

Governor's Cup 8 KM

Des Moines, IA

Aug. 28, 2010

65 degrees, sunny

Results by Michael Franke

[5K 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
PLACE	PLACE			
1	1 M30	Jacob Kaemmer, 33, Des Moines, IA	26:11	5:16
2	2 M30	Shawn Miller, 39, Des Moines, IA	29:16	5:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
3	1 M20	Joe Koenigs, 29, West Des Moines, IA	29:53	6:01
4	1 M14	Tyson Wieland, 16, Perry, IA	32:55	6:37
5	3 M30	Doug McKinstry, 39, Polk City, IA	33:14	6:41
6	1 M40	Steve Johnson, 43, Waukee, IA	33:35	6:45
7	4 M30	Jason Frederick, 33, Waukee, IA	33:37	6:46
8	5 M30	Christopher James, 35, West Des Moines, IA	34:01	6:50
1	1 W30	Allison Rhymer, 35*, Des Moines, IA	34:01	6:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
9	2 M20	Andrew Palmer, 29, Des Moines, IA	34:46	7:00
10	6 M30	Able Mahaffey, 32, Altoona, IA	34:53	7:01
11	7 M30	Jeremy Dunlavey, 36	35:20	7:07
12	3 M20	Vincenzo Happach, 23, Des Moines, IA	35:59	7:14
13	4 M20	Mike Snowden, 24, Mitchellville, IA	36:01	7:15
14	8 M30	Thomas Stovie, 38, Ankeny, IA	36:05	7:16
15	2 M40	Rob Best, 49, Cumming, IA	36:09	7:16
16	3 M40	Burt Porter, 45	36:22	7:19
2	2 W30	Emily Kell, 34*, Urbandale, IA	36:54	7:25
3	1 W40	Joan Burns, 45*, Iowa City, IA	37:12	7:29
17	2 M14	Jake Kuyper, 14, Urbandale, IA	37:14	7:29
18	5 M20	Andrew Quint, 26, Des Moines, IA	37:17	7:30
4	3 W30	Andrea Rose, 30*, Hawkeye, IA	37:22	7:31
5	1 W20	Ashley Scott, 24*, West Des Moines, IA	37:24	7:31
6	2 W20	Tami Bingham, 27*, Pleasantville, IA	37:37	7:34
7	3 W20	Katie Tushaus, 25*, West Des Moines, IA	38:12	7:41
19	4 M40	Rob Cunningham, 42, Urbandale, IA	38:29	7:45
20	5 M40	Mark Hardrahan, 41, Urbandale, IA	38:41	7:47
21	6 M40	Gary Kasperbauer, 47, West Des Moines, IA	38:54	7:49
22	7 M40	James Arthur, 46, West Des Moines, IA	39:28	7:56
23	8 M40	Scott Bandy, 45, Indianola, IA	39:31	7:57
24	1 M60	Carl Voss, 61, Des Moines, IA	39:41	7:59
25	9 M30	Jeremy Haack, 33, Urbandale, IA	39:43	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
8	1 W14	Martina Wolf, 19*, Des Moines, IA	39:44	8:00
9	4 W30	Beth Seufferer, 39*, West Des Moines, IA	40:30	8:09
10	5 W30	Annika Cornelisse, 38*, Des Moines, IA	40:32	8:09
26	6 M20	Justin Olmstead, 25, Mitchellville, IA	40:39	8:11
11	4 W20	rebekah huff, 24*, Des Moines, IA	40:40	8:11
12	6 W30	Jean Gibson, 38*, Dexter, IA	40:47	8:12

13	2 W40	Victoria Munoz, 45*, Des Moines, IA	40:56	8:14
14	1 W50	Julia Batten, 54*, Carlisle, IA	41:06	8:16
15	2 W50	Paula Dierenfeld, 55*, Johnston, IA	41:16	8:18
27	7 M20	Christopher Steffe, 27, West Des Moines, IA	41:23	8:20
16	3 W40	Denise Gonzales, 49*, Des Moines, IA	41:25	8:20
28	10 M30	Shawn Miller, 39, Des Moines, IA	41:28	8:20
17	7 W30	Ryan Honkomp, 32*, Clive, IA	41:33	8:21
29	8 M20	Kenneth Ferrell, 23, Clive, IA	41:44	8:24
30	9 M40	Donald Davis, 49, Waukee, IA	41:47	8:24
31	10 M40	Dennis Kleiny, 45, West Des Moines, IA	41:48	8:25
32	1 M50	Phil Pitzen, 58, Urbandale, IA	42:05	8:28
18	5 W20	Lacey Beenken, 23*, Bancroft, IA	42:39	8:35
19	4 W40	Lana DeGroot, 49*, Oskaloosa, IA	42:40	8:35
33	2 M60	Ronald Mowers, 62, Ames, IA	42:43	8:36
34	11 M40	Ed Acoymo, 45, Ankeny, IA	42:58	8:39
20	5 W40	Naomi Myers, 45*, Norwalk, IA	43:05	8:40
35	9 M20	Luke Frieberg, 24, Des Moines, IA	43:07	8:40
36	11 M30	Graham Giles, 36, Urbandale, IA	43:09	8:41
37	12 M30	Ross Lincoln, 36, Clive, IA	43:13	8:42
21	8 W30	Sara Cornell, 31*, Ankeny, IA	43:17	8:43
38	13 M30	Cody Nour, 32, Clive, IA	43:19	8:43
22	9 W30	Jennifer Girdler, 35*, Granger, IA	43:26	8:44
39	14 M30	Eric Holm, 39, Waukee, IA	43:27	8:44
40	2 M50	Nick Henderson, 55, Clive, IA	43:30	8:45
23	6 W40	Coreen Sweeney, 45*, Clive, IA	43:32	8:45
24	10 W30	Heather Zylstra, 34*, Sully, IA	43:34	8:46
41	10 M20	Todd Ross, 29, West Des Moines, IA	43:47	8:49
42	15 M30	Jason Rosa, 31, Pleasant Hill, IA	43:50	8:49
43	16 M30	Jared Nicol, 30, Urbandale, IA	43:57	8:50
44	12 M40	Steve Raike, 48, Clive, IA	44:02	8:51
45	3 M50	Bob Swisher, 53, Belton, MO	44:04	8:52
25	11 W30	Abby Buhrow, 31*, Norwalk, IA	44:26	8:56
26	12 W30	Merenciana Paulus, 30*, Des Moines, IA	44:28	8:57
27	6 W20	Kelsey Bauer, 24*, Des Moines, IA	44:29	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				

46	4 M50	Dennis Howard, 56, Des Moines, IA	44:49	9:01
47	17 M30	Christopher Brown, 33, Des Moines, IA	44:56	9:02
48	18 M30	Ian Theis, 31, West Des Moines, IA	45:48	9:13
28	7 W40	Lisa Turk, 41*, Mitchellville, IA	46:02	9:16
49	19 M30	Christian Comito, 39, Urbandale, IA	46:16	9:19
29	7 W20	Lori Bryan, 28*, Ankeny, IA	46:22	9:20
30	13 W30	Mary Kottmeyer, 38*, West Des Moines, IA	46:30	9:21
31	2 W14	Lindsey Triggs, 19*, Mount Ayr, IA	46:38	9:23
32	8 W40	Rhonda Triggs, 46*, Mount Ayr, IA	46:39	9:23
33	9 W40	Amy Hilmes, 42*, Des Moines, IA	46:50	9:25
34	14 W30	Stephanie Mahaffey, 31*, Altoona, IA	47:29	9:33
35	15 W30	Kathlene Tenckinck, 30*, Des Moines, IA	47:42	9:36
36	10 W40	Connie Bryan-Grubbs, 44*, CaSey, IA	48:12	9:42
37	8 W20	Katerina Polush, 24*, Des Moines, IA	48:36	9:47
38	9 W20	Kenna Stouwie, 26*, West Des Moines, IA	48:49	9:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				

39	3 W50	Connie Wright, 55*, Ira, IA	50:04	10:04
40	11 W40	Cheryl Mendenhall, 48*, Des Moines, IA	50:20	10:08
41	12 W40	Kristin Phillips, 42*, Urbandale, IA	51:23	10:20
42	16 W30	Gina Boomershine, 38*, Urbandale, IA	51:23	10:20
43	17 W30	Sue Mears, 38*, Urbandale, IA	51:24	10:20
44	13 W40	Joan Skogstrom, 49*, Urbandale, IA	51:25	10:21
45	10 W20	Sara Ellerbroke, 24*, West Des Moines, IA	51:26	10:21
46	4 W50	Corrin Smith, 50*, Des Moines, IA	51:29	10:21
47	18 W30	Meg Alessio, 33*, Wdm, IA	51:44	10:24
48	19 W30	Rosario Manzano, 39*, West Des Moines, IA	51:44	10:24

50 5 M50 Nathan Callahan, 57, Cedar Falls, IA 52:05 10:29
Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

49 20 W30 kathryn fehring, 34*, Des Moines, IA 54:44 11:01

* indicates females

2 finishers among Men 14 - 19

10 finishers among Men 20 - 29

19 finishers among Men 30 - 39

12 finishers among Men 40 - 49

5 finishers among Men 50 - 59

2 finishers among Men 60 - 69

2 finishers among Women 14 - 19

10 finishers among Women 20 - 29

20 finishers among Women 30 - 39

13 finishers among Women 40 - 49

4 finishers among Women 50 - 59

50 male finishers

49 female finishers

99 total finishers

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