

Viking 5K

Grand View University, Des Moines, IA

Sep. 28, 2013

68 degrees, overcast

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	FINISHER	TIME	PACE
PLACE	PLACE			
1	OpM	Jesson Baumgartner, 31, Waukee, IA	15:36	5:01
2	1 M30	Vic Morales, 39, Johnston, IA	17:19	5:34
3	1 M20	Justin Welsh, 21, Altoona, IA	17:51	5:45
4	2 M20	Alex Alvarez, 22, Des Moines, IA	18:11	5:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
5	1 M15	Nathanial Johnson, 18, Saint Paul, MN	19:02	6:07
6	1 M40	Chadwin Wagener, 49, Ankeny, IA	19:05	6:08
1	1 W20	Chelsie Baumgartner, 27*, Waukee, IA	19:15	6:12
7	3 M20	Zachary Vos, 22, Pella, IA	20:23	6:34
8	2 M40	David Steward, 40, Earlham, IA	20:33	6:37
9	4 M20	Cody Saveraid, 28, West Des Moines, IA	20:55	6:44
10	1 M50	Casey Showalter, 52, Altoona, IA	21:00	6:45
11	5 M20	Andy Bernholtz, 25, Ankeny, IA	21:09	6:48
12	2 M15	Jr Snyder, 18, Altoona, IA	21:17	6:51
2	2 W20	Amy Vos, 22*, Newton, IA	21:29	6:55
13	1 JrM	Ryan Staub, 11, West Des Moines, IA	21:42	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	3 M40	Gregory Bolles, 42, Johnston, IA	21:47	7:00
15	6 M20	Jon Elmore, 21, Des Moines, IA	22:19	7:11
16	2 M50	Jeff Robinson, 50, West Des Moines, IA	22:35	7:16
3	1 W30	Julie Heitz, 30*, Ankeny, IA	22:36	7:16
4	3 W20	Kaitlin Reed, 22*, Des Moines, IA	22:42	7:18
17	3 M15	Christopher Lynn, 19, Altoona, IA	22:55	7:22
5	4 W20	Jordan Sandquist, 21*, Johnston, IA	22:59	7:24
18	3 M50	Lewis Yacinich, 50, Urbandale, IA	23:04	7:25
19	2 M30	Jennifer Downe, 37, Norwalk, IA	23:06	7:26
20	4 M15	Ernesto Escobar, 19, Des Moines, IA	23:39	7:37
6	5 W20	Shelbie Beatty, 22*, Des Moines, IA	23:46	7:39
21	5 M15	Malcolm Smith, 18, Storm Lake, IA	23:49	7:40
22	6 M15	Shane Wiley, 18, Grimes, IA	23:56	7:42
23	7 M20	Dan Harty, 26, Ankeny, IA	24:18	7:49
7	6 W20	Taylor Handsaker, 22*, Nevada, IA	24:48	7:59
24	8 M20	Taylor Bontrager, 22, Des Moines, IA	24:48	7:59
25	4 M40	Bill Nolin, 45, West Des Moines, IA	24:49	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	3 M30	Kycas Casey, 30, West Des Moines, IA	25:01	8:03
8	7 W20	Emily Cashman, 22*, Des Moines, IA	25:33	8:13
27	5 M40	Bill Burma, 49, Ankeny, IA	25:59	8:22
28	2 JrM	Alex Staub, 10	26:03	8:23
9	8 W20	Stephanie Kite, 21*, Des Moines, IA	26:19	8:28
29	9 M20	John Orscheln, 20, Des Moines, IA	26:19	8:28
10	9 W20	Morgan Hamner, 23*, Indianola, IA	26:26	8:30

30	10	M20	Nicholas Murrow, 21, Des Moines, IA	26:27	8:31
31	4	M50	Darwin Schmig, 56, Des Moines, IA	26:31	8:32
32	11	M20	Aaron Snethen, 22, Norwalk, IA	26:38	8:34
11	2	W30	April Burr, 34*, Marshalltown, IA	27:15	8:46
12	1	W40	Patty Williams, 43*, Urbandale, IA	27:16	8:46
33	6	M40	Lance Schutjer, 40, Saint Ansgar, IA	27:17	8:47
34	7	M40	James Arthur, 49, Des Moines, IA	27:39	8:54
35	5	M50	Jay Fredrick, 50, Norwalk, IA	27:40	8:54
13	10	W20	Holly Anthony, 20*, MoRongo Valley, CA	27:45	8:56
14	1	W15	Natalie Potts, 18*, Pleasant Hill, IA	27:49	8:57
15	2	W15	Macy Carbajo, 18*, Spring Hill, KS	27:51	8:58
16	11	W20	Jasmine Nielsen, 21*, Des Moines, IA	27:52	8:58
17	12	W20	Kalli McCann, 21*, Osceola, IA	27:53	8:58
18	13	W20	Makenzie Kennedy, 22*, Des Moines, IA	27:53	8:58
19	14	W20	Kelsey Carbajo, 21*, Des Moines, IA	27:53	8:58
20	3	W15	Ashley Girard, 18*, Collins, IA	27:55	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

21	4	W15	Kendra Tott, 19*, Ames, IA	28:12	9:04
22	5	W15	Sarah Nidick, 19*, Camas, WA	28:12	9:04
23	6	W15	Sierra Nelson, 18*, Norwalk, IA	28:12	9:05
24	7	W15	Alyssa Childress, 18*, Dyer, IN	28:13	9:05
25	8	W15	Devin Brown, 18*, Indianola, IA	28:13	9:05
36	4	M30	Joseph Fox, 31, Grimes, IA	28:15	9:05
26	1	W50	Rebecca Potts, 50*, Pleasant Hill, IA	28:36	9:12
27	3	W30	Lacey Cheeseman, 30*, Ankeny, IA	28:38	9:13
37	1	M60	Roger Munns, 60, Des Moines, IA	28:50	9:17
28	15	W20	Olivia Crawford, 20*, Knoxville, IA	28:54	9:18
29	9	W15	Rochelle Sink, 18*, Stanton, IA	28:55	9:18
30	10	W15	Meagan Streyffeler, 19*, Indianola, IA	28:55	9:18
31	4	W30	Veronica White, 35*, Altoona, IA	29:20	9:26
38	12	M20	Aaron Strom, 22, Des Moines, IA	29:25	9:28
39	8	M40	Jason Peters, 41, Des Moines, IA	29:32	9:30
40	5	M30	Anthony Leto, 31, Wdm, IA	29:37	9:32
32	2	W50	Carol Stratemeyer, 50*, Des Moines, IA	29:52	9:36
33	16	W20	Nicole Wells, 24*, Urbandale, IA	30:20	9:46
41	13	M20	Jacob Johnson, 20, Des Moines, IA	30:22	9:46
34	5	W30	Allison Petersen, 35*, Des Moines, IA	30:28	9:48
42	14	M20	Kodi Schroeder, 24, Whitewater, WI	30:37	9:51
35	6	W30	Beth Ziegmann, 30*, West Des Moines, IA	30:38	9:52
36	7	W30	Emily Reiners, 30*, Grimes, IA	30:39	9:52
37	17	W20	Haleigh Munson, 21*, Monroe, IA	30:40	9:52
38	11	W15	Abigail Wilmes, 19*, Des Moines, IA	30:50	9:55
39	18	W20	Jessica Stickel, 21*, Des Moines, IA	30:50	9:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

40	1	W60	Cherie Hill, 61*, Ellsworth, IA	31:19	10:05
41	19	W20	Jordan Henkenius, 22*, Indianola, IA	31:32	10:09
42	3	W50	Rachel Baron, 50*, Des Moines, IA	31:38	10:11
43	20	W20	Jenna Graves, 20*, Huxley, IA	31:46	10:13
44	8	W30	Amy Brinker, 34*, Granger, IA	31:49	10:14
45	12	W15	Kameron Graves, 18*, Huxley, IA	31:50	10:15
43	9	M40	David Doty, 40, Altoona, IA	31:54	10:16
46	21	W20	Justina Glick, 20*, Des Moines, IA	31:55	10:16
47	22	W20	Sarah Fiela, 20*, Des Moines, IA	31:56	10:16
48	23	W20	Caitlyn Carmichael, 21*, Des Moines, IA	32:02	10:19
49	13	W15	Meaghan McCarthy, 18*, Clive, IA	32:04	10:19
50	14	W15	Lauren Stein, 19*, Jefferson, IA	32:07	10:20
51	24	W20	Katelyn Knutson, 22*, Des Moines, IA	32:20	10:24
52	2	W60	Linda Sowers, 60*, Ankeny, IA	32:24	10:25
53	2	W40	Darla Brendemuehl, 40*, Pleasant Hill, IA	32:31	10:28
54	9	W30	Sarah Tracy, 36*, Pleasant Hill, IA	32:33	10:29
55	25	W20	Savannah Bice, 21*, Woodward, IA	32:36	10:29
56	10	W30	Kelly Sorem, 31*, Newton, IA	32:37	10:30
57	11	W30	Molly Kilborn, 32*, Fontanelle, IA	32:37	10:30

58	4	W50	Christie McConathy, 56*, Wdm, IA	32:48	10:33
44	2	M60	Maurice Smith, 77, Des Moines, IA	32:49	10:34
59	12	W30	Debbie Gannon, 39*, Des Moines, IA	32:59	10:37
60	5	W50	Cathy Brent, 59*, Ankeny, IA	33:17	10:43
45	3	M60	Richard Brent, 60, Ankeny, IA	33:17	10:43
61	15	W15	Giorgia De Toffol-Neal, 17*, Waukee, IA	33:24	10:45
46	10	M40	Steven Fuqua, 49, Des Moines, IA	33:45	10:52
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
47	6	M50	Randy McKern, 52, Pleasant Hill, IA	35:18	11:22
62	26	W20	Mikala Herlein, 20*, Altoona, IA	35:38	11:28
48	4	M60	Hummer Brown, 74, Des Moines, IA	35:47	11:31
63	16	W15	Stacie Venner, 18*, Arcadia, IA	36:27	11:44
64	6	W50	Jane Showalter, 52*, Altoona, IA	37:11	11:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
65	17	W15	Zaynaba Musa, 18*, Urbandale, IA	38:20	12:20
66	13	W30	Cara Stone, 35*, Urbandale, IA	38:22	12:21
67	27	W20	Janelle Laugerman, 22*, Grimes, IA	39:12	12:37
68	28	W20	Rachel Menzel, 21*, Des Moines, IA	39:13	12:37
69	1	JrW	Madison Neal, 10*, Waukee, IA	39:47	12:48
70	3	W60	Marcia Schoeppner, 60*, Des Moines, IA	40:06	12:54
71	18	W15	Justine Janseen, 19*, New Liberty, IA	40:08	12:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
72	3	W40	Kirstin Harding, 41*, Johnston, IA	41:33	13:22
73	14	W30	Amber Dakan, 30*, Johnston, IA	41:33	13:22
74	29	W20	Krystal Hitchcock, 21*, Pleasant Hill, IA	41:37	13:24
75	30	W20	Anna Riddle, 25*, Des Moines, IA	41:37	13:24
76	31	W20	Ella Heinicke, 21*, Des Moines, IA	42:00	13:31
77	15	W30	Lee Tjelmeland, 35*, Des Moines, IA	42:47	13:46
78	4	W40	Jennifer Ghelf, 40*, West Des Moines, IA	42:50	13:47
49	11	M40	Alejandro Piedras, 40, Des Moines, IA	43:26	13:59
50	15	M20	Jeff Rost, 25, Johnston, IA	43:27	13:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
79	32	W20	Courtney Anderson, 20*, Des Moines, IA	43:34	14:01
80	16	W30	Rebecca Morris, 36*, Bondurant, IA	43:46	14:05
81	5	W40	Tanya Clark, 42*, Urbandale, IA	43:46	14:05
51	7	M15	Jus Kekuhaulua-Feiteira, 19, Wailuku, HI	43:47	14:05
82	7	W50	Marsha Pickett, 55*, Des Moines, IA	44:55	14:27
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
83	33	W20	Kate Glenney, 25*, Des Moines, IA	47:21	15:14
84	34	W20	Rebecca Russell, 29*, Ames, IA	47:26	15:16
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
85	19	W15	Elizabeth Kras, 19*, Griffith, IN	50:43	16:19
86	20	W15	Katherine Frye, 19*, Des Moines, IA	50:43	16:19
87	17	W30	Gloria Blondino, 31*, Clive, IA	52:06	16:46
88	4	W60	Jean Steenhoek, 60*, Prairie City, IA	52:13	16:48
89	8	W50	Marcia Roth, 57*, Altoona, IA	52:15	16:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
90	21	W15	Shelby Berg, 18*, Collins, IA	55:06	17:44
91	35	W20	Kristin Johnson, 21*, Des Moines, IA	55:06	17:44
92	22	W15	Karissa Davis, 19*, Marion, IA	55:08	17:45
93	23	W15	Katherine Smith, 19*, Ankeny, IA	55:08	17:45
94	24	W15	Sarah Duffy, 19*, Minneapolis, MN	55:09	17:45
95	18	W30	Crystal Prusha, 30*, Marshalltown, IA	55:10	17:45
96	6	W40	Margaret Peterson, 40*, Des Moines, IA	55:13	17:46
97	9	W50	Kelly VanGorp, 54*, Grimes, IA	55:16	17:47
52	6	M30	Benjamin Shaw, 32, Des Moines, IA	55:34	17:53
98	19	W30	Elizabeth Shaw, 32*, Des Moines, IA	55:35	17:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

99	20	W30	Jennifer Beem, 32*, Des Moines, IA	57:13	18:25
100	21	W30	Abby Cosby, 30*, Des Moines, IA	57:13	18:25

* indicates females

1 finishers among Males (no age given)

2 finishers among Men Under 15

7 finishers among Men 15 - 19

15 finishers among Men 20 - 29

6 finishers among Men 30 - 39

11 finishers among Men 40 - 49

6 finishers among Men 50 - 59

4 finishers among Men 60 & Up

1 finishers among Women Under 15

24 finishers among Women 15 - 19

35 finishers among Women 20 - 29

21 finishers among Women 30 - 39

6 finishers among Women 40 - 49

9 finishers among Women 50 - 59

4 finishers among Women 60 & Up

52 male finishers

100 female finishers

152 total finishers

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