



Friendly Sons of St. Patrick 10 km

West Des Moines, IA

March 30, 2014

58 degrees, cloudy, windy

Results by Michael Franke

[10K results](#)

[5K results](#)

10K Results

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	1 M30	Jack Johnson, 33, West Des Moines, IA	37:01	5:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
2	2 M30	Joe Lahart, 35, Cedar Rapids, IA	38:01	6:07
3	3 M30	Nathan Wenck, 36, Carroll, IA	39:03	6:17
4	1 M40	Paxton Bennett, 40, West Des Moines, IA	39:37	6:23
5	2 M40	Jason Hahn, 43, Des Moines, IA	40:25	6:30
6	3 M40	Brian Stewart, 42, West Des Moines, IA	40:39	6:32
1	1 W30	Stephanie Mortenson, 33*, West Des Moines, IA	40:42	6:33
7	1 M50	Keith Abels, 52, Ogden, IA	41:12	6:38
8	4 M40	David Larson, 42, West Des Moines, IA	41:29	6:41
9	1 M20	Mark Moore, 28, Des Moines, IA	41:36	6:42
10	2 M20	Kyle Vollstedt, 29, Granger, IA	42:09	6:47
2	1 W20	Sara Hendrickson, 27*, Des Moines, IA	42:20	6:49
11	4 M30	Tony Schubert, 32, Des Moines, IA	42:44	6:53
12	1 M60	Willie Lahart, 60, Des Moines, IA	43:02	6:55
13	5 M40	Andrew Shipley, 47, West Des Moines, IA	43:08	6:56
14	2 M50	Troy Zeleznik, 51, West Des Moines, IA	43:09	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
3	2 W30	Tiffany Bloyer, 30*, Ankeny, IA	44:03	7:05
4	2 W20	McKelle Moon, 24*, Urbandale, IA	44:15	7:07
15	6 M40	Scott Meyer, 49, Pella, IA	44:17	7:08
16	3 M50	Rob Hentzen, 53, West Des Moines, IA	44:53	7:13
17	3 M20	Dilon Flanders, 25, Grimes, IA	45:08	7:16
18	5 M30	Matthew Squires, 38, Grimes, IA	45:09	7:16
19	7 M40	Lee Hill, 45, Des Moines, IA	45:48	7:22
20	8 M40	Rick Glowacki, 45, Waukee, IA	45:50	7:23
21	9 M40	Mike Ham, 43, Winterset, IA	46:07	7:25
5	1 W40	Jill Majeres, 43*, West Des Moines, IA	47:10	7:35
6	3 W30	Kristi York, 34*, West Des Moines, IA	47:45	7:41

22	4	M50	Wayne Lacher, 52, Urbandale, IA	47:54	7:42
23	5	M50	Casey Showalter, 53, Altoona, IA	48:01	7:44
7	2	W40	Jeanna English, 42*, West Des Moines, IA	48:05	7:44
24	6	M50	David Desing, 51, Urbandale, IA	48:11	7:45
25	10	M40	Brian Peppenger, 44, Grimes, IA	48:20	7:47
26	11	M40	Kenneth Overton, 46, Des Moines, IA	48:28	7:48
8	4	W30	Angie Klobnak, 39*, Des Moines, IA	48:32	7:48
27	12	M40	Roger Selesky, 44, Ankeny, IA	48:34	7:49
28	6	M30	Mathew Mann, 32, West Des Moines, IA	48:42	7:50
29	1	M70	John Schneller, 70, West Des Moines, IA	48:49	7:51
30	4	M20	Troy Moon, 26, Urbandale, IA	48:51	7:52
31	2	M60	Mark Hayes, 64, Creston, IA	49:20	7:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

32	7	M50	David McLuang, 58, Des Moines, IA	49:49	8:01
33	7	M30	Brent Whipps, 34, Ankeny, IA	50:04	8:03
9	3	W40	Lisa Schwarte, 43*, West Des Moines, IA	50:25	8:07
34	8	M30	Matt Jackson, 37, Des Moines, IA	50:30	8:08
10	1	W50	Wilma Osmun, 54*, Creston, IA	50:47	8:10
35	3	M60	Mark Stelmacher, 60, West Des Moines, IA	50:53	8:11
36	9	M30	David Dixon, 38, Altoona, IA	50:58	8:12
37	10	M30	Benjamin Barndollar, 34, Des Moines, IA	51:00	8:12
11	4	W40	Ami Bolles, 41*, Waukee, IA	51:14	8:15
12	5	W40	Annika Cornelisse, 42*, Des Moines, IA	51:22	8:16
38	8	M50	Andrew Stroud, 55, Des Moines, IA	51:54	8:21
39	13	M40	Steven Novy, 43, Iowa Falls, IA	52:06	8:23
40	4	M60	Philip Hodges, 66, Ames, IA	52:25	8:26
13	6	W40	Kin Stewart, 45*, Des Moines, IA	52:54	8:31
41	14	M40	Sean Sexton, 44, Des Moines, IA	53:11	8:34
42	9	M50	Richard Hanna, 53, New Sharon, IA	53:13	8:34
14	7	W40	Michelle Vincent, 40*, Slater, IA	53:21	8:35
15	8	W40	Jenna Porter, 40*, Des Moines, IA	53:22	8:35
16	5	W30	Cara Rexroat, 31*, Des Moines, IA	53:36	8:37
43	11	M30	Cory Briggs, 32, West Des Moines, IA	53:41	8:38
44	10	M50	Jeff Feder, 53, Norwalk, IA	53:45	8:39
45	11	M50	John Vujnovich, 59, Des Moines, IA	54:25	8:45
17	6	W30	Melissa Crosby, 34*, Ankeny, IA	54:36	8:47
46	15	M40	Michael Perry, 48, West Des Moines, IA	54:49	8:49
47	12	M50	David Peters, 54, Newton, IA	54:52	8:50
48	16	M40	James Arthur, 49, Des Moines, IA	55:18	8:54
49	12	M30	James McConkey, 30, West Des Moines, IA	55:31	8:56
18	7	W30	Cindy Perry, 36*, Winterset, IA	55:35	8:57
19	3	W20	Maranda McMeekin, 26*, Cedar Rapids, IA	55:37	8:57
50	17	M40	John Harris, 44, Ankeny, IA	55:37	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

20	8	W30	Jenelle Ausborn, 34*, Polk City, IA	55:57	9:00
51	13	M30	Robert Kistner, 31, Des Moines, IA	56:00	9:01
52	18	M40	Matt Pullin, 41, Des Moines, IA	56:10	9:02
21	4	W20	Sarah Renihan, 22*, Des Moines, IA	56:11	9:02
53	13	M50	Christopher Renihan, 51, New Providence, IA	56:12	9:03
54	14	M30	Charles Taylor, 35, Carlisle, IA	56:19	9:04
55	15	M30	Dan Messerschmidt, 35, West Des Moines, IA	56:26	9:05
22	9	W30	Jolene Johnson, 39*, Ankeny, IA	56:48	9:08
23	10	W30	Nina Amato, 31*, Ankeny, IA	56:52	9:09
24	9	W40	Susan Eggert, 49*, Clive, IA	57:04	9:11
56	14	M50	Patrick Moriarity, 58, Pella, IA	57:25	9:14
57	19	M40	Patrick Hammen, 49, Waukee, IA	57:32	9:15
58	20	M40	Ted Bolles, 43, Waukee, IA	57:49	9:18
59	16	M30	Kirk Youngberg, 31, Ames, IA	58:24	9:24
60	17	M30	Randy Vyhnalek, 34, Omaha, NE	58:49	9:28
25	2	W50	Sherri Huff, 51*, Winterset, IA	59:06	9:31
26	3	W50	Julia Batten, 58*, Carlisle, IA	59:10	9:31
27	11	W30	Jill Crosser, 32*, Ames, IA	59:17	9:32

61	5	M60	Gery Haag, 60, Johnston, IA	59:21	9:33
28	10	W40	Christine Cownie, 40*, Des Moines, IA	59:22	9:33
29	11	W40	Jennifer Tiffay, 41*, Des Moines, IA	59:25	9:34
62	21	M40	Joe Akers, 48, Grimes, IA	59:28	9:34
63	6	M60	Richard Newkirk, 65, Ankeny, IA	59:30	9:34
30	12	W40	Norma Ginger, 42*, Pleasantville, IA	59:45	9:37
31	5	W20	Constance Bell, 23*, Norwalk, IA	59:51	9:38
64	15	M50	David Klinkenborg, 54, Windsor Heights, IA	59:58	9:39
32	6	W20	Rachael Poore, 29*, West Des Moines, IA	1:00:18	9:42
65	18	M30	Rob Renschler, 35, Coon Rapids, MN	1:00:19	9:42
66	16	M50	Doug Jacobson, 56, Ames, IA	1:00:36	9:45
33			Kim Taylor*, West Des Moines, IA	1:01:00	9:49
34	12	W30	Jessica Durand, 32*, Des Moines, IA	1:01:11	9:51
67	22	M40	Mike Murphy, 48, Des Moines, IA	1:01:17	9:52
35	13	W40	Tara Murphy, 48*, Des Moines, IA	1:01:18	9:52
36	14	W40	Dee Dee Janssen, 48*, Ankeny, IA	1:01:44	9:56
68	17	M50	Michael Boyle, 53, Ankeny, IA	1:01:44	9:56
37	15	W40	Melanie Staver, 40*, Afton, IA	1:01:59	9:58
69	23	M40	Eric Conrad, 43, Des Moines, IA	1:02:03	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

38	16	W40	Colleen Bentzen, 43*, West Des Moines, IA	1:02:13	10:01
39	13	W30	Tricia Potter, 30*, Des Moines, IA	1:02:19	10:02
70	24	M40	Michael Newhall, 44, Norwalk, IA	1:03:05	10:09
40	1	JrW	Kelli Newhall, 18*, Norwalk, IA	1:03:05	10:09
41	17	W40	Kristen Marsh, 40*, Des Moines, IA	1:03:09	10:10
71	25	M40	Tyler Marsh, 41, Des Moines, IA	1:03:10	10:10
42	14	W30	Tammie Dixon, 36*, Altoona, IA	1:03:15	10:11
43	4	W50	Joyce Wiederin, 55*, Lake City, IA	1:03:31	10:13
72	7	M60	Lew Schaefer, 62, Norwalk, IA	1:04:17	10:21
44	5	W50	Lori Schwartz, 53*, Greenfield, IA	1:04:29	10:23
45	7	W20	Brooke Heusinkveld, 20*, Britt, IA	1:04:30	10:23
73	26	M40	Bruce Heusinkveld, 42, Britt, IA	1:04:31	10:23
46	15	W30	Beth Jones, 36*, West Des Moines, IA	1:04:42	10:25
47	16	W30	Michele Loder, 39*, West Des Moines, IA	1:04:42	10:25
74	19	M30	Justin Frerichs, 33, Johnston, IA	1:05:23	10:31
75	27	M40	Ed Acoymo, 49, Ankeny, IA	1:05:26	10:32
48	17	W30	Beth Ziegmann, 37*, West Des Moines, IA	1:05:56	10:37
76	8	M60	Dennis Howard, 60, Des Moines, IA	1:06:02	10:38
49	18	W40	Julie Rees, 41*, Pleasant Hill, IA	1:06:22	10:41
50	6	W50	Laurie Bence, 54*, W. Des Moines, IA	1:07:05	10:48
51	18	W30	Kristine Chung, 32*, Des Moines, IA	1:07:08	10:48
77	28	M40	Eric Forquer, 42, Afton, IA	1:07:18	10:50
52	19	W30	Stephanie Filer, 31*, Des Moines, IA	1:07:20	10:50
53	19	W40	Kim McDonald, 41*, Ankeny, IA	1:07:26	10:51
54	20	W30	Tiffany Schnell, 33*, West Des Moines, IA	1:07:32	10:52
55	21	W30	Shannon Flesher, 36*, Pleasantville, IA	1:07:32	10:52
56	22	W30	Lisa Walters, 34*, West Des Moines, IA	1:07:39	10:53
57	20	W40	Karen Reck, 42*, West Des Moines, IA	1:07:41	10:53
58	2	JrW	Amelia Leshner, 13*, Cambridge, IA	1:08:10	10:58
59	21	W40	Tracy Leshner, 42*, Cambridge, IA	1:08:10	10:58
60	8	W20	Jody Horstman, 29*, 50265, IA	1:08:17	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

78	18	M50	Steve Shifflett, 55, Ames, IA	1:08:57	11:06
61	22	W40	Julie Phippen, 43*, Indianola, IA	1:09:39	11:12
62	23	W40	Gabrielle Carlson, 41*, West Des Moines, IA	1:10:01	11:16
63	23	W30	Jenny Chung, 34*, Johnston, IA	1:10:02	11:16
64	24	W40	Shawntel Cooney, 41*, Des Moines, IA	1:11:34	11:31
79	19	M50	Larry Johnson, 53, Ankeny, IA	1:12:24	11:39
80	20	M50	Jeff Pitts, 53, Polk City, IA	1:12:44	11:42
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

65	3 JrW	Isabelle Standt, 11*, Urbandale, IA	1:17:38	12:30
81	29 M40	Doug Staudt, 45, Urbandale, IA	1:17:39	12:30
66	24 W30	Brandi Millikan, 32*, Johnston, IA	1:17:41	12:30
67	25 W40	Yvonne Naanep, 42*, Des Moines, IA	1:17:42	12:30
68	25 W30	Holly Grasmick, 33*, Des Moines, IA	1:17:44	12:31
69	9 W20	Samantha Roberts, 24*, Johnston, IA	1:17:51	12:32
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

70	26 W30	Jackie Origer, 31*, Des Moines, IA	1:21:18	13:05
82	30 M40	Darin Origer, 44, Des Moines, IA	1:21:19	13:05
71	27 W30	Nicole Kile, 33*, Des Moines, IA	1:23:52	13:30
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

83	2 M70	Hummer Brown, 74, Des Moines, IA	1:28:33	14:15
72	7 W50	Deb Atkins, 52*, Nevada, IA	1:29:09	14:21
73	1 W60	Toni Johnston, 61*, Des Moines, IA	1:29:09	14:21
74	28 W30	Alison Matthes, 30*, West Des Moines, IA		0
75	29 W30	Breann Acker, 32*, West Des Moines, IA		0
76	1 W70	Mary Day, 70*, West Des Moines, IA		0

* indicates females

4 finishers among Men 20 - 29
 19 finishers among Men 30 - 39
 30 finishers among Men 40 - 49
 20 finishers among Men 50 - 59
 8 finishers among Men 60 - 69
 2 finishers among Men 70 & Up
 3 finishers among Women Under 20
 9 finishers among Women 20 - 29
 29 finishers among Women 30 - 39
 25 finishers among Women 40 - 49
 7 finishers among Women 50 - 59
 1 finishers among Women 60 - 69
 1 finishers among Women 70 & Up
 1 finishers among Females (no age given)
 83 male finishers
 76 female finishers
 159 total finishers

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