

15th Loop the Lake 8K**Des Moines, IA****April 18, 2015****60s and Overcast****Results by Cal Murdock**

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS	FINISHER	TIME	PACE
1	OpM	Julius Rotich, 40, Des Moines, IA	27:21	5:29
2	OpM	Mitchell Davis, 24, Des Moines, IA	28:44	5:45
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	OpM	Darin Schuknecht, 33, Pella, IA	30:19	6:04
4	1 M30	Aaron Wheelock, 34, Des Moines, IA	31:06	6:14
5	1 M35	Abel Shaw, 36, Johnston, IA	32:21	6:29
6	1 M50	Ben Lounsbury, 50, West Des Moines, IA	33:02	6:37
7	2 M30	Jared Kroese, 31, Des Moines, IA	33:04	6:37
8	1 M25	Mark Moore, 29, Clive, IA	33:31	6:43
9	2 M50	Troy Zeleznik, 52, West Des Moines, IA	33:36	6:44
10	1 M60	Willie Lahart, 61, Newton, IA	33:45	6:46
11	2 M25	Kyle Hoehns, 26, Ankeny, IA	34:01	6:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
12	3 M30	Nick Gifford, 33, Pleasant Hill, IA	35:18	7:04
1	OpW	Tracy Daugherty, 34*, Ankeny, IA	35:19	7:05
13	3 M50	Todd Haugen, 51, Des Moines, IA	35:27	7:06
14	1 JrM	Daniel Haisch, 14, Clive, IA	36:01	7:13
15	4 M50	S David Pullara, 51, Des Moines, IA	36:10	7:15
16	1 M45	Dennis Haney, 47, Clive, IA	36:15	7:16
17	4 M30	Jason Mason, 34, Des Moines, IA	36:26	7:18
2	OpW	Katherine Flickinger, 31*, Ankeny, IA	36:37	7:20
18	5 M50	John Ross, 53, Ottumwa, IA	36:55	7:24
19	5 M30	Nick McFall, 31, Cumming, IA	37:31	7:31
20	6 M50	Scott Bandy, 50, Indianola, IA	38:08	7:38
21	1 M40	Tony Guerra, 43, Ankeny, IA	38:17	7:40
22	2 M40	Scott Sundstrom, 42, Des Moines, IA	38:22	7:41
23	2 M60	Chuck Clark, 64, Carroll, IA	38:29	7:43
3	OpW	Annika Cornelisse, 43*, Des Moines, IA	38:30	7:43
4	1 W20	Ashley Pedersen, 24*, West Des Moines, IA	38:40	7:45
24	3 M40	Adam Van Dike, 40, West Des Moines, IA	38:43	7:45
25	2 M45	Kraig Daugherty, 46, Indianola, IA	38:46	7:46
26	2 M35	Brent Marmin, 38, West Des Moines, IA	38:58	7:48
5	1 W40	Kathryn Wittmer, 41*, Clive, IA	39:10	7:51
27	4 M40	Jason Wittmer, 44, Clive, IA	39:11	7:51
28	7 M50	Michael Boyle, 54, Ankeny, IA	39:12	7:51
6	1 W45	Robin Riggins, 48*, Urbandale, IA	39:28	7:55
7	2 W40	Michelle Vincent, 41*, Slater, IA	39:30	7:55
29	1 M65	Al Hildestad, 65, Des Moines, IA	39:32	7:55
30	1 M20	Austin Blom, 22, West Des Moines, IA	39:40	7:57
8	1 JrW	Katelyn Melcher, 18*, Ankeny, IA	39:45	7:58
9	2 W45	Laura Belin, 46*, Windsor Heights, IA	39:47	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

31	8	M50	Glen Dippold, 52, Clive, IA	40:09	8:03
32	9	M50	Dan Gornick, 50, Norwalk, IA	40:11	8:03
33	3	M45	Kent Bain, 49, West Des Moines, IA	40:19	8:05
10	1	W35	Megan Zach, 36*, Des Moines, IA	40:28	8:06
34	1	M55	Steven Wandro, 57, Des Moines, IA	40:30	8:07
35	3	M25	Eric Peterson, 29, Des Moines, IA	40:53	8:11
11	1	W30	Stephanie Majeran, 31*, Urbandale, IA	40:59	8:13
36	5	M40	Bill Kallestad, 44, Des Moines, IA	41:10	8:15
37	6	M30	Nathan Mundy, 32, Des Moines, IA	41:17	8:16
38	7	M30	Nathan Paul, 32, Altoona, IA	41:17	8:16
12	3	W40	Melinda Nye, 41*, Ankeny, IA	42:04	8:26
13	1	W50	Cindy De Prenger, 54*, Monroe, IA	42:05	8:26
14	2	W30	Tiffany Kayser, 34*, Cambridge, IA	42:08	8:26
39	8	M30	Nate Boulton, 34, Des Moines, IA	42:18	8:29
40	2	M55	Loyed Hedges, 55, Des Moines, IA	42:28	8:31
15	1	W25	Ashley Noethe, 27*, Indianola, IA	42:39	8:33
16	2	W35	Krista Banyas, 39*, Pleasant Hill, IA	42:57	8:36
41	3	M60	Jim Pratt, 62, Boone, IA	43:04	8:38
17	4	W40	Jodi Moore, 41*, Urbandale, IA	43:15	8:40
42	3	M55	Kirk Tibbetts, 59, Urbandale, IA	43:24	8:42
43	4	M25	Scott Byrd, 26, Omaha, NE	43:25	8:42
44	9	M30	Mitch Prashak, 34, Ankeny, IA	44:14	8:52
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

18	5	W40	Tammy Calhoun, 44*, West Des Moines, IA	45:16	9:04
19	3	W35	Patti Smith-Lawrence, 38*, Van Meter, IA	45:35	9:08
45	10	M30	Nick Berigan, 32, Urbandale, IA	45:51	9:11
20	2	W50	Julia Tentinger, 50*, Norwalk, IA	45:58	9:13
46	2	M65	Richard Schulz, 67, West Des Moines, IA	46:20	9:17
21	3	W30	Joni Shepherd, 32*, Indianola, IA	46:22	9:17
22	1	M60	Paula Dierenfeld, 60*, Johnston, IA	46:32	9:19
23	4	W35	Cinnamon Schulz, 39*, Carlisle, IA	46:51	9:23
47	4	M60	Kevin Case, 60, Grimes, IA	46:56	9:24
48	4	M55	Mark Hansing, 58, Urbandale, IA	47:06	9:26
24	1	W55	Julie Hedges, 55*, Des Moines, IA	47:28	9:31
49	5	M55	Sohail Ghaemi, 56, Portland, OR	47:51	9:35
25	5	W35	Jeanna McBain, 35*, Urbandale, IA	47:55	9:36
26	3	W45	Kristine Crisman, 49*, Des Moines, IA	47:57	9:37
50	3	M65	Steve Floyd, 66, Clive, IA	48:13	9:40
51	11	M30	Ryan Adamson, 33, West Des Moines, IA	48:16	9:40
27	6	W40	Carisa Silverio, 41*, West Des Moines, IA	48:19	9:41
28	2	W20	Yiran Xu, 22*, Ames, IA	48:24	9:42
52	12	M30	Bo Sun, 32, Ames, IA	48:24	9:42
29	4	W30	Courtney Bach, 32*, Urbandale, IA	48:26	9:42
30	3	W50	Ruth Comer, 53*, Chariton, IA	48:33	9:44
31	7	W40	Shawna Williams, 43*, Altoona, IA	49:05	9:50
53	6	M55	Duncan Gallagher, 55, Ankeny, IA	49:12	9:52
32	5	W30	Sarah Riley, 32*, Des Moines, IA	49:32	9:55
33	4	W45	Kris Rode, 46*, Ankeny, IA	49:51	9:59
54	10	M50	Mark Miller, 53, Winterset, IA	49:51	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

55	4	M45	Jeff Wieland, 45, Johnston, IA	49:55	10:00
34	8	W40	Juli Cambron, 43*, Indianola, IA	50:11	10:03
35	9	W40	Kim Coen, 40*, Creston, IA	50:39	10:09
56	3	M35	Scott Coen, 38, Creston, IA	50:40	10:09
57	5	M45	Mark Haisch, 49, Clive, IA	51:44	10:22
36	3	W20	Taylor McDaniel, 20*, Brooklyn, IA	51:54	10:24
58	13	M30	Joshua Bertocki, 31, Des Moines, IA	52:13	10:28
37	1	W65	Avis James, 68*, Urbandale, IA	52:27	10:31
59	4	M65	Mark McGrath, 66, Des Moines, IA	52:33	10:32
38	6	W35	Carrie Thomas, 38*, West Des Moines, IA	52:41	10:33
60	14	M30	Jason Muselman, 33, Des Moines, IA	52:47	10:35
61	11	M50	James Arthur, 51, Pleasant Hill, IA	52:52	10:36
39	7	W35	Cindy Gerjets, 37*, Ankeny, IA	52:57	10:37

62	15	M30	Guilin Zhang, 31, Des Moines, IA	53:24	10:42
40	4	W50	Becky Pratt, 50*, Boone, IA	54:05	10:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
63	5	M60	Phil Johnson, 61, Hampton, IA	54:59	11:01
41	6	W30	Stephanie Filer, 32*, Des Moines, IA	55:02	11:02
42	1	W75	Breta Westlund, 75*, Urbandale, IA	55:16	11:04
43	8	W35	Juliane Janek, 37*, Urbandale, IA	55:40	11:09
44	7	W30	Merrilee Hannan, 31*, Grimes, IA	55:54	11:12
45	5	W50	Christine Brandenburg, 51*, Urbandale, IA	56:04	11:14
64	12	M50	Larry Early, 53, Clive, IA	56:17	11:17
46	10	W40	Melissa R Mintle, 40*, Grinnell, IA	57:01	11:26
47	2	JrW	Sierra Howland, 10*, Des Moines, IA	57:58	11:37
65	6	M40	Mike Howland, 40, Des Moines, IA	57:59	11:37
48	6	W50	Lisa Ryan, 52*, Urbandale, IA	58:39	11:45
49	5	W45	Jody Kiehne, 48*, Urbandale, IA	58:40	11:45
50	2	W65	Larraine Etnier, 66*, Collins, IA	58:43	11:46
51	8	W30	Sarah Long, 31*, West Des Moines, IA	59:04	11:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
52	2	W25	Ellen Johanns, 29*, Reinbeck, IA	1:00:32	12:08
53	9	W30	Ashley LaRue, 30*, Montezuma, IA	1:01:48	12:23
54	9	W35	Sandra Gallentine, 38*, West Des Moines, IA	1:02:07	12:27
55	11	W40	Yvonne Naanep, 43*, Des Moines, IA	1:02:11	12:28
56	12	W40	Melanie Frausto, 44*, Des Moines, IA	1:03:02	12:38
57	10	W30	Stacy Crouse, 30*, Johnston, IA	1:03:22	12:42
58	11	W30	Krissy Daniel, 31*, Ankeny, IA	1:03:22	12:42
59	6	W45	Victoria Daniels, 46*, Des Moines, IA	1:03:53	12:48
60	10	W35	Gentry Smith, 38*, Lucas, IA	1:03:54	12:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
66	1	M75	Hummer Brown, 75, Des Moines, IA	1:16:33	15:20
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
61	7	W45	Kimberly Hawn, 46*, West Des Moines, IA	1:20:06	16:03
62	2	W60	Joyce Johnson, 61*, Ankeny, IA	1:22:15	16:29

* indicates females

6 finishers among Males (no age given)

1 finishers among Men Under 20

1 finishers among Men 20 - 24

4 finishers among Men 25 - 29

15 finishers among Men 30 - 34

3 finishers among Men 35 - 39

6 finishers among Men 40 - 44

5 finishers among Men 45 - 49

12 finishers among Men 50 - 54

6 finishers among Men 55 - 59

5 finishers among Men 60 - 64

4 finishers among Men 65 - 69

1 finishers among Men 75 & Up

2 finishers among Women Under 20

3 finishers among Women 20 - 24

2 finishers among Women 25 - 29

11 finishers among Women 30 - 34

10 finishers among Women 35 - 39

12 finishers among Women 40 - 44

7 finishers among Women 45 - 49

6 finishers among Women 50 - 54

1 finishers among Women 55 - 59

2 finishers among Women 60 - 64

2 finishers among Women 65 - 69

1 finishers among Women 75 & Up

69 male finishers

59 female finishers

128 total finishers

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