

5K Run/Walk to Break the Silence on Ovarian Cancer

June 8, 2013

Overall Division Results - 5K

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	3/130	1/82	161	Rachel Hoger	38	Female	Johnston	IA	6:57 min/m	00:21:32.58	00:21:35.98

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	1/130	1/48	228	Steve Pohlmeier	47	Male	Urbandale	IA	6:34 min/m	00:20:22.13	00:20:25.93

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	32/130	10/82	231	Jesse Proehl	16	Female	Urbandale	IA	8:28 min/m	00:26:11.08	00:26:19.20

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	13/130	10/48	232	Jordan Proehl	14	Male	Urbandale	IA	7:42 min/m	00:23:47.00	00:23:55.94

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	20/130	5/82	222	Emily Orna	29	Female	Grimes	IA	7:59 min/m	00:24:42.01	00:24:48.27

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	7/130	6/48	145	Greg French	26	Male	Springfield	MO	7:17 min/m	00:22:36.72	00:22:40.20

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	8/130	2/82	275	Kristi York	33	Female	West Des Moines	IA	7:20 min/m	00:22:42.80	00:22:49.25

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	2/130	2/48	285	John Jackovin	39	Male	Johnston	IA	6:54 min/m	00:21:22.78	00:21:27.18

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	12/130	3/82	211	Mary Ann Moglestad	49	Female	Boone	IA	7:34 min/m	00:23:26.80	00:23:33.25

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	5/130	4/48	112	Fred Brand	49	Male	Springfield	MO	7:05 min/m	00:21:58.58	00:22:03.18

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Overall Division Results - 5K

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	40/130	15/82	124	Mary Clark	50	Female	Ames	IA	8:46 min/m	00:27:08.35	00:27:15.22

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	29/130	21/48	210	Larry Mokestad	55	Male	Boone	IA	8:25 min/m	00:26:02.58	00:26:10.27

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	91/130	46/82	237	Helen Romsey	64	Female	Ames	IA	10:37 min/m	00:32:40.82	00:33:01.78

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	14/130	11/48	280	Jim Matthews	72	Male	Baxter	IA	7:43 min/m	00:23:58.02	00:24:01.42