

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

June 8, 2013

Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Pace	Chip Time	Gun Time
1	1/48	1/1	228	Steve Pohlmeier	Male	47	Urbandale	IA	6:34 min/m	00:20:22.13	00:20:25.93
2	2/48	1/9	285	John Jackovin	Male	39	Johnston	IA	6:54 min/m	00:21:22.78	00:21:27.18
3	1/82	1/1	161	Rachel Hoger	Female	38	Johnston	IA	6:57 min/m	00:21:32.58	00:21:35.98
4	3/48	2/9	304	Ryan Blane	Male	35	West Des Moines	IA	6:59 min/m	00:21:19.91	00:21:44.76
5	4/48	1/10	112	Fred Brand	Male	49	Springfield	MO	7:05 min/m	00:21:58.58	00:22:03.18
6	5/48	2/10	230	Chad Proehl	Male	45	Urbandale	IA	7:11 min/m	00:22:12.19	00:22:20.40
7	6/48	1/14	145	Greg French	Male	26	Springfield	MO	7:17 min/m	00:22:36.72	00:22:40.20
8	2/82	1/21	275	Kristi York	Female	33	West Des Moines	IA	7:20 min/m	00:22:42.80	00:22:49.25
9	7/48	3/9	169	Brandon Johnson	Male	35	Norwalk	IA	7:23 min/m	00:22:41.68	00:22:58.96
10	8/48	2/14	139	Nate Durbala	Male	27	Des Moines	IA	7:30 min/m	00:23:13.04	00:23:18.24
11	9/48	3/14	130	Luke Dawson	Male	24	Coralville	IA	7:31 min/m	00:23:13.01	00:23:24.31
12	3/82	1/19	211	Mary Ann Moklestad	Female	49	Boone	IA	7:34 min/m	00:23:26.80	00:23:33.25
13	10/48	1/8	232	Jordan Proehl	Male	14	Urbandale	IA	7:42 min/m	00:23:47.00	00:23:55.94
14	11/48	1/4	280	Jim Matthews	Male	72	Baxter	IA	7:43 min/m	00:23:58.02	00:24:01.42
15	12/48	2/8	243	Josh Schmitz	Male	17	Ankeny	IA	7:46 min/m	00:24:00.07	00:24:08.52
16	13/48	3/8	279	Colton Rinehart	Male	18	Kellogg	IA	7:50 min/m	00:24:11.11	00:24:22.95
17	14/48	4/14	308	Kody Oppedahl	Male	24	West Des Moines	IA	7:56 min/m	00:24:22.11	00:24:40.78
18	15/48	5/14	175	Thomas Klann	Male	22	Des Moines	IA	7:56 min/m	00:24:22.36	00:24:40.80
19	4/82	2/19	114	Angie Brown	Female	41	Ames	IA	7:56 min/m	00:24:28.24	00:24:41.52
20	5/82	1/20	222	Emily Orna	Female	29	Grimes	IA	7:59 min/m	00:24:42.01	00:24:48.27
21	16/48	4/8	209	Chad Moklestad	Male	18	Boone	IA	7:59 min/m	00:24:41.39	00:24:49.27
22	6/82	2/21	172	Stacy Johnson	Female	39	Gilbert	IA	8:02 min/m	00:24:51.69	00:24:59.48
23	17/48	2/4	203	Kelly McMullan	Male	64	Boone	IA	8:06 min/m	00:25:05.16	00:25:11.62
24	18/48	6/14	305	Marty Williams	Male	25	West Des Moines	IA	8:11 min/m	00:24:28.17	00:25:27.66
25	19/48	3/10	252	Randy Sniezek	Male	40	Gilbert	IA	8:13 min/m	00:25:14.05	00:25:33.96
26	20/48	3/4	131	Ed Dieleman	Male	68	Ankeny	IA	8:16 min/m	00:25:36.84	00:25:43.71
27	7/82	3/21	223	Melissa Pelham	Female	34	Ankeny	IA	8:18 min/m	00:25:41.73	00:25:47.36
28	8/82	2/20	126	Jessica Creason	Female	28	Indianola	IA	8:22 min/m	00:25:50.10	00:26:01.75
29	21/48	1/2	210	Larry Moklestad	Male	55	Boone	IA	8:25 min/m	00:26:02.58	00:26:10.27
30	9/82	3/20	251	Rebekah Smith	Female	20	Norwalk	IA	8:25 min/m	00:25:58.26	00:26:10.47
31	22/48	4/9	123	Jacob Clark	Male	35	Boone	IA	8:26 min/m	00:26:03.79	00:26:13.73
32	10/82	1/8	231	Jesse Proehl	Female	16	Urbandale	IA	8:28 min/m	00:26:11.08	00:26:19.20
33	11/82	2/8	272	Faith Wenger	Female	17	Monticello	IA	8:29 min/m	00:26:22.25	00:26:22.25
34	12/82	3/19	167	Mary Jackovin-Bates	Female	40	Urbandale	IA	8:29 min/m	00:26:18.24	00:26:23.67
35	23/48	7/14	106	Colton Barton	Male	20	Norwalk	IA	8:31 min/m	00:26:18.09	00:26:29.27
36	13/82	4/21	201	Patty Mccammon	Female	35	Johnston	IA	8:34 min/m	00:26:31.82	00:26:37.67
37	14/82	5/21	217	Jodi Moyer	Female	35	West Des Moines	IA	8:41 min/m	00:26:54.14	00:26:59.99
38	24/48	8/14	300	Doug Mckim	Male	27	Colfax	IA	8:42 min/m	00:26:51.64	00:27:04.23
39	25/48	9/14	307	Luke Bauer	Male	23	Des Moines	IA	8:43 min/m	00:26:47.05	00:27:05.24
40	15/82	1/9	124	Mary Clark	Female	50	Ames	IA	8:46 min/m	00:27:08.35	00:27:15.22
41	16/82	4/20	212	Meghan Monck	Female	25	Dubuque	IA	8:46 min/m	00:27:03.79	00:27:15.78
42	26/48	10/14	186	Jeff Lauridsen	Male	26	Des Moines	IA	8:47 min/m	00:26:18.53	00:27:19.67
43	27/48	5/8	267	Riley Tuon	Male	15	Johnston	IA	8:48 min/m	00:27:19.82	00:27:23.51
44	17/82	6/21	312	Jessica Bair	Female	34	Polk City	IA	8:49 min/m	00:26:59.24	00:27:24.73
45	28/48	4/10	137	Kirk Dressler	Male	49	Greenfield	IA	8:51 min/m	00:27:26.69	00:27:31.30
46	18/82	5/20	200	Jori May	Female	22	Knoxville	IA	8:51 min/m	00:27:07.93	00:27:31.53
47	29/48	5/9	121	Benjamin Clark	Male	32	Bellevue	NE	8:51 min/m	00:27:22.95	00:27:32.46
48	19/82	3/8	213	Nicole Monck	Female	18	Monticello	IA	8:59 min/m	00:27:44.01	00:27:57.41
49	20/82	2/9	284	Linda Feiden	Female	52	West Des Moines	IA	9:00 min/m	00:27:44.83	00:27:59.78
50	21/82	4/19	274	Dawn Wirtz	Female	41	West Des Moines	IA	9:01 min/m	00:27:53.15	00:28:02.32
51	22/82	6/20	115	Emily Bruggeman	Female	23	Ankeny	IA	9:01 min/m	00:27:39.97	00:28:02.34
52	30/48	6/8	256	Mason Statton	Male	14	West Des Moines	IA	9:01 min/m	00:27:53.60	00:28:03.30
53	23/82	7/21	248	Crystal Sieverding	Female	33	West Des Moines	IA	9:03 min/m	00:28:02.93	00:28:08.77
54	24/82	7/20	129	Nicki Davis	Female	28	Knoxville	IA	9:04 min/m	00:27:47.20	00:28:11.62
55	31/48	11/14	187	Jeremy Lauridsen	Male	24	Ames	IA	9:12 min/m	00:27:31.50	00:28:36.94

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56	32/48	2/2	301	Joe Murdock	Male	52	Johnston	IA	9:19 min/m	00:28:39.24	00:28:58.68
57	25/82	8/21	310	Mara Russell	Female	38	Bondurant	IA	9:19 min/m	00:28:36.30	00:28:59.90
58	33/48	12/14	297	Jarret Bock	Male	23	Indianola	IA	9:21 min/m	00:28:42.63	00:29:05.19
59	26/82	8/20	296	Lisa Balcom	Female	23	Indianola	IA	9:21 min/m	00:28:43.86	00:29:05.38
60	27/82	9/21	180	Jennifer Lampe	Female	34	Gilbert	IA	9:23 min/m	00:28:50.08	00:29:09.53
61	28/82	10/21	182	Greta Lange	Female	36	Urbandale	IA	9:24 min/m	00:29:07.20	00:29:15.32
62	34/48	6/9	295	Scott Sieverding	Male	36	W Des Moines	IA	9:26 min/m	00:29:13.01	00:29:18.99
63	29/82	5/19	220	Linda I. Olson	Female	47	Ames	IA	9:28 min/m	00:29:14.34	00:29:24.78
64	35/48	13/14	202	Jason Mckeeever	Male	29	Johnston	IA	9:29 min/m	00:29:21.31	00:29:30.77
65	30/82	9/20	122	Deanna Clark	Female	24	Ames	IA	9:29 min/m	00:29:24.10	00:29:30.77
66	36/48	4/4	306	Rick Blane	Male	64	W Des Moines	IA	9:31 min/m	00:29:08.86	00:29:34.80
67	37/48	5/10	183	Jim Langin	Male	42	West Des Moines	IA	9:36 min/m	00:29:36.27	00:29:50.46
68	31/82	11/21	151	Stacy Hansen	Female	38	Ankeny	IA	9:37 min/m	00:29:39.98	00:29:54.32
69	32/82	6/19	158	Tara Hinerman	Female	45	Knoxville	IA	9:38 min/m	00:29:44.28	00:29:56.74
70	38/48	6/10	157	Lyndon Hinerman	Male	48	Knoxville	IA	9:38 min/m	00:29:44.49	00:29:56.94
71	33/82	7/19	162	Angela Hopson	Female	43	West Des Moines	IA	9:39 min/m	00:29:45.46	00:29:59.78
72	39/48	7/9	286	Steven Mixon	Male	38	Pflugerville	TX	9:45 min/m	00:30:12.22	00:30:19.48
73	34/82	8/19	184	Tracie Langin	Female	42	West Des Moines	IA	9:51 min/m	00:30:23.32	00:30:37.76
74	35/82	9/19	233	Shari Proehl	Female	45	Urbandale	IA	9:53 min/m	00:30:33.74	00:30:43.19
75	36/82	10/19	227	Melissa Pohl	Female	44	Perry	IA	9:54 min/m	00:30:33.04	00:30:48.28
76	37/82	10/20	163	Jessica Hull	Female	26	Richfield	MN	9:58 min/m	00:30:50.02	00:31:00.46
77	40/48	7/10	309	Rod Russell	Male	45	Bondurant	IA	10:01 min/m	00:30:44.16	00:31:08.37
78	41/48	8/9	225	Maniphone Phiathep	Male	36	Des Moines	IA	10:03 min/m	00:31:15.69	00:31:15.69
79	42/48	7/8	244	Justin Schmitz	Male	14	Ankeny	IA	10:04 min/m	00:31:08.35	00:31:17.51
80	43/48	8/8	190	Aidan Limback	Male	8	West Des Moines	IA	10:17 min/m	00:31:49.70	00:31:59.40
81	38/82	12/21	191	Kendra Limback	Female	35	West Des Moines	IA	10:17 min/m	00:31:49.50	00:31:59.46
82	39/82	4/8	288	Elizabeth Alonzo	Female	17	Johnston	IA	10:21 min/m	00:32:04.10	00:32:11.79
83	40/82	13/21	287	Dagmar Mixon	Female	39	Pflugerville	TX	10:23 min/m	00:32:08.25	00:32:16.77
84	41/82	11/19	138	Mary Durbala	Female	45	Flower Mound	TX	10:25 min/m	00:32:20.16	00:32:23.65
85	42/82	11/20	141	Bailey Ellingson	Female	20	Indianola	IA	10:27 min/m	00:32:09.84	00:32:30.76
86	43/82	14/21	116	Laura Byers	Female	38	Indianola	IA	10:27 min/m	00:32:10.04	00:32:30.96
87	44/48	8/10	289	Barry Trefftz	Male	48	Austin	TX	10:32 min/m	00:32:37.78	00:32:44.29
88	44/82	5/8	299	Claire Weatherwax	Female	14	Ankeny	IA	10:34 min/m	00:32:34.65	00:32:51.84
89	45/82	12/20	154	Bekha Helgeson	Female	24	Des Moines	IA	10:36 min/m	00:31:54.03	00:32:56.29
90	45/48	9/9	197	John Macdonald	Male	34	Des Moines	IA	10:37 min/m	00:32:42.56	00:33:00.77
91	46/82	1/4	237	Helen Romsey	Female	64	Ames	IA	10:37 min/m	00:32:40.82	00:33:01.78
92	47/82	12/19	153	Shelley Heisdorffer	Female	46	Norwalk	IA	10:44 min/m	00:33:12.27	00:33:23.91
93	46/48	9/10	258	Tony Stravers	Male	46	Norwalk	IA	10:45 min/m	00:33:12.28	00:33:24.12
94	48/82	13/19	302	Rachel Murdock	Female	47	Johnston	IA	10:45 min/m	00:33:06.43	00:33:24.12
95	49/82	13/20	111	Lora Bowers	Female	24	Olin	IA	10:57 min/m	00:33:47.81	00:34:02.74
96	50/82	3/9	168	Phyllis Jessen	Female	51	Des Moines	IA	11:03 min/m	00:34:07.14	00:34:22.69
97	51/82	4/9	236	Michelle Riley	Female	51	West Branch	IA	11:04 min/m	00:34:06.23	00:34:25.43
98	52/82	14/19	303	Kim Vanlangen	Female	48	Des Moines	IA	11:09 min/m	00:34:10.57	00:34:40.51
99	53/82	6/8	105	Alexis Barton	Female	17	Norwalk	IA	11:31 min/m	00:35:36.57	00:35:49.46
100	54/82	15/19	144	Kelly Fini	Female	47	West Des Moines	IA	11:40 min/m	00:36:02.86	00:36:17.79
101	55/82	16/19	291	Natalie Bruggeman	Female	46	Glidden	IA	11:41 min/m	00:35:58.40	00:36:20.95
102	56/82	14/20	171	Megan Johnson	Female	26	Coralville	IA	11:42 min/m	00:36:10.17	00:36:22.96
103	57/82	15/20	176	Loke Knouse	Female	23	Indianola	IA	11:53 min/m	00:36:35.53	00:36:56.23
104	58/82	15/21	206	Andrea Miller	Female	32	Osceola	IA	11:53 min/m	00:36:36.28	00:36:56.80
105	59/82	16/20	293	Katie Dirks	Female	23	Anamosa	IA	11:54 min/m	00:36:44.60	00:36:59.73
106	60/82	17/20	146	Alexandra Gaffney-Peder	Female	22	West Des Moines	IA	11:57 min/m	00:36:43.17	00:37:07.82
107	61/82	7/8	268	Kayla Van Langen	Female	11	Urbandale	IA	11:57 min/m	00:36:47.50	00:37:09.23
108	62/82	8/8	246	Tara Shattuck	Female	16	Norwalk	IA	11:57 min/m	00:36:56.93	00:37:09.80
109	63/82	18/20	257	Allison Stickley	Female	26	Ankeny	IA	12:06 min/m	00:37:23.32	00:37:36.20
110	64/82	2/4	271	Kathy Weatherwax	Female	65	Ankeny	IA	12:06 min/m	00:37:19.39	00:37:36.20

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111	65/82	17/19	273	Carol Winter	Female	44	Winterset	IA	12:09 min/m	00:37:18.19	00:37:45.52
112	47/48	14/14	185	Jay Lauridsen	Male	27	Ames	IA	12:20 min/m	00:37:20.45	00:38:19.32
113	66/82	18/19	188	Pamela Lester	Female	41	Pleasantville	IA	12:30 min/m	00:38:38.49	00:38:50.44
114	67/82	16/21	313	Erin Rollenhagen	Female	33	Waukee	IA	12:30 min/m	00:38:06.90	00:38:51.24
115	68/82	17/21	314	Lindsey Wheatley	Female	33	West Des Moines	IA	12:30 min/m	00:38:09.73	00:38:51.24
116	69/82	5/9	219	Lisa Olsen	Female	50	Des Moines	IA	12:31 min/m	00:38:37.28	00:38:53.47
117	70/82	19/20	292	Molly Beals	Female	28	Ankeny	IA	12:31 min/m	00:38:32.80	00:38:54.53
118	71/82	3/4	245	Nancy Schrum	Female	61	Waukee	IA	12:39 min/m	00:39:10.38	00:39:19.55
119	72/82	19/19	150	Kristin Hansen	Female	42	West Des Moines	IA	12:45 min/m	00:39:23.74	00:39:39.93
120	73/82	6/9	205	Deb Medici-Feick	Female	52	Granger	IA	12:51 min/m	00:39:45.82	00:39:58.17
121	74/82	18/21	298	Terri Keasey	Female	39	Alleman	IA	13:07 min/m	00:40:29.52	00:40:47.96
122	75/82	7/9	102	Marilyn Anderson	Female	59	Ankeny	IA	13:18 min/m	00:41:00.61	00:41:20.30
123	48/48	10/10	290	Brad Bates	Male	45	Des Moines	IA	13:36 min/m	00:42:05.44	00:42:16.43
124	76/82	20/20	140	Renee Durbala	Female	22	Johnston	IA	13:45 min/m	00:42:29.06	00:42:45.67
125	77/82	8/9	281	Cindy Beard	Female	50	Clive	IA	14:01 min/m	00:43:24.35	00:43:35.56
126	78/82	19/21	311	Lee Tjelmeland	Female	37	Des Moines	IA	14:11 min/m	00:43:37.78	00:44:06.96
127	79/82	9/9	261	Brenda Trefftz	Female	51	Johnston	IA	14:15 min/m	00:44:16.71	00:44:16.71
128	80/82	20/21	110	Kristi Bogseth	Female	35	Ankeny	IA	20:34 min/m	01:03:55.50	01:03:55.50
129	81/82	4/4	113	Ann Breeding	Female	65	Ankeny	IA	20:34 min/m	01:03:56.52	01:03:56.52
130	82/82	21/21	199	Karen Mathes	Female	30	Polk City	IA	21:11 min/m	01:05:51.27	01:05:51.27