

Run For Your Life 10 km
Waterworks Park, Des Moines, IA

Aug. 27, 2011

71 degrees, sunny

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 M19	Chris Bourke, 23, Des Moines, IA	34:10	5:30
2	2 M19	Sean Betesh, 25, Des Moines, IA	35:16	5:40
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
1	1 W19	Casey Owens, 28*, Des Moines, IA	39:03	6:17
2	1 W30	Anna Bergman, 34*, Dm, IA	39:18	6:19
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
3	1 M30	Adam VanDike, 36, Wdm, IA	44:03	7:05
4	1 M50	Joseph Gobeli, 52, Altoona, IA	44:29	7:09
5	2 M30	Hollis Elliott, 38, Urbandale, IA	46:48	7:32
6	1 M40	Michael McCulloch, 44, Des Moines, IA	48:37	7:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
3	1 W40	Dawn Heimer, 41*, Ankeny, IA	52:04	8:23
4	2 W30	Abby Buhrow, 32*, Norwalk, IA	52:34	8:27
7	3 M30	Steve Archer, 37, Ankeny, IA	52:54	8:31
8	3 M19	Chris Fitzgerald, 27, Dm, IA	53:01	8:32
9	4 M19	Brian Kautzky, 26, Urbandale, IA	53:25	8:36
5	2 W19	Bridget Kautzky, 27*, Urbandale, IA	53:26	8:36
6	3 W19	Heidi Palmer, 27*, Ankeny, IA	54:07	8:42
7	3 W30	Lindy VanDike, 35*, Wdm, IA	54:31	8:46
8	4 W30	Bridie Sellers, 31*, Johnston, IA	54:52	8:50
9	2 W40	Alyson Ann Skahill, 44*, Wdm, IA	55:06	8:52
10	5 W30	Mary Beatty, 38*, Earlham, IA	55:12	8:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
11	6 W30	Liz Walderbach, 33*, Dm, IA	57:28	9:15
12	7 W30	Mikol Sesker, 36*, Knoxville, IA	1:00:02	9:40
10	2 M40	Jim Crowley, 41, Urbandale, IA	1:00:04	9:40
11	2 M50	Steven Matchinsky, 53, Windsor Hts, IA	1:01:58	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
13	3 W40	Dawn Shaw, 46*, Pella, IA	1:02:18	10:02
14	8 W30	Andrea Reser, 32*, Urbandale, IA	1:04:11	10:20
15	9 W30	Nikki Vandello, 38*, Winterset, IA	1:04:31	10:23
12	3 M40	Joe Heimer, 41, Ankeny, IA	1:05:45	10:35
16	10 W30	Renee Batts, 38*, Ankeny, IA	1:07:33	10:52
17	11 W30	Amy Ites, 36*, Ankeny, IA	1:07:40	10:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
18	12 W30	Chrissy Rayburn, 34*, Ankeny, IA	1:08:48	11:04
19	13 W30	Jenny Wiese, 33*, Ankeny, IA	1:08:59	11:06
20	14 W30	Misty Gray, 39*, Grimes, IA	1:10:12	11:18
21	4 W40	Debi Loffredo, 44*, Wdm, IA	1:10:12	11:18
22	1 W50	Mary Merrick, 50*, Cumming, IA	1:10:27	11:20
23	15 W30	Katie Givant, 37*, Wdm, IA	1:13:56	11:54

* indicates females

4 finishers among Men 19 - 29

3 finishers among Men 30 - 39

3 finishers among Men 40 - 49

2 finishers among Men 50 - 59

3 finishers among Women 19 - 29

15 finishers among Women 30 - 39

4 finishers among Women 40 - 49

1 finishers among Women 50 - 59

12 male finishers

23 female finishers

35 total finishers

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