Run for Your Life 10 km

Water Works Park, Des Moines, IA

Aug. 29, 201

64 degrees, overcast

Results by Michael Franke

5K results here

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 PLACE		FINISHER	TIME	PACE
1	1	M30	Gregg Hennigan, 37, West Des Moines, IA	36:39	5:54
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
2	1	M20	Steven Thrap, 24, West Des Moines, IA	37:20	6:00
3	2	M20	Mike Kellogg, 25, Grimes, IA	42:29	6:50
4	2	M30	Jason Tharp, 34, Waukee, IA	43:18	6:58
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
5	3	M30	Tyler Smith, 34, Ankeny, IA	46:03	7:25
1	1	W30	Juann Khaw, 30*, North Liberty, IA	47:19	7:37
6	4	M30	Michael Pitlick, 33, Waukee, IA	47:23	7:37
7	1	M50	Kent Weeden, 54, Des Moines, IA	47:34	7:39
2	2	W30	Mandy Huebbe, 32*, Urbandale, IA	48:23	7:47
8	5	M30	Doug McCormick, 35, North Liberty, IA	48:56	7:52
3	1	W20	Claire Mellick, 25*, West Des Moines, IA	49:01	7:53
4	1	W50	Patty Croonquist, 58*, Fort Dodge, IA	49:08	7:54
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
9	1	M60	Johnny Ytzen, 61, Creston, IA	50:47	8:10
5	2	W50	Dawn Cochran, 58*, W Des Moines, IA	51:17	8:15
10	3	M20	Kevin Sanders, 29, Des Moines, IA	52:07	8:23
6	3	W30	Alyson Beecher, 34*, Urbandale, IA	54:02	8:42
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
7	4	W30	Kate Procyk, 33*, Grimes, IA	56:13	9:03
11	4	M20	Steven Perry, 29, West Des Moines, IA	56:51	9:09
12	2	M60	Bill Jahnke, 62, Waukee, IA	56:52	9:09
8	3	W50	Lana DeGroot, 54*, Oskaloosa, IA	57:43	9:17
9	1	W40	Lisa Welshons, 45*, Indianola, IA	58:55	9:29
10	2	W20	Taylor Huinker, 24*, Des Moines, IA	59:40	9:36
11	4	W50	Kimberly Sacker, 54*, Van Meter, IA	1:01:26	9:53
12	5	W30	Jolene Jungling, 33*, Des Moines, IA	1:01:51	9:57
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
13	6	W30	Kathleen Matthews, 32*, Des Moines, IA	1:02:55	10:07
13	3	M60	Tom Farr, 62, Des Moines, IA	1:02:56	10:08
14	3	W20	Jenna Adrian, 28*, Grimes, IA	1:03:52	10:17
15	2	W40	Julie Kain, 42*, Hartsdale, NY	1:05:09	10:29
14	4	M60	Larry Castillo, 61, Winterset, IA	1:05:38	10:34
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
16	7	W30	Stephanie Neer, 37*, Des Moines, IA	1:08:52	11:05
17	1	W60	Mandy Corliss, 60*, Des Moines, IA	1:09:28	11:11

18	5	W50	Julie Younger, 56*, Ankeny, IA	1:09:29	11:11	
19	8	W30	Rebecca Bonefas, 35*, Urbandale, IA	1:12:40	11:42	
20	9	W30	Jamie Nelson, 37*, Urbandale, IA	1:12:41	11:42	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

21	3	W40	Deb Vogel, 49*, Pleasant Hill, IA	1:15:41	12:11	
22	6	W50	Helen Adams, 56*, Des Moines, IA	1:15:42	12:11	
23	7	W50	Vicky Close, 54*, Des Moines, IA	1:15:43	12:11	
24	4	W40	Arlene Anderson , 45*, Bondurant, IA	1:15:44	12:11	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

25	5	W40	Crystal Frederick, 45*, Des Moines, IA	1:20:58	13:02	
15	1	M40	Jeff Frederick, 45, Des Moines, IA	1:20:59	13:02	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

26	8	W50	Cathy Pierce, 51*, Johnston, IA	1:34:09	15:09	
27	6	W40	Cindy Feldman, 47*, Des Moines, IA	1:34:09	15:09	
28	10	W30	Lejla Klokic, 30*, Des Moines, IA	1:37:34	15:42	
16	6	M30	Adnan Klokic, 33, Des Moines, IA	1:37:36	15:42	

* indicates females
4 finishers among Men 20 - 29
6 finishers among Men 30 - 39
1 finishers among Men 40 - 49
1 finishers among Men 50 - 59
4 finishers among Men 60 - 69
3 finishers among Women 20 - 29
10 finishers among Women 30 - 39
6 finishers among Women 40 - 49
8 finishers among Women 50 - 59
1 finishers among Women 60 - 69
16 male finishers
28 female finishers
44 total finishers

Age Groups

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men 20 - 29				
2	1	Steven Thrap, 24, West Des Moines, IA	37:20	6:00
3	2	Mike Kellogg, 25, Grimes, IA	42:29	6:50
10	3	Kevin Sanders, 29, Des Moines, IA	52:07	8:23
Men 30 - 39				
1	1	Gregg Hennigan, 37, West Des Moines, IA	36:39	5:54
4	2	Jason Tharp, 34, Waukee, IA	43:18	6:58
5	3	Tyler Smith, 34, Ankeny, IA	46:03	7:25
Men 40 - 49				
15	1	Jeff Frederick, 45, Des Moines, IA	1:20:59	13:02
Men 50 - 59				
7	1	Kent Weeden, 54, Des Moines, IA	47:34	7:39
Men 60 - 69				
9	1	Johnny Ytzen, 61, Creston, IA	50:47	8:10
12	2	Bill Jahnke, 62, Waukee, IA	56:52	9:09
13	3	Tom Farr, 62, Des Moines, IA	1:02:56	10:08

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Women 20 - 29				
3	1	Claire Mellick, 25, West Des Moines, IA	49:01	7:53
10	2	Taylor Huinker, 24, Des Moines, IA	59:40	9:36
14	3	Jenna Adrian, 28, Grimes, IA	1:03:52	10:17
Women 30 - 39				
1	1	Juann Khaw, 30, North Liberty, IA	47:19	7:37
2	2	Mandy Huebbe, 32, Urbandale, IA	48:23	7:47
6	3	Alyson Beecher, 34, Urbandale, IA	54:02	8:42
Women 40 - 49				
9	1	Lisa Welshons, 45, Indianola, IA	58:55	9:29
15	2	Julie Kain, 42, Hartsdale, NY	1:05:09	10:29
21	3	Deb Vogel, 49, Pleasant Hill, IA	1:15:41	12:11
Women 50 - 59				
4	1	Patty Croonquist, 58, Fort Dodge, IA	49:08	7:54
5	2	Dawn Cochran, 58, W Des Moines, IA	51:17	8:15
8	3	Lana DeGroot, 54, Oskaloosa, IA	57:43	9:17
Women 60 - 69				
17	1	Mandy Corliss, 60, Des Moines, IA	1:09:28	11:11

Return to home page.