Viking 5 km (4.85 km)

Grand View College, Des Moines, IA

Sep. 25, 2010

\cloudy, light rain

Results by Michael Franke

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		OpM	Nathan White, 26, Des Moines, IA	17:24	5:46
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
2	1	M15	Cooper Rodman, 17, Des Moines, IA	18:37	6:11
3	1	M40	Kevin Cline, 44, Grimes, IA	19:13	6:22
4	2	M40	Chadwin Wagener, 46, Ankeny, IA	19:29	6:28
5	1	JrM	Brady Suby, 13, Ankeny, IA	20:10	6:41
6	3	M40	Roadog McKibben, 49, Clive, IA	20:25	6:46
7	2	JrM	Lane Peterson, 13, Corning, IA	20:59	6:58
1		OpW	Traci Rosenmeyer, 35*, Urbandale, IA	21:00	6:58
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
8	2	M15	Zachary Vos, 19, Pella, IA	21:12	7:02
9	1	M20	Benjamin Van Walbeek, 20, Des Moines, IA	21:15	7:03
10	2	M20	Andy Bernholtz, 22, Carroll, IA	21:23	7:06
11	4	M40	Mike Quick, 48, Pleasant Hill, IA	21:31	7:08
2	1	W30	Brooke Winton, 30*, Altoona, IA	21:33	7:09
12	3	M20	Brandon McCracken, 27, De Soto, IA	21:33	7:09
13	1	M50	Jack Thompson, 51, Norwalk, IA	21:43	7:12
14	4	M20	Billy Conner, 20, Manchester, IA	22:08	7:20
15	2	M50	Rick VanScoy, 53, Urbandale, IA	22:11	7:21
3	1	W20	Mckelle Lacher, 21*, Des Moines, IA	22:26	7:26
16	5	M40	Wayne Lacher, 48, Stuart, IA	22:27	7:27
17	5	M20	Kevin Waldron, 21, Des Moines, IA	22:28	7:27
18	6	M40	Lewis Yacinich, 47, Urbandale, IA	22:29	7:27
19	6	M20	Brandon Spencer, 22, Des Moines, IA	22:46	7:33
20	1	M30	Jason Monaghan, 32, Sioux Center, IA	22:49	7:34
21	7	M20	Kenneth Burnett, 24, Des Moines, IA	23:14	7:42
22	8	M20	Phillip Hunt, 21, Des Moines, IA	23:14	7:43
4	2	W20	Felicia Hoover, 21*, Des Moines, IA	23:31	7:48
23	3	M15	Ryan Antilik, 19, Eddyville, IA	23:41	7:51
24	9	M20	Tanner LaBore, 20, Ringsted, IA	23:45	7:53
25	10	M20	William Worthy, 20, Mason City, IA	24:05	7:59
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
26	11	M20	Royce Phillips, 22, Des Moines, IA	24:08	8:00
27	12	M20	Lucas Casey, 27, Windsor Hts, IA	24:09	8:01
28	2	M30	John Demaranville, 33, Des Moines, IA	24:17	8:03
29	7	M40	James Arthur, 46, Des Moines, IA	24:18	8:04
30	4	M15	Ryan Kloph, 17	24:40	8:11
5	1	JrW	Katie Chumbley, 13*, Ankeny, IA	24:41	8:11
6	1	W15	Elle Lacher, 16*	24:41	8:11
7	2	W15	Taylar Swartz, 19*, Des Moines, IA	24:42	8:12
31	3	M30	Joshua Broughton, 36, Des Moines, IA	24:48	8:14
8	3	W20	Laura Monaghan, 26*, Mason City, IA	25:04	8:19

9	4	W20	Megan Croghan, 21*, Des Moines, IA	25:06	8:20
32	4	M30	Donnie Stratton, 39, Des Moines, IA	25:07	8:20
33	5	M30	Jason Rosa, 31, Pleasant Hill, IA	25:08	8:20
34	5	M15	Chad Malloy, 19, Des Moines, IA	25:11	8:21
35	13	M20	Allen Clark, 21, Ankeny, IA	25:13	8:22
36	14	M20	Jamel Lebranch, 21, Omaha, NE	25:14	8:22
37	15	M20	Nicholas Wagner, 22, Des Moines, IA	25:15	8:22
38	6	M15	Sean Lastovka, 18, Des Moines, IA	25:15	8:23
39	16	M20	Ryan Steensma, 27, Urbandale, IA	25:16	8:23
40	3	JrM	Ryan Suby, 11, Ankeny, IA	25:18	8:24
41	17	M20	Kenneth Coursey, 29, Altoona, IA	25:29	8:27
10	1	W50	Elaine Lindamen, 56*, West Des Moines, IA	25:37	8:30
42	6	M30	Andy Cathcart, 30, Ankeny, IA	25:41	8:31
11	5	W20	Marissa Miller, 21*, Des Moines, IA	25:42	8:31
43	18	M20	Jeremy Heffelfinger, 21, Des Moines, IA	25:44	8:32
44	7	M15	Joseph Freeman, 18, Grimes, IA	25:48	8:33
45	7	M30	Graham Giles, 36, Urbandale, IA	25:50	8:34
12	2	W30	Mindy Cathcart, 31*, Ankeny, IA	25:50	8:34
46	19	M20	Kevin Smith, 21, Ankeny, IA	25:55	8:36
13	6	W20	Meghan Tomlinson, 23*, Berwick, IA	25:56	8:36
47	20	M20	Aaron Etcher, 22, Ankeny, IA	25:57	8:37
14	7	W20	Ashley Flowers, 20*, Dallas, IA	25:58	8:37
48	8	M30	Seth Roberson, 30, Des Moins, IA	25:59	8:37
15	3	W30	Jessica Keehn, 31*, Des Moines, IA	26:02	8:38
49	8	M40	Dan McCool, 48, Des Moines, IA	26:08	8:40
16	8	W20	Kindra Wisniewski, 23*, Des Moines, IA	26:12	8:42
50	3	M50	Kent Henning, 52, Johnston, IA	26:15	8:42
51	21	M20	David Pathammavong, 21, Des Moines, IA	26:23	8:45
52	9	M40	Jason Luedtke, 41, Wdm, IA	26:37	8:50
17	4	W30	Bonita Bontrager, 31*, Des Moines, IA	26:53	8:55
53	8	M15	Gregory Pelz, 18, Des Moines, IA	26:57	8:56
18	1	W40	Becky Potts, 47*, Pleasant Hill, IA	26:59	8:57
54	22	M20	Bradley Burton, 20, Des Moines, IA	27:04	8:59

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

55	23	M20	Pete Westerkamp, 21, Des Moines, IA	27:12	9:02
56	24	M20	Dillion McBride, 20, Des Moines, IA	27:13	9:02
57	9	M15	Nolan Muench, 18, Des Moines, IA	27:20	9:04
58	10	M15	Joseph Aguirre, 19, Keosauqua, IA	27:21	9:04
59	25	M20	Tyler Beard, 20, Des Moines, IA	27:23	9:05
60	26	M20	Corey Bain, 20, Des Moines, IA	27:24	9:05
19	9	W20	Anna Arnold, 20*, Waukee, IA	27:26	9:06
20	2	W40	Kris Peterson, 44*, Corning, IA	27:28	9:07
61	27	M20	Nate Battles, 29, Des Moines, IA	27:29	9:07
62	10	M40	Gregory Boeschen, 40, Urbandale, IA	27:30	9:07
21	5	W30	Robyn Johnson, 32*, Ankeny, IA	27:35	9:09
22	10	W20	Elizabeth Battles, 29*, Des Moines, IA	27:38	9:10
63	11	M15	Ethan Lohmann, 19, Des Moines, IA	27:45	9:12
64	12	M15	Riley Ubben, 18, Sheffield, IA	27:45	9:12
23	3	W15	Jessica George, 19*, Pleasantville, IA	27:50	9:14
24	11	W20	Meagan Belieu, 20*, Wdm, IA	27:50	9:14
25	12	W20	Ashley Sinclair, 22*, Van Meter, IA	27:52	9:14
65	28	M20	Justin Gutknecht, 20, Cumming, IA	28:01	9:17
26	4	W15	Emily Cashman, 19*	28:15	9:22
27	2	W50	Becky Lang, 53*, Johnston, IA	28:16	9:23
28	13	W20	Emily Gilbert, 20*, Prairie City, IA	28:17	9:23
29	14	W20	Katie King, 20*, Des Moines, IA	28:18	9:23
30	6	W30	Beth Tootill, 31*, Des Moines, IA	28:19	9:23
31	5	W15	Kaylynn Coleman, 18*, Des Moines, IA	28:19	9:24
66	13	M15	Brandon Doughan, 18, Des Moines, IA	28:20	9:24
32	7	W30	Alison Best, 30*, Ankeny, IA	28:26	9:26
67	4	M50	Jeff Pitts, 50, Polk City, IA	28:26	9:26
33	3	W40	Sheila Nord, 40*, Earlham, IA	28:34	9:29
34	15	W20	Michele Schoop, 20*, Johnston, IA	28:50	9:34
35	6	W15	Dacia Miller, 19*, Bondurant, IA	28:50	9:34

36	16	W20	Destiny Willer, 25*, Walford, IA	28:53	9:35
37	17	W20	Sheila Finnell, 22*, Des Moines, IA	28:56	9:36
68	4	JrM	Sam Hatfield, 9	29:07	9:40
38	18	W20	Megan Tedell, 26*, Ankeny, IA	29:18	9:43
39	3	W50	Carole Duffy, 51*, West Des Moines, IA	29:18	9:43
69	1	M60	Michael Kent, 64, Des Moines, IA	29:19	9:44
40	1	W60	Linda John, 66*, Des Moines, IA	29:43	9:51
41	8	W30	Dayna Humphrey, 30*, Ankeny, IA	29:50	9:54
42	4	W40	Kelly Roberson, 40*, Des Moines, IA	29:53	9:55

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

70	29	M20	Charles Hughes, 20, Des Moines, IA	30:16	10:02
43	9	W30	Michelle DeLong, 30*, Des Moines, IA	30:16	10:02
44	4	W50	Sandra Sparks, 57*, Norwalk, IA	30:17	10:03
45	5	W50	Connie Wright, 55*, Ira, IA	30:18	10:03
46	10	W30	Jennifer Eubanks, 38*, Des Moines, IA	30:18	10:03
47	19	W20	Autumn Luce, 28*, Pleasant Hill, IA	30:19	10:04
48	11	W30	Amanda Gossett, 31*, Des Moines, IA	30:20	10:04
49	20	W20	Kathleen Davenport, 20*, Mason City, IA	30:23	10:05
71	5	M50	Richard Brent, 57, Ankeny, IA	30:30	10:07
50	5	W40	Dawn Linder, 42*, Des Moines, IA	30:38	10:10
51	12	W30	Deb Gannon, 36*, Des Moines, IA	30:39	10:10
72	30	M20	Ray Varner, 23, Des Moines, IA	30:45	10:12
52	6	W40	Rebecca Van Baale, 49*, Newton, IA	30:46	10:12
53	21	W20	Julie Crowdis, 29*, Urbandale, IA	30:55	10:15
54	7	W15	Nadyne Montiel, 19*, Lenox, IA	31:00	10:17
55	22	W20	Heidi Gibson, 23*	31:06	10:19
56	8	W15	Lindsay Wilcox, 18*	31:08	10:20
73	31	M20	Sean Jones, 20, Des Moines, IA	31:10	10:20
57	13	W30	Laura Jackson, 33*, Ames, IA	31:13	10:21
58	14	W30	Kelly Daniel, 33*, Bondurant, IA	31:13	10:21
74	11	M40	Don Breeding, 48, Des Moines, IA	31:14	10:22
59	7	W40	Deanna Breeding, 43*, Des Moines, IA	31:15	10:22
60	6	W50	Cathy Brent, 56*, Ankeny, IA	31:16	10:22
75	32	M20	Nathan Muench, 21, Des Moines, IA	31:37	10:29
76	33	M20	Juston Meier, 20, Des Moines, IA	31:40	10:30
61	8	W40	Michelle Prange, 41*, Ankeny, IA	31:43	10:31
62	23	W20	Lacie Sibley, 27*, Altoona, IA	31:46	10:32
63	24	W20	Sarah Thomas, 21*, Taylor Ridge, IL	31:50	10:34
64	15	W30	Brenda Smith, 37*, Newton, IA	32:17	10:42
77	9	M30	Jeremy Monaghan, 30, Mason City, IA	32:32	10:47
78	10	M30	Eric Hatfield, 36, Des Moines, IA	32:49	10:53
65	9	W15	Amber Streyffeler, 19*, Des Moines, IA	32:50	10:53

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

66	25	W20	Kayla Hoffman, 20*, Des Moines, IA	33:21	11:04
67	10	W15	Madison Sawyer, 19*, Des Moines, IA	33:23	11:04
68	26	W20	Ashley Houston, 20*, Des Moines, IA	33:32	11:07
69	27	W20	Lean Consier, 25*, Stanhope, IA	33:46	11:12
70	28	W20	Justine Erickson, 22*, Story City, IA	33:47	11:12
71	16	W30	Bonnie Christensen, 39*, Des Moines, IA	34:27	11:26
79	12	M40	Chad Christensen, 41	34:27	11:26
72	29	W20	Danielle Ameling, 23*, Mount Vernon, IA	35:10	11:40
73	9	W40	Alice Wisner, 48*, West Des Moines, IA	35:44	11:51

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

74	17	W30	Dana Clark, 31*, Des Moines, IA	36:30	12:07
80	13	M40	Randy McKern, 49, Pleasant Hill, IA	36:57	12:15
75	30	W20	Molli Miller, 21*, Des Moines, IA	37:14	12:21
76	10	W40	Sherry Atkinson, 47*, Carlisle, IA	37:31	12:27
77	18	W30	Sara Jernstad, 30*, Ankeny, IA	37:41	12:30

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

78	11	W40	Felicitas Avendano, 41*, Ames, IA	39:13	13:01
79	31	W20	Jessica Shaeffer, 29*, Ankeny, IA	40:02	13:17

80	32	W20	Jamie Gillman, 20*, Des Moines, IA	41:33	13:47
81	33	W20	Amanda Duffield, 20*, Des Moines, IA	41:34	13:47
82	7	W50	Marcia Schoeppner, 58*, Des Moines, IA	41:55	13:54
81	6	M50	Dean Schoeppner, 52	41:55	13:54

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

82	34	M20	Jeff Rost, 22, Des Moines, IA	42:41	14:10
83	11	M30	Alex Piedras, 37, Des Moines, IA	42:41	14:10
83	19	W30	Kristy Litwiler, 30*, Altoona, IA	43:17	14:21
84	34	W20	Josie Hainline, 29*, Madrid, IA	43:17	14:22
85	20	W30	Susan Blanchard, 32*, Des Moines, IA	43:24	14:24
86	8	W50	Luann Johnson, 54*, Des Moines, IA	43:38	14:29
87	2	W60	Ellen Strachota, 65*, Urbandale, IA	43:40	14:29
84	2	M60	Lawrence Strachota, 66, Urbandale, IA	43:46	14:31
85	7	M50	Bob Emley, 57, Urbandale, IA	43:47	14:32

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

88	35	W20	Jordyn Schertz, 21*, Des Moines, IA	48:17	16:01
89	12	W40	Michelle Schertz, 48*, Blakesburg, IA	49:22	16:23
90	11	W15	Nikki Chumbley, 16*	49:43	16:30
86	35	M20	Katie Carruthers, 20, Des Moines, IA	49:44	16:30

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

91	36	W20	Kari Seabrooke, 22*, Des Moines, IA	51:55	17:14
92	37	W20	Katelyn Carlson, 20*, Des Moines, IA	51:56	17:14
93	38	W20	Amy McNaul, 20*, Des Moines, IA	51:58	17:15
94	39	W20	Maria Smith, 28*, Ankeny, IA	52:02	17:16
87	8	M50	Keith Bauer, 53	52:03	17:16
95	40	W20	Francis Bauer, 28*, Ankeny, IA	52:10	17:18
88	3	M60	Maurice Smith, 74, Des Moines, IA	52:10	17:19

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

96	9	W50	Christie McConathy, 53*, Wdm, IA	56:17	18:41
97	41	W20	Dottie Vanderhyde, 21*, Des Moines, IA	56:19	18:41
98	10	W50	Debey Schwab, 54*, Johnston, IA	56:20	18:41
89	36	M20	Isaac Schwab, 20, Johnston, IA	56:20	18:42
90	9	M50	Greg Schwab, 59, Johnston, IA	56:23	18:42
99	3	W60	Kathy Whitten, 62*, Des Moines, IA	56:29	18:44
91	14	M40	Alan Hopkins, 44	56:34	18:46

* indicates females
2 finishers among Males (no age given)
4 finishers among Men Under 15
13 finishers among Men 15 - 19
36 finishers among Men 20 - 29
11 finishers among Men 30 - 39
14 finishers among Men 40 - 49
9 finishers among Men 50 - 59
3 finishers among Men 60 & Up
1 finishers among Women Under 15
11 finishers among Women 15 - 19
41 finishers among Women 20 - 29
20 finishers among Women 30 - 39
12 finishers among Women 40 - 49
10 finishers among Women 50 - 59
3 finishers among Women 60 & Up
92 male finishers
98 female finishers
190 total finishers

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