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32nd Capital Pursuit 5 kilometer

Des Moines, IA

Sep. 21, 2014

50s, sunny & windy at start

Results by Cal Murdock

10M 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	FINISHER	TIME	PACE
1	OpM	Scott Johnson, 32, Ames, IA	16:04	5:10
2	OpM	Patrick Davis, 26, West Des Moines, IA	16:07	5:11
3	OpM	Alan Akok, 19, Ames, IA	16:39	5:21
4	1 M30	Eric Cogdill, 33, Ankeny, IA	16:54	5:26
5	1 M20	Anthony Meyer, 21, Bettendorf, IA	17:36	5:40
1	OpW	Ellen Ries, 27*, Urbandale, IA	17:44	5:42
6	2 M20	Adam Best, 22, West Des Moines, IA	18:32	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
7	3 M20	Justin Bond, 24, Des Moines, IA	18:45	6:02
8	MM	Scott Lochhead, 44, Des Moines, IA	19:10	6:10
9	1 M50	Scott Winkel, 55, Des Moines, IA	19:37	6:19
10	1 M40	Ben Lounsbery, 49, West Des Moines, IA	19:38	6:19
11	2 M50	Thomas McBride, 59, Des Moines, IA	20:17	6:32
12	2 M30	Christopher Harken, 31, Ankeny, IA	20:30	6:36
2	OpW	Owens Casey, 32*, West Des Moines, IA	21:16	6:50
3	OpW	Erin Bailey, 40*, Des Moines, IA	21:30	6:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
13	3 M50	Kurt Subra, 51, Polk City, IA	22:18	7:11
4	1 W40	Christine Comito, 46*, Des Moines, IA	22:27	7:13
14	2 M40	Craig Ludwig, 45, Johnston, IA	22:37	7:17
5	1 W20	Chelsey Ringsdorf, 25*, Sioux Center, IA	23:05	7:26
15	4 M50	Glen Dippold, 52, Clive, IA	23:07	7:26
16	5 M50	David Brandt, 59, Mason City, IA	24:50	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
17	6 M50	Loyed Hedges, 54, Des Moines, IA	24:53	8:00
18	1 M60	Bill Parks, 61, Des Moines, IA	25:01	8:03
6	2 W20	Sarah Brandt, 28*, Des Moines, IA	25:08	8:05
7	1 JrW	Kate Hoogensen, 12*, Ankeny, IA	25:08	8:05
19	7 M50	Eldon Hulst, 58, Des Moines, IA	26:08	8:24
20	1 M70	Jim Mathews, 74, Baxter, IA	26:12	8:26
8	2 W40	Carrie Buzzoni, 41*, Polk City, IA	26:12	8:26

9	1	W30	Bonnie McClure, 39*, Ankeny, IA	26:53	8:39
21	1	JrM	Owen Barstad, 11, Des Moines, IA	26:58	8:41
22	4	M20	Kevin Hennessy, 26, Clive, IA	27:00	8:41
23	2	M60	Richard Anfinson, 63, Cedar Falls, IA	27:18	8:47
24	3	M30	Jeremy Howe, 37, Ankeny, IA	27:26	8:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

25	5	M20	Kevin Sanders, 28, Des Moines, IA	28:08	9:03
26	4	M30	Frank Marasco, 32, Des Moines, IA	28:34	9:12
27	8	M50	Brad Shipman, 59, Altoona, IA	28:40	9:13
10	2	W30	Ashley Scolaro, 30*, Ankeny, IA	28:41	9:14
11	3	W20	Justine Bangert, 28*, Des Moines, IA	28:55	9:18
28	3	M60	Mark McGrath, 65, Des Moines, IA	29:40	9:33
12	3	W40	Heather Behrends, 46*, West Des Moines, IA	29:55	9:38
13	3	W30	Ceri Marasco, 32*, Des Moines, IA	30:10	9:43
29	9	M50	John Greiner, 53, Boone, IA	30:48	9:55
14	1	W50	Carla Schimelfenig, 53*, Nevada, IA	31:02	9:59
15	4	W30	Michelle Rosel, 32*, Waukee, IA	31:03	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

30	2	JrM	Theo Whitehead, 10, Des Moines, IA	31:28	10:07
16	4	W20	Sarah Fitzgerald, 28*, Des Moines, IA	31:31	10:09
17	4	W40	Stacy Barth, 45*, Urbandale, IA	32:22	10:25
18	1	W60	Avis James, 67*, Urbandale, IA	32:39	10:30
31	5	M30	Darrin Allshouse, 39, Waukee, IA	32:40	10:31
19	5	W30	Cari Cunningham, 35*, Urbndale, IA	33:04	10:38
32	10	M50	Ed Acomymo, 50, Ankeny, IA	33:37	10:49
20	2	W50	Sylvia Bergman, 54*, Ankeny, IA	34:01	10:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

21	5	W40	Courtney Murphy, 42*, Des Moines, IA	34:44	11:11
22	6	W30	Harprabhjit Gill, 35*, Clive, IA	34:57	11:15
23	6	W40	Rachel Brophy, 41*, Sioux City, IA	35:00	11:16
24	7	W30	Navroze Brar, 31*, Johnston, IA	35:03	11:17
25	1	W15	Cassidy Bennett, 19*, Ankeny, IA	35:17	11:21
26	5	W20	Barbara Brokaw, 29*, Bedford, IA	35:33	11:26
27	7	W40	Jennifer Eubanks, 42*, Des Moines, IA	36:03	11:36
28	6	W20	Rebecca Haidsiak, 26*, Lenox, IA	36:39	11:47
33	1	M15	Rey Khalil, 17, West Des Moines, IA	36:48	11:51
29	8	W40	Maggie Rhodes, 42*, Des Moines, IA	36:49	11:51
34	11	M50	Ricardo Martinez II, 58, Nevada, IA	37:12	11:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

30	9	W40	Patty Williams, 44*, Urbandale, IA	37:41	12:08
31	8	W30	Ashley Schaefer, 31*, Pella, IA	37:43	12:08
32	7	W20	Katie Kluck, 22*, Hiawatha, IA	38:11	12:17
35	12	M50	Doug Strawn, 53, St. Charles, IA	38:40	12:27
33	10	W40	Dawn Matthews, 46*, Ankeny, IA	39:15	12:38
34	11	W40	Carolyn Marsh, 45*, Altoona, IA	39:37	12:45
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

35	12	W40	Dawn Hannum, 43*, Grimes, IA	41:17	13:17
36	9	W30	Carrie Baker, 31*, Martinsdale, IA	42:22	13:38
37	2	W15	Ramla Umatoni, 16*, Des Moines, IA	42:22	13:38
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

36	2	M70	Hummel Brown, 75, Des Moines, IA	44:24	14:17
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

38	13	W40	Diane Nauman, 47*, Des Moines, IA	1:04:20	20:42
39	3	W15	Jenny Thach, 15*, Des Moines, IA	1:04:21	20:43

* indicates females

7 finishers among Males (no age given)

2 finishers among Men Under 15
1 finishers among Men 15 - 19
5 finishers among Men 20 - 29
5 finishers among Men 30 - 39
2 finishers among Men 40 - 49
12 finishers among Men 50 - 59
3 finishers among Men 60 - 69
2 finishers among Men 70 & Up
1 finishers among Women Under 15
3 finishers among Women 15 - 19
7 finishers among Women 20 - 29
9 finishers among Women 30 - 39
13 finishers among Women 40 - 49
2 finishers among Women 50 - 59
1 finishers among Women 60 - 69
39 male finishers
36 female finishers
75 total finishers

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