



Friendly Sons of St. Patrick 10 km

West Des Moines, IA

March 29, 2015

50 degrees at start, windy

[Results by Michael Franke](#)

5K results [HERE](#)

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	Scott Johnson, 32, Ames, IA	34:04	5:29
2	1 M40	Jay Pennington, 43, Des Moines, IA	35:33	5:43
3	2 M40	Julius Rotich, 40, Des Moines, IA	35:52	5:46
4	1 M20	Patrick O'Shea, 29, Marshalltown, IA	36:45	5:55
5	2 M20	Pat Carruthers-Green, 29, Des Moines, IA	36:51	5:56
6	2 M30	Nathan Wenck, 37, Carroll, IA	36:59	5:57
7	3 M20	Mitchell Davis, 24, Des Moines, IA	37:03	5:58
8	3 M30	Joe Lahart, 36, Cedar Rapids, IA	37:11	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
9	3 M40	Brian Stewart, 43, Waukee, IA	41:50	6:44
10	4 M40	Andrew Shipley, 48, West Des Moines, IA	43:13	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
11	5 M40	David Larson, 43, West Des Moines, IA	43:31	7:00
12	1 M50	Troy Zeleznik, 52, West Des Moines, IA	43:55	7:04
13	1 M60	Willie Lahart, 61, Newton, IA	44:21	7:08
14	6 M40	Jason Laughlin, 40, Des Moines, IA	44:25	7:09
1	1 W30	Tiffany Bloyer, 31*, Ankeny, IA	44:34	7:10
2	1 W20	Laura Barnaby, 29*, Ankeny, IA	45:12	7:16
15	4 M30	Andy Briggs, 34, Urbandale, IA	45:24	7:18
16	7 M40	Jon Murphy, 44, Des Moines, IA	45:40	7:21
17	8 M40	Phiip Behrends, 42, West Des Moines, IA	46:26	7:28
18	2 M50	Casey Showalter, 54, Altoona, IA	46:54	7:33
19	9 M40	Jon Pena, 41, Grimes, IA	47:10	7:35
20	3 M50	Bruce Drummond, 56, Des Moines, IA	47:12	7:36
3	2 W30	Melissa Crosby, 35*, Des Moines, IA	48:17	7:46
21	10 M40	John Urban, 47, Johnston, IA	48:19	7:46
22	1 JrM	Daniel Haisch, 14, Clive, IA	48:29	7:48
4	1 W40	Jeanna English, 43*, West Des Moines, IA	48:37	7:49
23	4 M20	Corey Schoop, 26, Des Moines, IA	48:39	7:50
5	3 W30	Kari Dietch, 32*, Newton, IA	48:52	7:52
6	2 W40	Annika Cornelisse, 43*, Des Moines, IA	49:11	7:55
7	3 W40	Ellen Middleswart, 49*, Urbandale, IA	49:13	7:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

8	4	W30	Kristi York, 35*, Wdm, IA	49:45	8:00
24	11	M40	Brian Rumelhart, 41, Ankeny, IA	50:24	8:07
25	4	M50	Wayne Lacher, 53, Urbandale, IA	50:36	8:09
26	2	M60	Mark Stelmacher, 61, West Des Moines, IA	50:44	8:10
27	3	M60	Al Hildestad, 65, Des Moines, IA	50:50	8:11
28	5	M30	Kurt Sparks, 37, Des Moines, IA	50:59	8:12
29	12	M40	Tony Guebba, 42, Ankeny, IA	51:02	8:13
9	4	W40	Amy Justiniano, 43*, Ankeny, IA	51:25	8:16
10	2	W20	Hannah Davis, 28*, West Des Moines, IA	51:30	8:17
30	4	M60	Bill Parks, 62, Des Moines, IA	51:37	8:18
11	5	W30	Ann Marie Day, 33*, West Des Moines, IA	51:39	8:19
12	5	W40	Michelle Vincent, 41*, Slater, IA	51:40	8:19
13	6	W30	Bethany Cockran, 31*, Waukee, IA	51:53	8:21
31	13	M40	Sean Sexton, 45, Des Moines, IA	52:23	8:26
32	14	M40	Clint Jones, 40, West Des Moines, IA	52:26	8:26
14	6	W40	Aileen Crawford, 40*, Ankeny, IA	52:27	8:26
33	5	M50	Michael Boyle, 54, Ankeny, IA	52:28	8:27
34	15	M40	Dave Daniels, 46, Urbandale, IA	52:32	8:27
15	7	W30	Amy Alesch, 39*, Des Moines, IA	52:38	8:28
16	7	W40	Kim Stewart, 46*, Des Moines, IA	52:46	8:29
35	2	JrM	Riley Rainey, 19, Webster City, IA	53:02	8:32
36	16	M40	Richard Lemke, 40, Johnston, IA	53:05	8:32
37	17	M40	John Harris, 45, Ankeny, IA	53:05	8:33
17	8	W30	Ashley Parker, 30*, Des Moines, IA	53:12	8:34
38	6	M30	Alan Graff, 35, Waukee, IA	53:39	8:38
39	18	M40	Joe Akers, 49, Grimes, IA	54:01	8:41
40	5	M60	Phil Hodges, 67, Ames, IA	54:04	8:42
41	19	M40	Steven Novy, 44, Iowa Fall, IA	54:17	8:44
42	7	M30	Cole Hornbuckle, 30, Ankeny, IA	54:58	8:51
43	20	M40	Kelly Patrick, 46, Windsor Heights, IA	55:23	8:55
44	6	M50	David Klinkenborg, 55, Windsor Heights, IA	55:33	8:56
45	5	M20	Andrew Klinkenborg, 24	55:33	8:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

18	1	W50	Sherri Huff, 52*, Winterset, IA	56:12	9:03
19	9	W30	Christine Hornbuckle, 30*, Ankeny, IA	56:41	9:07
46	21	M40	Michael Perry, 49, West Des Moines, IA	56:55	9:09
47	22	M40	Eric Forquer, 43, Afton, IA	56:58	9:10
48	8	M30	Charles Taylor, 36, Carlisle, IA	57:04	9:11
49	9	M30	Jerry Owen, 39, Des Moines, IA	57:35	9:16
20	8	W40	Kari Anderson, 41*, Johnston, IA	57:48	9:18
21	9	W40	Colleen Bentzen, 44*, West Des Moines, IA	57:57	9:19
50	23	M40	Eric Conrad, 44, Des Moines, IA	58:56	9:29
51	6	M20	Dustin Klein, 26, Waukee, IA	59:12	9:31
52	6	M60	Duane Osmun, 66, Creston, IA	59:24	9:34
22	10	W30	Megan Grout, 30*, Nevada, IA	59:26	9:34
23	2	W50	Wilma Osmun, 55*, Creston, IA	59:28	9:34
53	7	M50	James Arthur, 50, Pleasant Hill, IA	59:36	9:35
24	11	W30	Jenelle Ausborn, 35*, Polk City, IA	1:00:04	9:40
25	1	W60	Paula Dierenfeld, 60*, Johnston, IA	1:00:04	9:40
26	10	W40	Tara Murphy, 49*, Des Moines, IA	1:00:16	9:42
54	10	M30	Justin Frerichs, 34, Johnston, IA	1:00:50	9:47
27	12	W30	Casey Oberender, 30*, Waukee, IA	1:01:08	9:50
55	24	M40	Bruce Kolling, 43, Johnston, IA	1:01:25	9:53
56	8	M50	Roger Borcharding, 54, Earlham, IA	1:01:33	9:54
57	7	M60	Kevin Cunningham, 63, Des Moines, IA	1:01:47	9:56
58	25	M40	Joshua Anderson, 42	1:01:54	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

28	13	W30	Lyndsi Roenfeld, 33*, Des Moines, IA	1:02:08	10:00
59	11	M30	Scott Truka, 31, Urbandale, IA	1:02:09	10:00
60	26	M40	Robert Mullins, 49, Indianola, IA	1:02:10	10:00
61	9	M50	Jeff Pitts, 54, Polk City, IA	1:02:34	10:04
62	7	M20	Matthew Johnson, 26	1:03:18	10:11
63	10	M50	Larry Johnson, 54, Ankeny, IA	1:03:19	10:11

64	11	M50	Jeffery Feder, 54, Norwalk, IA	1:03:42	10:15
65	12	M50	Mike Christensen, 56, Jefferson, IA	1:04:18	10:21
66	13	M50	Jim Riesterer, 50, Pleasant Hill, IA	1:04:24	10:22
67	12	M30	Steve Nuzum, 32, Ankeny, IA	1:04:27	10:22
29	14	W30	Ashley Nuzum, 30*, Ankeny, IA	1:04:28	10:22
68	14	M50	Kevin Morris, 57, Clive, IA	1:04:58	10:27
30	1	JrW	Marika Kisgen, 11*, Des Moines, IA	1:05:51	10:36
31	15	W30	Lisa Walters, 35*, West Des Moines, IA	1:06:22	10:41
32	16	W30	Jackie Origer, 32*, Des Moines, IA	1:06:33	10:42
69	27	M40	Darin Origer, 45, Des Moines, IA	1:06:33	10:43
70	8	M60	Dennis Howard, 61, Des Moines, IA	1:07:01	10:47
33	17	W30	Sarah Bidney, 39*, Urbandale, IA	1:07:08	10:48
34	18	W30	Stephanie Bidney, 37*, Urbandale, IA	1:07:08	10:48
35	3	W20	Lona Ivers, 25*, West Des Moines, IA	1:07:12	10:49
36	2	W60	Gail Stelmacher, 60*, West Des Moines, IA	1:07:17	10:50
37	19	W30	Breann Acker, 33*, West Des Moines, IA	1:07:20	10:50
38	20	W30	Alison Matthes, 31*, West Des Moines, IA	1:07:20	10:50
71	3	JrM	Sedrik Kisgen, 9, Des Moines, IA	1:07:31	10:52
72	28	M40	Eric Kisgen, 40, Des Moines, IA	1:07:32	10:52
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
39	4	W20	Megan Gulik, 27*, Des Moines, IA	1:09:38	11:12
40	21	W30	Michelle Weeks, 33*, Adel, IA	1:09:45	11:13
73	13	M30	Jason Frerichs, 37, Red Oak, IA	1:13:08	11:46
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
41	3	W50	Pam Hugen, 59*, West Des Moines, IA	1:24:00	13:31
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
74	1	M70	Hummer Brown, 75, Des Moines, IA	1:32:00	14:48
* indicates females					
3 finishers among Men Under 20					
7 finishers among Men 20 - 29					
13 finishers among Men 30 - 39					
28 finishers among Men 40 - 49					
14 finishers among Men 50 - 59					
8 finishers among Men 60 - 69					
1 finishers among Men 70 & Up					
1 finishers among Women Under 20					
4 finishers among Women 20 - 29					
21 finishers among Women 30 - 39					
10 finishers among Women 40 - 49					
3 finishers among Women 50 - 59					
2 finishers among Women 60 - 69					
74 male finishers					
41 female finishers					
115 total finishers					

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