Ronald McDonald 5 km

Des Moines, IA

May 15, 2010

54 degrees, partly cloudy

Results by Michael Franke

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 PLACE		FINISHER	TIME	PACE
1	1	M30	Bryan Betzold, 37, Sioux City, IA	17:26	5:36
2	2	M30	Shawn Miller, 38, Des Moines, IA	17:50	5:44
3	3	M30	Jeremy Haack, 33, urbandale, IA	18:01	5:48
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
4	4	M30	Jeremy Dunlavey, 36, Ankeny, IA	19:41	6:20
5	1	M40	Dale Knoshaug, 48, Des Moines, IA	20:42	6:40
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
6	1	M60	Roy Ney, 61, Des Moines, IA	22:38	7:17
1	1	W20	Emilie Bertram, 28*, Ankeny, IA	23:01	7:25
7	1	M50	Paul Lindaman, 56, West Des Moines, IA	23:12	7:28
2	1	W30	Angie Klobnak, 35*, Des Moines, IA	23:17	7:30
8	1	M20	Joshua Schrofer, 29, West Des Moines, IA	23:51	7:40
9	2	M50	Jack Thompson, 51, Norwalk, IA	24:17	7:49
3	2	W20	Lisa Peterson, 29*, Lee's Summit, MO	24:26	7:52
10	2	M20	Joe Mcconkey, 26, Des Moines, IA	24:37	7:55
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
11	5	M30	Jeremy Howe, 33, Ankeny, IA	25:07	8:05
4	2	W30	Jean Gibson, 37*, Dexter, IA	25:11	8:06
12	3	M50	Darwin Schmig, 52, Des Moines, IA	25:20	8:09
5	1	W15	Kari Sicheneder, 18*, Des Moines, IA	25:50	8:19
13	1	JrM	Zachary Ross, 12, West Des Moines, IA	25:59	8:22
14	3	M20	Tim Maher, 29, Des Moines, IA	26:05	8:24
6	3	W30	Jeni Sundermeyer, 35*, Pleasant Hill, IA	26:06	8:24
7	3	W20	Heather Legler, 28*, Des Moines, IA	26:12	8:26
8	1	JrW	Sarah Kromminga, 13*, johnston, IA	26:28	8:31
9	4	W30	Melissa Sturm-Smith, 36*, Des Moines, IA	26:30	8:32
15	6	M30	Doug Sturm-Smith, 35, Des Moines, IA	26:32	8:32
16	4	M20	Devin Boyer, 23, Altoona, IA	26:35	8:33
10	1	W50	Elaine Lindaman, 56*, West Des Moines, IA	26:39	8:35
11	4	W20	Rachel Davies, 25*, West Des Moines, IA	26:50	8:38
12	5	W30	Katrisha Heidemann, 39*, Des Moines, IA	27:13	8:45
17	2	JrM	Calvin Dixon, 12, West Des Moines, IA	27:27	8:50
18	2	M40	David Dixon, 44, West Des Moines, IA	27:28	8:50
19	3	JrM	Izaak Dixon, 10, West Des Moines, IA	27:29	8:51
20	5	M20	Mike Cisney, 28, Waukee, IA	27:38	8:53
21	3	M40	Chris Dunkin, 46, Harvey, IA	27:41	8:55
13	2	JrW	Sandra Kromminga, 13*, johnston, IA	27:42	8:55
14	2	W50	Paula Buenneke, 50*, West Des Moines, IA	27:43	8:55
22	4	M40	John Kromminga, 45, johnston, IA	27:44	8:55
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top					
23			Dale Drent, Slater, IA	28:18	9:06
15	5	W20	Melissa Campbell, 25*, Waukee, IA	28:19	9:07

24	6	M20	Bryan Campbell, 26, Waukee, IA	28:20	9:07	
16	6	W20	Katie Donnelly, 28*, Clive, IA	28:25	9:09	
17	2	W15	Amanda Boyer, 19*, Cedar Rapids, IA	28:27	9:09	
18	6	W30	Amy Engle, 32*, Colfax, IA	28:35	9:12	
19	7	W20	Lindsey Stentz, 27*, Des Moines, IA	28:51	9:17	
20	1	W40	Deborah Rush, 42*, Des Moines, IA	28:54	9:18	
21	2	W40	Judi Hamaker, 43*, VanWert, IA	28:58	9:19	
22	8	W20	Stephanie Riggins, 29*, Windsor Heights, IA	29:01	9:20	
25	7	M20	Nathan Krier, 27, Newton, IA	29:05	9:21	
26	8	M20	Andrew Coan, 21, Newton, IA	29:06	9:22	
27	5	M40	Rich Griffith, 41, Ft. Dodge, IA	29:07	9:22	
23	7	W30	Jamie Hutchison, 33*, Des Moines, IA	29:12	9:24	
24	8	W30	Jill Gifford, 30*, Pleasant Hill, IA	29:30	9:30	
25	3	W40	Janeen Micka, 40*, West Des Moines, IA	29:32	9:30	
26	9	W20	Katie Sicheneder, 21*, Des Moines, IA	29:43	9:34	
28	9	M20	Jason Mason, 29, Des Moines, IA	29:44	9:34	
29	7	M30	David Benton, 36, Bondurant, IA	29:53	9:37	
30	6	M40	Bill Grund, 48	29:54	9:37	
27	10	W20	Sara Lockie, 27*, Ankeny, IA	29:57	9:38	
28	9	W30	Tiffany Tokam, 32*, Des Moines, IA	30:20	9:46	
29	10	W30	Rebecca Slater, 34*, Adel, IA	30:21	9:46	
31	7	M40	Matt Walters, 47, DeSoto, IA	30:32	9:50	
30	11	W30	Brooke Benton, 33*, Bondurant, IA	30:41	9:52	
31	3	W50	Terri Frieberg, 52*, Norwalk, IA	30:59	9:58	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

32	12	W30	Abbi Schutte, 31*, Des Moines, IA	31:05	10:00	
32	10	M20	Aaron Wych, 29, Des Moines, IA	31:06	10:00	
33	8	M40	James Knutson, 43, Cambridge, IA	31:34	10:09	
33	3	JrW	Madison Knutson, 11*, Cambridge, IA	31:35	10:10	
34	11	W20	Nicole Ginther, 26*, urbandale, IA	31:50	10:15	
34	4	JrM	Grady Wedig, 14, West Des Moines, IA	33:11	10:41	
35	12	W20	Stephanie Turner, 24*, johnston, IA	33:40	10:50	
35	4	M50	Bruce Benson, 52, Cumming, IA	33:41	10:50	
36	5	JrM	David Parker, 11, Des Moines, IA	33:48	10:52	
36	13	W30	Melissa Parker, 38*, Des Moines, IA	33:53	10:54	
37	2	M60	earl smith, 61, Des Moines, IA	33:53	10:54	
38	8	M30	David Todd, 34, West Des Moines, IA	33:54	10:55	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

37	4	W50	Patricia Fredrichs, 50*, Ankeny, IA	34:42	11:10	
38	14	W30	Autumn Weed, 37*, Adel, IA	34:43	11:10	
39	4	W40	Lisa Albrecht, 44*, Des Moines, IA	35:33	11:26	
39	9	M30	Nathan Motley, 37, urbandale, IA	36:17	11:40	
40	15	W30	Mae Green, 35*, Creston, IA	36:26	11:44	
41	16	W30	Elisha Busch, 30*, Winterset, IA	36:28	11:44	
42	13	W20	Betty Baker, 28*, Ankeny, IA	36:47	11:50	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

43	17	W30	Dana Parmenter, 30*, West Des Moines, IA	37:43	12:08	
44	18	W30	Kelly Breuner, 36*, Ankeny, IA	37:55	12:12	
45	19	W30	Kerry Feuling, 32*	37:56	12:12	
46	5	W40	Audra Gross, 41*, Adel, IA	39:43	12:47	
47	20	W30	Wendy Young, 34*, Adel, IA	39:44	12:47	
48	14	W20	Amanda Vincent, 24*, Pella, IA	40:07	12:55	
49	15	W20	Holly Cully, 27*, Oskaloosa, IA	40:09	12:55	
50	16	W20	Angela Witzenburg, 26*, Oskaloosa, IA	40:11	12:56	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

40	5	M50	Cool, 55	41:16	13:17	
51	6	W40	Christina Wiltse, 44*, iowa, IA	42:10	13:34	
52	7	W40	Brenda Renter, 45*, iowa, IA	42:11	13:34	
53	21	W30	Heather Schuster, 32*, urbandale, IA	42:27	13:40	
54	22	W30	Jamie Baas, 30*, Bondurant, IA	42:54	13:48	

55	8	W40	Dorenda Walters, 48*, DeSoto, IA	42:55	13:49	
56	9	W40	Chris Dickerson, 46*, Oskaloosa, IA	43:00	13:50	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

57	23	W30	Jennifer Soderlund, 36*, urbandale, IA	44:13	14:14	
41	9	M40	Angie Taylor, 45, Norwalk, IA	46:30	14:58	
58	10	W40	Susie Wadle, 44*, Granger, IA	46:32	14:58	
42	6	JrM	Jake Martinek, 14	46:35	14:59	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

59	24	W30	Mel Wohlgemuth, 30*, Kellogg, IA	49:09	15:49	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

60	11	W40	Lisa Hazelton, 42*	50:06	16:07	
61	5	W50	Marie Nixon, 50*, Villa Park, IL	51:11	16:28	
62	6	W50	Robertta Monahan, 51*, Des Moines, IA	51:11	16:28	
63	12	W40	Shan Goyl, 48*, West Des Moines, IA	51:19	16:31	
43	6	M50	Tom Campbell, 57, West Des Moines, IA	51:20	16:31	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

64	1	W60	Joyce Vanpelt, 61*, Ames, IA	53:08	17:06	
44	3	M60	Dennis Vanpect, 61, Ames, IA	53:11	17:07	
45	10	M40	Tim Rial, 40, Carroll, IA	54:47	17:38	
65	13	W40	Lisa Rial, 40*, Carroll, IA	54:47	17:38	
66	17	W20	Abby Arneson, 26*, West Des Moines, IA	54:51	17:39	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

67	18	W20	Jennifer Kleinmeyer, 26*, johnston, IA	57:00	18:21	
68	7	W50	Coleen Wadig, 52*, West Des Moines, IA	57:00	18:21	

Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | Top

69	14	W40	Diane Behle, 47*, Boone, IA	59:42	19:13	
46	7	JrM	Quentin Behle, 12, Boone, IA	59:43	19:13	

* indicates females
1 finishers among Males (no age given)
7 finishers among Men Under 15
10 finishers among Men 20 - 29
9 finishers among Men 30 - 39
10 finishers among Men 40 - 49
6 finishers among Men 50 - 59
3 finishers among Men 60 & Up
3 finishers among Women Under 15
2 finishers among Women 15 - 19
18 finishers among Women 20 - 29
24 finishers among Women 30 - 39
14 finishers among Women 40 - 49
7 finishers among Women 50 - 59
1 finishers among Women 60 & Up
46 male finishers
69 female finishers
115 total finishers

Return to home page.