

12 Annual Loop the Lake 10 km

Raccoon River Park, West Des Moines, IA

April 14, 2012

57 degrees, 96% humidity, overcast

Results by Michael Franke

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME
1	OpM	Scottie Cross, 28, Ankeny, IA	35:52
2	OpM	Jon Rathje, 33, Ankeny, IA	36:51
3	OpM	Paul Barno, 31, Des Moines, IA	38:30
4	1 M20	Shawn Goedken, 27, Urbandale, IA	39:06
5	1 M30	Corey Jansen, 30, Ankeny, IA	39:25
6	2 M30	Daniel Pinkerton, 36, Des Moines, IA	39:35
7	3 M30	Lance Gunkel, 33, Clive, IA	39:42
8	4 M30	Randall Stanford, 34, Clive, IA	39:59
9	5 M30	Daniel Blondowski, 37, Johnston, IA	40:32
10	6 M30	Adam Albright, 35, Des Moines, IA	40:38
11	MM	Kyle Weuve, 46, Urbandale, IA	40:43
12	7 M30	Aaron Wheelock, 31, Des Moines, IA	41:02
13	2 M20	Jeremy Arickx, 27, Ankeny, IA	41:15
14	8 M30	Randy Sturm, 34, Belmont, IA	41:26
15	9 M30	David Krohse, 32, Des Moines, IA	41:37
16	3 M20	Eric Gubbels, 27, Des Moines, IA	41:47
17	1 M40	Todd Haugen, 48, Story City, IA	42:01
18	10 M30	Chris Gasche, 39, Norwalk, IA	42:09
1	OpW	Sara Hendrickson, 25*, Des Moines, IA	42:22
2	OpW	Stephanie Mortenson, 30*, Urbandale, IA	42:34
3	OpW	Carrie Van Quathem, 40*, Urbandale, IA	43:01
19	2 M40	Kevin Cline, 45, Grimes, IA	43:04
20	11 M30	Steve Houg, 37, West Des Moines, IA	43:10
21	12 M30	Robert Rehkemper, 34, Urbandale, IA	43:34
22	3 M40	Benjamin Lounsbury, 47, W. DesMoines, IA	43:51
4	1 W20	Angela Conlon, 23*, Des Moines, IA	44:00
23	4 M40	Mike Ham, 41, Winterset, IA	44:01
24	13 M30	Trent Donnelly, 35, Dexter, IA	44:21
25	5 M40	Carl W. Seidler, 40, Winterset, IA	44:29
26	1 M60	Curt Hoegh, 60, Clive, IA	44:29
27	14 M30	Jon Pena, 38, Grimes, IA	44:32
28	15 M30	Michael Hotze, 30, Council Bluffs, IA	44:45
29	6 M40	David Baccile, 42, Cumming, IA	44:54
30	16 M30	Jeremy Mueller, 35, West Des Moines, IA	45:27
31	7 M40	Kenneth Overton, 44, Des Moines, IA	45:49
32	8 M40	Pat Hamilton, 45, Algona, IA	46:25
33	9 M40	Joe Davisson, 48, West Des Moines, IA	46:36
34	10 M40	Curt Retz, 46, West Des Moines, IA	46:37
35	17 M30	Brent Allen, 31, Johnston, IA	46:40
36	11 M40	Michael McCulloch, 45, Des Moines, IA	46:40
5	1 W30	Rachel Hoger, 37*, Johnston, IA	46:49
37	12 M40	Bryan Trout, 41, Ankeny, IA	46:52
38	18 M30	Matthew Mann, 30, West Des Moines, IA	46:55
6	1 W40	Dana Kramer, 49*, Urbandale, IA	46:57
7	2 W30	Erin Jansen, 31*, Ankeny, IA	47:09
39	4 M20	Patrick Mueller, 27, Chicago, IL	47:21

8	1 W50	Kristy Cain, 52*, Urbandale, IA	47:25
40	19 M30	Jason Lamping, 35, Johnston, IA	47:39
9	3 W30	Erica Upmeyer, 34*, West Des Moines, IA	47:47
41	20 M30	Brandon Lee, 39, West Des Moines, IA	47:53
42	21 M30	Craig Schneider, 38, Waukee, IA	47:57
43	13 M40	Max Studer, 48, Norwalk, IA	48:00
44	22 M30	Clint Jones, 37, West Des Moines, IA	48:11
45	14 M40	Matthew Morgan, 41, Ankeny, IA	48:19
46	1 M50	Jeff Feder, 51, Norwalk, IA	48:23
47	2 M60	Al Hildestad, 62, Des Moines, IA	48:47
10	4 W30	Laura Reynolds, 36*, West Des Moines, IA	48:48
11	1 JrW	Cassidy Gornick, 16*, Norwalk, IA	48:50
12	5 W30	Angie Tumey, 30*, Ankeny, IA	48:54
48	23 M30	Tony Guerra, 39, Ankeny, IA	48:55
49	5 M20	Mark Moore, 26, Des Moines, IA	48:56
50	15 M40	Tim Steenhoek, 44, Pleasant hill, IA	49:02
51	24 M30	Clinton Cummings, 30, Carroll, IA	49:21
13	2 W20	Darci Pratt, 29*, West Des Moines, IA	49:23
52	16 M40	Christopher West, 40, Des Moines, IA	49:25
53	17 M40	Brian Benjamfin, 47, Perry, IA	49:27
54	6 M20	Andrew Buel, 25, Johnston, IA	49:31
14	6 W30	Sarah Andersson, 36*, West Des Moines, IA	49:42
55	7 M20	Bo Woolman, 22, Des Moines, IA	49:55
56	2 M50	Scott Boever, 51, Urbandale, IA	49:58
15	2 W40	Jeanna English, 40*, West Des Moines, IA	50:13
16	3 W20	Gwen Carlson, 22*, Des Moines, IA	50:24
17	7 W30	Sara Singh, 37*, Denver, CO	50:27
57	18 M40	Chris Caskey, 41, Earlham, IA	50:27
18	8 W30	Stacia Weber, 32*, Ankeny, IA	50:28
19	2 W50	Gail Bormann, 53*, Waukee, IA	50:32
58	19 M40	Rusty Ramseyer, 41, Norwalk, IA	50:40
59	20 M40	Clay Olson, 40, Perry, IA	50:49
60	25 M30	Lance Castle, 38, West Des Moines, IA	50:50
20	9 W30	Sara Schwendinger, 35*, Des Moines, IA	50:53
21	10 W30	Courtney Palmer, 39*, Des Moines, IA	51:12
61	8 M20	Andrew Brice, 23, West Des Moines, IA	51:15
22	3 W40	Annika Cornelisse, 40*, Des Moines, IA	51:16
62	26 M30	Jonathan Montpas, 38, Des Moines, IA	51:24
23	3 W50	Kathi Dellaca, 59*, Windsor Heights, IA	51:35
63	9 M20	James McConkey, 28, West Des Moines, IA	51:40
24	11 W30	Jamie Seiler, 35*, West Des Moines, IA	51:44
25	4 W40	Danielle Lin, 43*, Des Moines, IA	51:45
64	10 M20	Joshua Burrows, 27, Des Moines, IA	51:51
65	21 M40	Glen Dippold, 49, Clive, IA	51:52
66	3 M60	Richard Anfinson, 60, Cedar Falls, IA	51:58
26	5 W40	Casey Conner, 42*, West Des Moines, IA	52:04
67	22 M40	Jeff Schoondyke, 42, West Des Moines, IA	52:13
27	12 W30	Amy McAllister, 36*, Altoona, IA	52:15
28	4 W50	Dawn Cochran, 54*, W. Des Moines, IA	52:31
68	27 M30	Jeremy Pins, 37, West Des Moines, IA	52:36
69	11 M20	Zack Sammler, 29, Waukee, IA	52:46
29	4 W20	Katie Beeler, 29*, West Des Moines, IA	52:46
70	12 M20	David Casleton, 29, Ames, IA	52:54
71	23 M40	Craig Thompson, 48, Adel, IA	52:55
30	5 W20	Kari Wiklund, 26*, Ankeny, IA	52:59
72	4 M60	Roy Ney, 63, Des Moines, IA	53:00
73	28 M30	Brandon Rohlfen, 33, Ankeny, IA	53:07
31	13 W30	Cathy Bormann, 33*, Urbandale, IA	53:13
74	29 M30	Ryan Janke, 31, Prole, IA	53:30
75	24 M40	Ahmed Ibrahim, 44, Urbandale, IA	53:33
76	1 M70	Jim Matthews, 71, Baxter, IA	53:36
32	6 W20	Andrea Astrup, 26*, West Des Moines, IA	53:45

33	6 W40	Nliz Miller, 43*, Waukee, IA	53:47
77	25 M40	Blair Smith, 41, Des Moines, IA	53:51
34	7 W40	Mary Smith, 41*, Des Moines, IA	53:52
78	26 M40	Paul Rearick, 43, Ankeny, IA	53:53
35	14 W30	Susanne Kennedy, 35*, Des Moines, IA	53:58
79	27 M40	Dan Gornick, 47, Norwalk, IA	54:06
80	13 M20	Lance Johnston, 28, Ankeny, IA	54:08
36	8 W40	Tracy Cheney, 49*, West Des Moines, IA	54:10
37	15 W30	Emily Casleton, 31*, Ames, IA	54:19
81	3 M50	Randy Westman, 52, Russell, IA	54:28
38	16 W30	Jackie Rayburn, 39*, Urbandale, IA	54:39
39	9 W40	Heather Stilborn, 49*, Clive, IA	54:39
40	5 W50	Betsy Frederes, 54*, Clive, IA	54:41
41	10 W40	Valerie Hamilton, 41*, Algona, IA	54:44
82	4 M50	Jeff Hileman, 53, Knoxville, IA	54:53
83	28 M40	John Goedken, 43, Des Moines, IA	55:05
42	6 W50	Diana Ronk, 50*, Des Moines, IA	55:07
84	5 M50	Gary Fotiu, 55, Earlham, IA	55:08
85	30 M30	John Terlisner, 36, Des Moines, IA	55:13
43	17 W30	Karen Smith, 36*, Urbandale, IA	55:25
44	18 W30	Tara Rehmeier, 36*, Indianola, IA	55:26
86	31 M30	Neal Tapken, 36, Adel, IA	55:32
87	29 M40	Kelly Striegle, 43, Knoxville, IA	55:32
45	19 W30	Megan Heslinga, 30*, Wdm, IA	55:42
88	32 M30	Steven Kuhns, 34, Waukee, IA	55:57
46	7 W20	Leann Thongvanh, 29*, Des Moines, IA	55:59
47	11 W40	Vicki Bott, 47*, Clive, IA	56:28
89	30 M40	Keith Lydon, 42, West Des Moines, IA	56:31
90	14 M20	Lee Madison, 27, Orient, IA	56:33
48	12 W40	Juli Cambron, 40*, Indianola, IA	56:40
49	8 W20	Beth Madison, 25*, Orient, IA	56:40
50	20 W30	Kelley Harms, 36*, Urbandale, IA	56:44
51	9 W20	Kelsey Egli, 28*, Ankeny, IA	56:44
91	15 M20	Jimmy Oltmann, 28, West Des Moines, IA	56:45
92	16 M20	Jacob Mroz, 23, Urbandale, IA	56:46
52	7 W50	Ruth Comer, 50*, Chariton, IA	56:48
53	13 W40	Michelle Willenborg, 42*, Urbandale, IA	57:03
54	21 W30	Kami Meyer, 34*, Indianola, IA	57:22
93	31 M40	Scott Dean, 48, Des Moines, IA	57:24
94	32 M40	John Noll, 49, Clive, IA	57:28
55	22 W30	Katie Wulkow, 30*, Grimes, IA	57:29
56	10 W20	Natalie Deming, 24*, Des Moines, IA	57:42
95	33 M40	Jeff Magner, 42, Ankeny, IA	57:46
57	11 W20	Ashley Shaw, 29*, Edwardsville, KS	57:54
96	33 M30	Brett Blanchfield, 37, Des Moines, IA	58:02
58	12 W20	Sarah Murphy, 27*, West Des Moines, IA	58:09
59	23 W30	Mala De Vore, 30*, Ankeny, IA	58:13
60	13 W20	Robin Sullivan, 29*, Altoona, IA	58:13
97	17 M20	Jamison Lensing, 27, Des Moines, IA	58:22
61	14 W20	Kate Fielitz, 24*, West Des Moines, IA	58:26
62	15 W20	Nicole Moklestad, 24*, Des Moines, IA	58:26
98	34 M30	Ryan Wahl, 30, Urbandale, IA	58:29
63	24 W30	Jessica Durand, 30*, Des Moines, IA	58:46
64	2 JrW	Megan Lenox, 14*, Melbourne, IA	58:55
65	14 W40	Teresa Strauss, 41*, Waukee, IA	59:04
66	25 W30	Ana Hayes, 33*, West Des Moines, IA	59:08
99	35 M30	Jesper Andersson, 36, West Des Moines, IA	59:10
67	26 W30	Cindy Perry, 34*, Johnston, IA	59:13
68	15 W40	Keri Meyer, 41*, Johnston, IA	59:16
100	18 M20	Nic Aleman, 20, West Des Moines, IA	59:18
69	27 W30	Lesley Beerends, 37*, Des Moines, IA	59:23
70	28 W30	Michelle Campbell, 35*, West Des Moines, IA	

			59:30
71	29 W30	Lori Bryan, 30*, Ankeny, IA	59:34
101	6 M50	Darl George, 52, Urbandale, IA	59:37
72	16 W40	Denise Richardson, 46*, Urbandale, IA	59:37
73	16 W20	Karla Quandt, 21*, Cedar Falls, IA	59:43
74	3 JrW	Elizabeth Bolten, 19*, Cedar Falls, IA	59:43
102	36 M30	Eric Hyde, 31, Des Moines, IA	59:45
75	17 W40	Pam Hyde, 44*, Des Moines, IA	59:45
76	30 W30	Amanda Barsness, 34*, West Des Moines, IA	59:58
77	17 W20	Chelsey Mitchener, 25*, Des Moines, IA	1:00:04
103	34 M40	Ron Pohlman, 48, Earlham, IA	1:00:06
104	37 M30	Brett McAllister, 34, Altoona, IA	1:00:27
105	38 M30	Rich Staley, 35, Altoona, IA	1:00:28
78	18 W40	Julie Schwalbe, 46*, Des Moines, IA	1:00:31
106	7 M50	Marty Kalton, 53, Des Moines, IA	1:00:31
79	8 W50	Susan Brandt, 50*, Urbandale, IA	1:00:35
80	31 W30	Liza Rogers, 35*, West Des Moines, IA	1:00:45
81	32 W30	Sarah Yurcek, 30*, Des Moines, IA	1:00:45
82	18 W20	Melanie Jackson, 28*, West Des Moines, IA	1:00:45
			1:00:45
83	19 W20	Jennifer Morris, 27*, Grimes, IA	1:00:48
107	8 M50	Curt Gause, 52, Pleasant hill, IA	1:00:50
84	19 W40	Deborah Clark, 44*, Des Moines, IA	1:01:03
108	5 M60	Kevin Cooney, 60, Des Moines, IA	1:01:08
85	20 W40	Jeanette Kratoofil, 42*, Indianola, IA	1:01:12
86	33 W30	Melissa Gress, 30*, West Des Moines, IA	1:01:14
87	34 W30	Heather Curtis, 38*, Des Moines, IA	1:01:26
109	35 M40	Troy Gullett, 42, Ankeny, IA	1:01:33
88	4 JrW	Emily Christians, 16*, Urbandale, IA	1:01:36
110	36 M40	Dale Christians, 46, Urbandale, IA	1:01:36
111	19 M20	Michael Hoff, 29, Des Moines, IA	1:01:37
89	35 W30	Meghan Shively, 33*, Bloomfield, IA	1:01:40
90	36 W30	Jill Frederick, 34*, Waukee, IA	1:01:41
112	6 M60	Mark McGrath, 63, Des Moines, IA	1:01:55
113	7 M60	Geoff Miller, 61, Des Moines, IA	1:01:56
114	20 M20	Cory Mielk, 25, Muscatine, IA	1:02:09
91	21 W40	Eva Moritz, 40*, Ankeny, IA	1:02:10
92	37 W30	Andrea Quam, 36*, Urbandale, IA	1:02:12
93	38 W30	Robin Wasteney, 37*, Des Moines, IA	1:02:12
94	39 W30	Vanessa Blanchfield, 35*, Des Moines, IA	1:02:23
95	1 W60	Caryn Westman, 60*, Russell, IA	1:02:33
96	22 W40	Jennifer Tigges, 40*, Waukee, IA	1:02:38
97	23 W40	Kim Kelly, 41*, Waukee, IA	1:02:38
115	8 M60	Buzz Hoffman, 64, West Des Moines, IA	1:02:43
98	24 W40	Wendy Bryant, 42*, Clive, IA	1:02:59
99	20 W20	Jacinda Schipper, 26*, Ankeny, IA	1:03:07
100	1 W70	Breta Westlund, 72*, Urbandale, IA	1:03:15
101	40 W30	Shelly Brokaw, 38*, Clearfield, IA	1:03:55
102	5 JrW	Kristin Lenox, 14*, Melbourne, IA	1:04:04
103	9 W50	Karen Mroz, 52*, Marshalltown, IA	1:04:04
104	10 W50	Debi Baker, 51*, Urbandale, IA	1:04:08
105	11 W50	Nancy Betz, 53*, Grimes, IA	1:04:09
116	39 M30	Eli Stover, 33, Osceola, IA	1:04:12
117	37 M40	Matthew Mertens, 44, Johnston, IA	1:04:12
118	9 M50	Dennis Howard, 58, Des Moines, IA	1:04:23
106	21 W20	Leah Koepp, 23*, Des Moines, IA	1:04:30
107	41 W30	Andrea Spurgeon, 34*, Ankeny, IA	1:04:32
108	42 W30	Holly Ann Russell, 31*, Urbandale, IA	1:04:53
109	43 W30	Heidi Long, 37*, Indianola, IA	1:05:02
119	40 M30	Walter Long, 36, Indianola, IA	1:05:04
110	44 W30	Blanca Biede, 37*, West Des Moines, IA	1:05:21
111	25 W40	Kathy Agocs, 40*, Urbandale, IA	1:05:29

112	2 W60	Avis James, 65*, Urbandale, IA	1:05:30
113	22 W20	Mandi McReynolds, 29*, West Des Moines, IA	1:05:31
120	41 M30	Mike Perin, 31, West Des Moines, IA	1:05:31
114	45 W30	Francine Brown, 32*, Ankeny, IA	1:05:31
115	23 W20	Brittany Telk, 22*, Ankeny, IA	1:05:50
121	10 M50	Steve Mroz, 52, Marshalltown, IA	1:05:55
122	42 M30	Adam Gardiner, 35, Adel, IA	1:06:17
116	24 W20	Desiree Bryant, 26*, Osceola, IA	1:06:34
117	46 W30	Heather Schebel, 38*, West Des Moines, IA	1:06:50
118	47 W30	Abby Chungath, 36*, Des Moines, IA	1:06:51
119	48 W30	Lisa Tekippe, 32*, Urbandale, IA	1:07:17
120	49 W30	Nicole Lester-Ekis, 39*, Waukee, IA	1:07:24
123	21 M20	Matt Richman, 26, Urbandale, IA	1:07:33
124	22 M20	Joshua Bertocki, 28, Des Moines, IA	1:07:40
125	43 M30	Ryan Dixon, 38, Ankeny, IA	1:07:53
121	26 W40	Maggie Thompson, 46*, Perry, IA	1:08:00
126	1 JrM	Matthew Lenox, 15, Melbourne, IA	1:08:01
122	50 W30	Katie Turner, 34*, Creston, IA	1:08:02
123	51 W30	Tami Romick, 37*, Urbandale, IA	1:08:04
124	12 W50	Teri Lohr, 50*, Des Moines, IA	1:08:05
125	52 W30	Mary Fratianni, 37*, West Des Moines, IA	1:08:18
126	27 W40	Jody Kiehne, 45*, Urbandale, IA	1:08:24
127	53 W30	Andrea Thompson, 30*, Des Moines, IA	1:08:28
128	54 W30	Jeni Pulliam, 31*, Des Moines, IA	1:09:29
129	55 W30	Kerrie Hammelton, 37*, Clive, IA	1:09:33
130	28 W40	Lisa Scheppmann, 47*, West Des Moines, IA	1:09:35
127	44 M30	Khone Keoouthai, 38, Des Moines, IA	1:10:30
131	25 W20	Julianne Tunney, 29*, Ankeny, IA	1:10:46
132	29 W40	Margaret Hintze, 42*, Bondurant, IA	1:10:57
133	3 W60	Pam German, 60*, Dallas Center, IA	1:11:10
134	26 W20	Maridith Furlong, 26*, Des Moines, IA	1:11:51
128	2 JrM	Brett Altena, 14, Polk City, IA	1:12:19
135	27 W20	Catherine Bjers, 28*, Arlington Heights, IL	1:12:22
136	4 W60	Jean Kristensen, 63*, West Des Moines, IA	1:13:17
137	56 W30	Karen Wiese, 31*, Des Moines, IA	1:13:29
129	45 M30	Ben Terlisner, 31, Des Moines, IA	1:14:44
138	28 W20	Katie Terlisner, 28*, Des Moines, IA	1:14:45
139	13 W50	Colleen Larimer, 54*, Bedford, IA	1:15:03
140	57 W30	Cinda Whitten, 36*, Winterset, IA	1:15:04
141	58 W30	Melissa Hoffman, 38*, Indianola, IA	1:16:29
142	14 W50	Alisa Horn, 52*, Johnston, IA	1:20:46
130	2 M70	Hummer Brown, 72, Des Moines, IA	1:29:33

* indicates females

7 finishers among Males (no age given)

2 finishers among Men Under 20

22 finishers among Men 20 - 29

45 finishers among Men 30 - 39

37 finishers among Men 40 - 49

10 finishers among Men 50 - 59

8 finishers among Men 60 - 69

2 finishers among Men 70 & Up

5 finishers among Women Under 20

28 finishers among Women 20 - 29

58 finishers among Women 30 - 39

29 finishers among Women 40 - 49

14 finishers among Women 50 - 59

4 finishers among Women 60 - 69

1 finishers among Women 70 & Up
133 male finishers
139 female finishers
272 total finishers

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