

# 5k Run/Walk to Break the Silence on Ovarian Cancer

June 14, 2014

## Overall Results

5K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/36	1/1	2918	Ryan Blane	M	36	Des Moines	IA	6:34	00:20:24.54
2	2/36	1/15	2759	John Lande	M	28	Des Moines	IA	6:55	00:21:31.13
3	1/61	1/1	2812	Lauren Stokke	F	23	Ames	IA	6:55	00:21:32.49
4	3/36	1/5	2813	Jeff Storjohann	M	48	Carroll	IA	7:04	00:21:59.82
5	4/36	1/4	2741	Jerry Hales	M	33	Ames	IA	7:09	00:22:14.88
6	5/36	2/5	2750	John Jackovin	M	40	JOHNSTON	IA	7:14	00:22:28.51
7	2/61	1/16	2826	Kristi York	F	34	West Des Moines	IA	7:27	00:23:11.88
8	6/36	2/4	2767	Patty Mccammon	M	36	Johnston	IA	7:37	00:23:41.89
9	3/61	1/11	2914	Elizabeth Arentsen	F	26	Des Moines	IA	7:37	00:23:42.36
10	7/36	1/5	2776	larry moklestad	M	56	boone	IA	7:47	00:24:13.13
11	8/36	2/15	2913	Matt Halvermale	M	23	Des Moines	IA	7:53	00:24:31.68
12	9/36	3/15	2906	Evan Thompkins	M	22	Des Moines	IA	7:56	00:24:41.83
13	10/36	4/15	2770	Doug McKim	M	28	Colfax	IA	7:58	00:24:45.89
14	4/61	1/8	2922	Molly Winer	F	13	Des Moines	IA	8:00	00:24:53.89
15	5/61	2/16	2915	Ashley Bronn	F	34	Des Moines	IA	8:04	00:25:04.52
16	11/36	3/4	2736	Jason Gabler	M	31	Des Moines	IA	8:14	00:25:36.63
17	6/61	1/15	2752	Stacy Johnson	F	40	Gilbert	IA	8:20	00:25:55.10
18	12/36	1/4	2819	Riley Tuon	M	15	Johnston	IA	8:25	00:26:12.14
19	7/61	2/11	2777	traci moklestad	F	25	boone	IA	8:34	00:26:37.10
20	13/36	5/15	2901	Jason Bowers	M	20	Des Moines	IA	8:34	00:26:39.74
21	14/36	2/4	2799	Joshua Schmitz	M	18	Nevada	IA	8:39	00:26:53.89
22	8/61	3/16	2816	Kendra Ter Louw	F	31	Leighton	IA	8:40	00:26:55.76
23	15/36	6/15	2907	Rio Maxwell	M	21	Des Moines	IA	8:40	00:26:57.77
24	16/36	7/15	2803	Nicholas Spike	M	24	West Des Moines	IA	8:40	00:26:57.97
25	9/61	1/8	2775	mary ann moklestad	F	50	boone	IA	8:42	00:27:04.29
26	10/61	3/11	2805	Amy Spike	F	26	Des Moines	IA	8:51	00:27:31.11
27	17/36	3/5	2796	Gregg Sanders	M	42	Des moines	IA	8:56	00:27:45.50
28	11/61	2/15	2781	Linda Olson	F	48	Ames	IA	8:58	00:27:53.39
29	18/36	1/2	2728	Ed Dieleman	M	69	Ankeny	IA	9:01	00:28:01.65
30	19/36	3/4	2785	Luke Pottebaum	M	12	West Des Moines	IA	9:01	00:28:02.14
31	20/36	4/5	2911	Doug Diekman	M	46	Des Moines	IA	9:01	00:28:02.79
32	12/61	3/15	2784	beth pottebaum	F	43	west des moines	IA	9:02	00:28:04.17
33	13/61	4/16	2800	Stormy Shanks	F	33	Waukee	IA	9:04	00:28:10.89
34	21/36	2/2	2709	Rick Blane	M	64	West Des Moines	IA	9:06	00:28:19.14
35	14/61	5/16	2764	Kara Lindsey	F	38	Pleasant Hill	IA	9:11	00:28:33.84
36	15/61	2/8	2924	Katie Scott	F	13	Des Moines	IA	9:14	00:28:41.76
37	16/61	4/15	2904	Holly Mcelroy	F	43	Des Moines	IA	9:15	00:28:46.66
38	17/61	4/11	2756	Hannah Kline	F	26	West Des Moines	IA	9:16	00:28:47.89
39	18/61	5/11	2821	Jamie Van Voorst	F	28	Boyden	IA	9:23	00:29:09.80
40	19/61	6/11	2923	Mollie Coffman	F	26	Des Moines	IA	9:23	00:29:09.80
41	22/36	8/15	2760	Jeff Lauridsen	M	26	Des Moines	IA	9:25	00:29:15.90
42	20/61	6/16	2908	Julia Immal	F	30	Des Moines	IA	9:28	00:29:25.24
43	23/36	9/15	2761	Jeremy Lauridsen	M	25	Urbandale	IA	9:37	00:29:54.25
44	21/61	7/11	2773	Mallory Metzger	F	26	Norwalk	IA	9:40	00:30:04.39
45	22/61	1/2	2771	Marcy McMullan	F	63	Boone	IA	9:51	00:30:36.40
46	23/61	7/16	2795	Marci Russell	F	38	Bondurant	IA	9:53	00:30:45.55
47	24/36	2/5	2909	John Fitzsimmons	M	54	Des Moines	IA	10:03	00:31:16.14
48	25/36	3/5	2823	Rod Warren	M	50	Clive	IA	10:08	00:31:31.00
49	24/61	3/8	2824	Courtney Warren	F	19	Clive	IA	10:09	00:31:32.39
50	26/36	4/4	2782	Brian Parrish	M	31	madrid	IA	10:16	00:31:55.90
51	25/61	2/2	2791	Helen Romsey	F	65	Ames	IA	10:19	00:32:03.87
52	27/36	5/5	2794	Rod Russell	M	46	Bondurant	IA	10:19	00:32:03.88
53	26/61	8/16	2720	Elizabeth Cornelison	F	33	Lagrange Highlands	MN	10:22	00:32:12.90
54	27/61	2/8	2809	Jeannie Statz	F	52	Boone	IA	10:28	00:32:34.13
55	28/61	9/16	2792	Michelle Rosel	F	31	Waukee	IA	10:31	00:32:43.23
56	29/61	8/11	2912	Lauren Diekman	F	21	Des Moines	IA	10:39	00:33:06.34
57	30/61	10/16	2749	Angela Isenberg	F	37	Indianola	IA	10:39	00:33:07.90

# 5k Run/Walk to Break the Silence on Ovarian Cancer

June 14, 2014

## Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
58	31/61	4/8	2774	Aubrey Mizerak	F	10	Ames	IA	10:42	00:33:16.71
59	32/61	11/16	2745	Laura Held	F	35	Osceola	IA	10:50	00:33:42.39
60	33/61	5/15	2718	becky carkhuff	F	48	Newton	IA	10:58	00:34:06.62
61	34/61	9/11	2811	Kaitlyn Stogdill	F	22	PLEASANT HILL	IA	11:01	00:34:15.35
62	35/61	6/15	2905	Dawn Colvin	F	46	Des Moines	IA	11:03	00:34:21.40
63	36/61	10/11	2746	Bekha Helgeson	F	25	Des Moines	IA	11:07	00:34:33.86
64	28/36	10/15	2762	Jay Lauridsen	M	28	Urbandale	IA	11:28	00:35:40.37
65	37/61	3/8	2790	Michelle Riley	F	52	West Branch	IA	11:32	00:35:51.29
66	38/61	4/8	2766	Susan Long	F	54	Boone	IA	11:33	00:35:54.35
67	39/61	11/11	2919	Heather Swanson	F	22	Des Moines	IA	11:33	00:35:54.36
68	29/36	11/15	2920	Clayton Long	M	23	Des Moines	IA	11:33	00:35:54.36
69	40/61	5/8	2780	Lisa Olsen	F	51	Des Moines	IA	11:45	00:36:31.30
70	41/61	12/16	2778	Haley Morrison	F	36	Monroe	IA	11:45	00:36:32.33
71	42/61	7/15	2725	Brenda Davis	F	46	Knoxville	IA	11:46	00:36:34.15
72	30/36	4/5	2717	ted brubaker	M	54	Des Moines	IA	11:50	00:36:46.14
73	43/61	8/15	2706	Gail Arnold	F	42	WDM5	IA	12:05	00:37:34.15
74	44/61	13/16	2921	Angie Amdtparker	F	32	Des Moines	IA	12:20	00:38:21.40
75	31/36	12/15	2715	Jacob Bowers	M	26	Pella	IA	12:23	00:38:30.41
76	32/36	13/15	2716	Adam Bowers	M	29	Cedar Rapids	IA	12:23	00:38:30.41
77	45/61	6/8	2772	Deb Medici-Feick	F	53	Granger	IA	12:26	00:38:40.16
78	46/61	9/15	2704	Annette allender	F	48	ankeny	IA	12:29	00:38:49.91
79	47/61	14/16	2932	Beth Ziegmann	F	37	Des Moines	IA	12:36	00:39:11.66
80	48/61	5/8	2820	Kayla Van Langen	F	12	Urbandale	IA	12:37	00:39:12.16
81	49/61	7/8	2931	Kathy Graham	F	55	Des Moines	IA	12:37	00:39:13.12
82	50/61	6/8	2763	Sierra Lester	F	19	Pleasantville	IA	12:39	00:39:19.62
83	51/61	10/15	2910	Pam Lester	F	42	Des Moines	IA	12:39	00:39:19.82
84	33/36	14/15	2707	Larry Aye	M	27	Des Moines	IA	12:47	00:39:44.91
85	34/36	4/4	2903	Phavain Moorer	M	12	Des Moines	IA	13:04	00:40:37.66
86	52/61	11/15	2822	Kim VanLangen	F	49	Urbandale	IA	13:35	00:42:14.77
87	53/61	7/8	2708	Alexis Barton	F	18	Norwalk	IA	13:48	00:42:54.13
88	54/61	8/8	2801	Tara Shattuck	F	17	Norwalk	IA	13:48	00:42:54.13
89	55/61	12/15	2916	Stephanie Verwers	F	44	Des Moines	IA	14:01	00:43:34.73
90	56/61	8/8	2727	Lauren Delpesce	F	50	Norwalk	IA	14:17	00:44:22.80
91	57/61	13/15	2747	Angela Hopson	F	44	West Des Moines	IA	15:26	00:47:58.52
92	58/61	15/16	2926	Jackie Carter	F	33	Des Moines	IA	16:27	00:51:08.75
93	59/61	14/15	2925	Christine Kunch	F	41	Des Moines	IA	16:31	00:51:20.42
94	60/61	16/16	2817	Therese Tran	F	34	Des Moines	IA	16:50	00:52:20.28
95	35/36	15/15	2804	AJ Spike	M	26	Des Moines	IA	19:23	01:00:14.43
96	36/36	5/5	2933	Kelly Mccarty	M	56	Des Moines	IA	24:58	01:17:34.64
97	61/61	15/15	2930	Sandy Mccarty	F	43	Des Moines	IA	25:00	01:17:42.75