

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

June 13, 2015

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	9/74	1/1	1082	Kristi York	F	35	W Des Moines	IA	7:20	00:22:44.00	00:22:48.12
2	11/74	1/8	1073	Lauren Stokke	F	24	Ames	IA	7:24	00:22:57.59	00:23:01.51
3	12/74	1/5	1083	Rebecca Mcintosh	F	50	Des Moines	IA	7:31	00:23:19.99	00:23:22.26
4	18/74	1/6	1033	Mary Jackovin-Bates	F	42	Clive	IA	8:12	00:25:25.97	00:25:30.24
5	19/74	1/5	1079	Molly Winer	F	14	Ames	IA	8:12	00:25:24.95	00:25:30.47
6	20/74	2/5	1086	Kayla Vanlangen	F	13	Des Moines	IA	8:34	00:26:30.73	00:26:39.83
7	23/74	2/6	1051	Linda Olson	F	49	Ames	IA	8:39	00:26:47.61	00:26:53.77
8	30/74	1/11	1043	Patty Mccammon	F	37	Johnston	IA	9:12	00:28:32.01	00:28:36.77
9	31/74	3/6	1054	Beth Pottebaum	F	44	West Des Moines	IA	9:14	00:28:36.75	00:28:43.27
10	32/74	2/11	1067	Gretchen Scott	F	37	West Des Moines	IA	9:17	00:28:45.16	00:28:51.14
11	33/74	2/8	1057	Ashley Pringle	F	28	West Des Moines	IA	9:17	00:28:45.16	00:28:51.27
12	34/74	4/6	1032	Angela Hopson	F	44	West Des Moines	IA	9:25	00:29:10.32	00:29:16.27
13	35/74	3/8	1015	Janell Bollard	F	28	Pella	IA	9:36	00:29:43.36	00:29:50.33
14	36/74	2/5	1013	Betty Bollard	F	53	Pella	IA	9:36	00:29:43.35	00:29:50.52
15	38/74	4/8	1090	Natasha Nikkel	F	26	Sully	IA	9:42	00:30:03.70	00:30:11.25
16	39/74	3/11	1049	Haley Morrison	F	37	Pella	IA	9:42	00:30:03.58	00:30:11.35
17	41/74	3/5	1060	Jesse Proehl	F	18	Urbandale	IA	9:46	00:30:19.15	00:30:23.27
18	45/74	5/6	1058	Shari Proehl	F	47	Urbandale	IA	10:26	00:32:19.01	00:32:26.77
19	46/74	1/2	1089	Helen Romsey	F	66	Ames	IA	10:54	00:33:43.85	00:33:52.23
20	47/74	4/11	1092	Crystal Berkenes	F	33	Bondurant	IA	10:56	00:33:54.60	00:33:58.52
21	48/74	5/11	1028	Tina Finn	F	35	West Des Moines	IA	10:58	00:33:57.83	00:34:07.45
22	49/74	5/8	1042	Rebekha Lauridsen	F	26	Des Moines	IA	11:03	00:34:05.75	00:34:20.65
23	51/74	4/5	1003	Alexis Barton	F	19	Norwalk	IA	11:25	00:35:19.08	00:35:31.21
24	52/74	6/6	1081	Pamela Wright-Lester	F	41	Pleasantville	IA	11:40	00:36:09.06	00:36:16.28
25	53/74	6/11	1021	Sara Clausen	F	37	Rochester	MN	11:49	00:36:35.66	00:36:43.43
26	54/74	3/5	1087	Kim Vanlangen	F	50	Des Moines	IA	11:51	00:36:36.87	00:36:50.33
27	55/74	4/5	1097	Lisa Olsen	F	52	Des Moines	IA	11:58	00:37:04.20	00:37:13.46
28	56/74	7/11	1068	Tracy Selby	F	34	Adel	IA	12:02	00:37:13.32	00:37:23.54
29	57/74	6/8	1011	Brittany Blomberg	F	25	Des Moines	IA	12:03	00:37:16.01	00:37:27.44
30	58/74	5/5	1046	Deb Medici-Feick	F	54	Granger	IA	12:06	00:37:27.69	00:37:37.99
31	59/74	5/5	1078	Reese Winer	F	9	Ames	IA	12:25	00:38:33.88	00:38:36.39
32	60/74	8/11	1008	Tiffany Berkenes	F	34	Altoona	IA	12:27	00:38:39.83	00:38:42.94
33	62/74	2/2	1066	Nancy Schrum	F	63	Urbandale	IA	13:16	00:41:02.67	00:41:14.29
34	67/74	7/8	1036	Nikki Kenan	F	28	Ankeny	IA	18:36	00:57:31.35	00:57:47.46
35	70/74	8/8	1075	Amanda Thompson	F	28	Coralville	IA	19:46	00:58:52.45	01:01:27.33
36	71/74	9/11	1037	Emily Kobliska	F	32	Ankeny	IA	20:24	00:59:21.57	01:03:23.28
37	73/74	10/11	1050	Katie Nees	F	36	Gilbert	IA	21:17	01:02:08.45	01:06:08.59
38	74/74	11/11	1076	Heather Van Nest	F	39	Ankeny	IA	22:30	01:07:17.98	01:09:54.49

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Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	1/74	1/1	1052	Andrew Papke-Larson	M	25	Minneapolis	MN	5:20	00:16:32.23	00:16:35.75
2	2/74	1/7	1048	Spencer Moon	M	14	Lake City	IA	6:06	00:18:54.20	00:18:58.46
3	3/74	1/7	1010	Ryan Blane	M	37	West Des Moines	IA	6:22	00:19:43.98	00:19:47.25
4	4/74	2/7	1088	Jerry Hales	M	34	Ames	IA	6:30	00:20:11.41	00:20:12.83
5	5/74	3/7	1034	Brandon Johnson	M	36	Norwalk	IA	6:47	00:21:01.48	00:21:05.24
6	6/74	1/7	1053	Steve Pohlmeier	M	49	Urbandale	IA	6:54	00:21:23.44	00:21:26.76
7	7/74	2/7	1061	Jordan Proehl	M	16	Urbandale	IA	7:03	00:21:50.55	00:21:55.29
8	8/74	3/7	1065	Josh Schmitz	M	19	Nevada	IA	7:13	00:22:20.49	00:22:26.46
9	10/74	2/7	1059	Chad Proehl	M	47	Urbandale	IA	7:20	00:22:40.37	00:22:48.96
10	13/74	4/7	1007	Cory Berkenes	M	33	Bondurant	IA	7:35	00:23:31.29	00:23:34.40
11	14/74	1/3	1014	Jeff Bollard	M	53	Pella	IA	7:38	00:23:38.59	00:23:43.74
12	15/74	1/9	1070	John Small	M	25	Waukee	IA	8:07	00:25:05.56	00:25:16.17
13	16/74	3/7	1071	Randy Snizek	M	40	Gilbert	IA	8:10	00:25:17.49	00:25:24.26
14	17/74	2/9	1095	Matt Havermale	M	24	Republic	MO	8:12	00:25:25.59	00:25:28.90
15	21/74	4/7	1063	Gregg Sanders	M	42	Des Moines	IA	8:35	00:26:33.56	00:26:43.19
16	22/74	3/9	1017	Mikey Buchanan	M	21	Norwalk	IA	8:38	00:26:39.97	00:26:51.61
17	24/74	4/7	1001	Sam Abraham	M	14	Nevada	IA	8:40	00:26:52.77	00:26:58.53
18	25/74	4/9	1004	Colton Barton	M	22	Norwalk	IA	8:51	00:27:17.31	00:27:29.96
19	26/74	1/2	1024	Ed Dieleman	M	70	Ankeny	IA	8:54	00:27:36.57	00:27:41.92
20	27/74	2/2	1009	Rick Blane	M	66	West Des Moines	IA	8:55	00:27:38.29	00:27:45.27
21	28/74	5/7	1094	Doug Dieleman	M	47	Republic	MO	9:08	00:28:18.25	00:28:23.51
22	29/74	5/7	1093	Lincoln Kocour	M	8	Pella	IA	9:11	00:28:30.58	00:28:32.85
23	37/74	5/9	1085	Scott O'rourke	M	28	Rochester	MN	9:40	00:29:36.48	00:30:04.35
24	40/74	6/9	1039	Jeff Lauridsen	M	27	Des Moines	IA	9:44	00:29:47.26	00:30:15.52
25	42/74	6/7	1084	Justin Schmitz	M	16	Nevada	IA	9:47	00:30:19.93	00:30:25.68
26	43/74	7/9	1040	Jeremy Lauridsen	M	26	Urbandale	IA	10:01	00:30:37.91	00:31:07.42
27	44/74	7/7	1096	Quintan Kocour	M	10	Pella	IA	10:13	00:31:43.26	00:31:45.96
28	50/74	8/9	1041	Jay Lauridsen	M	29	West Des Moines	IA	11:03	00:33:52.88	00:34:21.78
29	61/74	5/7	1091	Pat Clemmons	M	37	Johnston	IA	12:30	00:38:47.98	00:38:51.50
30	63/74	6/7	1027	Doug Farrell	M	38	Adel	IA	13:25	00:41:31.63	00:41:42.44
31	64/74	7/7	1020	Bryan Clausen	M	38	Rochester	MN	14:23	00:44:43.97	00:44:43.97
32	65/74	6/7	1002	Mike Ankrom	M	49	Fulton	IL	18:06	00:52:00.20	00:56:15.47
33	66/74	2/3	1029	Matthew Helgeson	M	55	Altoona	IA	18:31	00:57:16.20	00:57:32.38
34	68/74	7/7	1025	Chris Donohue	M	43	Marion	IA	18:52	00:56:30.06	00:58:39.57
35	69/74	9/9	1018	Erik Christensen	M	29	Coralville	IA	19:46	00:58:53.77	01:01:27.21
36	72/74	3/3	1074	Delayne Stokke	M	56	Ames	IA	21:02	01:01:21.08	01:05:22.34