IA	46:54
4	2 M40	Keith Adams, 42, West Des Moines, IA	46:56
5	3 M40	Kraig Kirkpatrick, 44, West Des Moines, IA	49:59
1	1 W30	Sue Honkamp, 38*, Dm, IA	52:10
2	1 W40	Mary Smith, 43*, Dm, IA	52:11
3	2 W40	Dawn Heiner, 43*, Ankeny, IA	52:40
6	4 M40	Dan Gornick, 48, Norwalk, IA	52:44
7	1 M50	Johnny Ytzen, 59, Creston, IA	52:57
4	1 W60	Patty Pottorff, 66*, Chariton, IA	54:16
5	3 W40	Melissa Gatzionis, 42*, Urbandale, IA	55:56
6	1 W50	Sally Weepie, 50*, Altoona, IA	57:27
7	4 W40	Tami Draper, 43*, Des Moines, IA	57:40
8	5 W40	Chris Mathews, 44*, Des Moines, IA	57:50
8	5 M40	Jeff Mack, 42, Altoona, IA	58:15
9	6 M40	Cristian Rodrigues, 42, Dm, IA	59:36
9	2 W30	Melanie White, 36*, Altoona, IA	1:00:30
10	1 W20	Angela Foster, 29*, Ankeny, IA	1:00:31
10	1 M60	Doug Ryan, 60, Webster City, IA	1:03:53
11	6 W40	Janeen Christy, 42*, DeCorah, IA	1:04:55
12	2 W50	Julie Younger, 54*, Ankeny, IA	1:06:03

13	3 W30	Katie Glatt, 39*, Ankeny, IA	1:06:12
11	2 M60	Rick Morrow, 68, Venice, FL	1:06:34
14	4 W30	Shea Jensen, 33*, Greenfield, IA	1:11:59

* indicates females

1 finishers among Men 20 - 29

1 finishers among Men 30 - 39

6 finishers among Men 40 - 49

1 finishers among Men 50 - 59

2 finishers among Men 60 - 69

1 finishers among Women 20 - 29

4 finishers among Women 30 - 39

6 finishers among Women 40 - 49

2 finishers among Women 50 - 59

1 finishers among Women 60 - 69

11 male finishers

14 female finishers

25 total finishers

Return to [home page](#).