

3RD LOOP THE LAKE - 8 KM RUN

DES MOINES, IOWA

EVALUATION FORM. WE NEED YOUR INPUT!

May 24, 2003

Skate 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.

"*" indicates females

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1		Julius Rotich, 27, West Des Moines, IA	24:57	5:01
2		Chris Ronan, 29, Shawnee, KS	26:18	5:17
3		Keith Fevold, 45, Des Moines, IA	27:34	5:33
4	1 M20	Tim Ives, 22, Des Moines, IA	28:16	5:41
5	1 M40	Jeff Wubben, 42, Fort Dodge, IA	28:34	5:45
6	1 M25	Eric Hollander, 26, Des Moines, IA	28:59	5:50
7	2 M25	Ryan Harms, 26, Cedar Falls, IA	29:12	5:52
8	2 M20	Ryan Thompson, 23, Madrid, IA	29:46	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
9	1 M35	John Bannantine, 37, Ames, IA	30:16	6:05
10	1 JrM	Nick Opie, 16, West Des Moines, IA	30:16	6:05
11	2 M40	Jeff Perry, 42, Bondurant, IA	30:32	6:09
12	2 M35	Dan Mattingly, 36, Boone, IA	30:45	6:11
13	2 JrM	Justin Rankin, 19, Pleasant Hill, IA	31:03	6:15
14	1 M45	Tom McBride, 47, Des Moines, IA	31:09	6:16
15	3 M25	Nate Hebel, 28, Urbandale, IA	31:10	6:16
16	3 M40	Scott Boever, 42, Des Moines, IA	31:12	6:17
17	4 M40	Evan Mossman, 40, Webster City, IA	31:34	6:21
18	4 M25	Matthew Zepeda, 29, Waukee, IA	31:43	6:23
19	1 M50	Chuck Clark, 52, Carroll, IA	31:47	6:24
20	3 JrM	Joel Rasmussen, 16, Goldfield, IA	31:53	6:25
1		Jenny Weber, 30*, Des Moines, IA	32:12	6:29
21	1 M30	Douglas Kendall, 34, Tracy, IA	32:21	6:30
22	3 M35	Dave Mable, 38, Urbandale, IA	32:24	6:31
23	5 M40	Rob Gillum, 42, Des Moines, IA	32:26	6:31
24	2 M50	Steve Taylor, 51, Des Moines, IA	32:35	6:33
2		Brenda Doubek, 33*, Baxter, IA	32:36	6:33
3		Missy Mattingly, 28*, Boone, IA	33:12	6:41
25	4 JrM	Cole Slaikeu, 16, Dakota City, IA	33:22	6:43
26	6 M40	Greg Courtney, 43, Ames, IA	33:39	6:46
27	4 M35	Lance Van Vleet, 37, Indianola, IA	33:44	6:47
28	7 M40	Craig Edmondson, 43, Malvern, IA	33:48	6:48
29	5 M25	Ryan Heineman, 28, Cedar Falls, IA	33:51	6:48
30	3 M20	Michael Russo, 21, Desoto, IA	33:53	6:49
4	1 W25	Emily Kell, 27*, Des Moines, IA	33:59	6:50
31	3 M50	Roger Heinle, 53, Whiting, IA	34:02	6:51
32	4 M50	Willie Lahart, 50, Newton, IA	34:11	6:53
33	5 M35	Shane Smith, 35, Urbandale, IA	34:15	6:53
5	1 JrW	Nicole Wilson, 14*, Urbandale, IA	34:40	6:58

34	2	M45 James Macksey, 46, Newton, IA	34:41	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
35	2	M30 Francisco Hernandez, 34, Des Moines, IA	34:52	7:01
36	3	M30 Andrew Long, 30, Grimes, IA	34:55	7:01
37	4	M30 Philip Behrends, 30, Des Moines, IA	35:14	7:05
38	8	M40 Michael Bruce, 41, Johnston, IA	35:16	7:06
39	6	M35 Matthew Davenport, 38, Altoona, IA	35:22	7:07
40	3	M45 Ken Cumpston, 48, Clive, IA	35:27	7:08
6		Rae Letourneau, 41*, West Des Moines, IA	35:29	7:08
41	5	M30 Geoffrey Johnson, 33, Des Moines, IA	35:33	7:09
42	7	M35 Jerry Rupert, 39, Des Moines, IA	35:41	7:11
7	1	W20 Kelli Kilgore, 24*, West Des Moines, IA	35:42	7:11
8	2	JrW Emily Scholten, 19*, Johnston, IA	35:56	7:14
43	1	M55 Norm Vos, 57, Pella, IA	35:59	7:14
9	1	W30 Stacy Farr, 32*, West Des Moines, IA	36:08	7:16
10	1	W45 Sheila Maddock, 47*, Johnston, IA	36:11	7:17
44	9	M40 Kent Kelderman, 43, Clive, IA	36:25	7:19
45	8	M35 Bob Mickus, 38, Superior, CO	36:27	7:20
46	6	M30 Jeff Bevis, 34, Johnston, IA	36:27	7:20
47	6	M25 Adam Jones, 29, Des Moines, IA	36:30	7:20
48	4	M45 Phil Johnson, 47, Belmont, IA	36:47	7:24
49	5	JrM Adam Rasmussen, 15, Goldfield, IA	36:56	7:26
50	10	M40 James Ramsey, 40, Des Moines, IA	36:57	7:26
51	5	M50 Lonnie Cleland, 54, Des Moines, IA	37:00	7:27
52	11	M40 Ben Shaberman, 42, Des Moines, IA	37:19	7:30
53	5	M45 Warren Peterson, 49, Ackworth, IA	37:28	7:32
54	6	M45 John Doherty, 49, Urbandale, IA	37:28	7:32
11	1	W40 Becky Nichols, 42*, Des Moines, IA	37:28	7:32
55	9	M35 David Crowe, 39, Des Moines, IA	37:31	7:33
56	7	M45 Gordon Bird, 45, Cumming, IA	37:38	7:34
57	12	M40 John Beals, 41, Des Moines, IA	37:49	7:36
58	13	M40 Robert Parker, 44, Johnston, IA	37:54	7:37
59	10	M35 David Wall, 35, Richmond, VA	38:01	7:39
12	2	W30 Beth Seuferer, 32*, West Des Moines, IA	38:02	7:39
60	4	M20 Tim Anderson, 21, Altoona, IA	38:07	7:40
61	6	M50 John Goerdts, 51, Urbandale, IA	38:10	7:41
13	3	W30 Lori Vermie, 32*, Bondurant, IA	38:15	7:42
62	8	M45 John Vujnovich, 48, Des Moines, IA	38:19	7:43
63	1	M60 James Matthew, 62, Baxter, IA	38:22	7:43
14	3	JrW Katie O'Keefe, 14*, Urbandale, IA	38:24	7:44
64	9	M45 Guy Wernet, 47, Clive, IA	38:25	7:44
65	7	M50 Gary McGraw, 51, Dubuque, IA	38:26	7:44
66	2	M55 Don York, 57, Ankeny, IA	38:28	7:44
67	10	M45 David Skidmore, 45, Des Moines, IA	38:30	7:45
15	2	W20 Steph Suntken, 22*, Indianola, IA	38:31	7:45
68	11	M35 Doug Farrell, 36, Urbandale, IA	38:45	7:48
69	7	M25 Dan Dray, 29, Lathrop, MO	38:57	7:50
16	4	W30 Jody Angus, 30*, Des Moines, IA	39:05	7:52
70	3	M55 George Riley, 55, Des Moines, IA	39:07	7:52
71	7	M30 Richard Inman, 34, Pleasant Hill, IA	39:21	7:55
17	1	W55 Sandy Rupnow, 59*, Ames, IA	39:26	7:56
72	11	M45 Gary Scholten, 45, Johnston, IA	39:27	7:56
73	14	M40 Douglas Campbell, 43, Cedar Rapids, IA	39:28	7:56
74	8	M50 Jim Russell, 53, Colo, IA	39:29	7:57
75	15	M40 Graeme Armstrong, 44, West Des Moines, IA	39:32	7:57
18	2	W25 Stephanie Grant, 26*, Ankeny, IA	39:33	7:57
76	12	M35 Thomas Shide, 39, Urbandale, IA	39:38	7:58
19	5	W30 Jennifer York, 33*, Ames, IA	39:41	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
20	2	W40 Terri Selberg, 43*, Urbandale, IA	39:55	8:02
21	3	W40 Denise Whiting, 44*, Iowa City, IA	40:06	8:04
22	4	W40 Diann Bird, 43*, Cumming, IA	40:12	8:05
77	13	M35 Richard Mockobee, 35, Norwalk, IA	40:12	8:05

78	5	M20 Adam Greimann, 22, Perry, IA	40:17	8:06
79	6	JrM Robby Thoren, 19, Perry, IA	40:23	8:07
80	12	M45 Darwin Schmig, 45, Des Moines, IA	40:23	8:07
81	16	M40 Barton Reese, 42, Greenwood, MO	40:28	8:08
82	1	M65 Dave Coppinger, 65, Waukee, IA	40:38	8:10
23	6	W30 Allison Buell, 33*, Whiting, IN	40:43	8:11
83	8	M30 Matt Arends, 31, Mason City, IA	40:57	8:14
24	1	W35 Jennifer Foote, 36*, Des Moines, IA	41:13	8:17
84	4	M55 Jim Lowe, 57, Des Moines, IA	41:18	8:19
25	5	W40 Donna Ramsey, 43*, Des Moines, IA	41:22	8:19
85	13	M45 Ron Ricklefs, 49, Cedar Rapids, IA	41:28	8:20
26	3	W25 Cheryl Dralle, 25*, Des Moines, IA	41:29	8:21
86	14	M35 Gerard Amadeo, 37, Des Moines, IA	41:33	8:21
27	7	W30 Lora Rogerson, 34*, Des Moines, IA	41:36	8:22
87	9	M30 John Sparks, 34, Ames, IA	41:38	8:23
88	15	M35 Curt Stamp, 36, Des Moines, IA	41:39	8:23
89	10	M30 Benjamin Loveridge, 33, Pella, IA	41:41	8:23
90	2	M65 Peter Blums, 65, Puxico, MO	42:11	8:29
91	14	M45 John Tarbox, 46, West Des Moines, IA	42:19	8:31
28	3	W20 Leann Williamsen, 20*, Des Moines, IA	42:20	8:31
29	8	W30 Heather Brunk, 31*, Johnston, IA	42:20	8:31
92	9	M50 Kim Smith, 52, Ames, IA	42:25	8:32
30	2	W45 Mary Cooper, 47*, Des Moines, IA	42:35	8:34
31	9	W30 Laurie Baker, 30*, West Des Moines, IA	42:40	8:35
32	6	W40 Mindy Mossman, 40*, Webster City, IA	42:42	8:35
93	2	M60 Rollin Perry, 64, Cedar Falls, IA	42:53	8:38
33	7	W40 Pamela Cain, 40*, Clive, IA	43:00	8:39
94	3	M60 Ken Reimer, 61, Elkader, IA	43:06	8:40
34	8	W40 Renee Sommers, 40*, Des Moines, IA	43:12	8:42
95	16	M35 Tim Askland, 39, West Des Moines, IA	43:32	8:46
35	10	W30 Brooke Lovelace, 32*, Des Moines Ia 503, IA	43:34	8:46
96	15	M45 Greg Kuhl, 49, Glandstone, MO	43:45	8:48
97	11	M30 Joel Veenstra, 34, Des Moines, IA	43:48	8:49
98	7	JrM Adam Stueckrath, 11, Windsor Hts, IA	43:51	8:49
99	5	M55 Steve Collis, 58, Ankeny, IA	43:52	8:49
36	11	W30 Kim Riley, 34*, West Des Moines, IA	43:58	8:51
100	17	M40 Terry Bennigsdorf, 44, Altoona, IA	44:00	8:51
37	9	W40 Cindy Bennigsdorf, 41*, Altoona, IA	44:25	8:56
38	2	W35 Lisa Rasmussen, 39*, Goldfield, IA	44:27	8:56
101	18	M40 Kevin Rasmussen, 41, Goldfield, IA	44:27	8:57
39	10	W40 Kerry Shelley, 42*, West Des Moines, IA	44:29	8:57
40	3	W35 Yvonne Minton, 38*, Des Moines, IA	44:29	8:57
102	12	M30 Dave Bruxvoort, 34, Des Moines, IA	44:30	8:57
103	10	M50 Kenny Grandstaff, 53, Des Moines, IA	44:30	8:57
41	12	W30 Jennifer Dake, 33*, Des Moines, IA	44:31	8:57
104	11	M50 Glen Oglia, 51, Des Moines, IA	44:33	8:58
105	4	M60 Eldon Ott, 60, Marshalltown, IA	44:38	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
42	13	W30 Jane Kayser, 31*, Ankeny, IA	44:45	9:00
106	12	M50 Darwin Ramker, 54, Waverly, IA	44:45	9:00
107	19	M40 Terry Mitchell, 41, West Des Moines, IA	44:47	9:01
43	4	W35 Tracy Van Vleet, 36*, Des Moines, IA	44:53	9:02
108	13	M30 Richard Bangma, 32, Pella, IA	44:54	9:02
109	13	M50 Doyle Ashby, 50, St. Charles, IA	44:55	9:02
44	5	W35 Lisa Leon, 36*, Des Moines, IA	44:58	9:03
110	17	M35 Bown Shawn, 36, Des Moines, IA	45:10	9:05
45	4	W25 Melissa Sturm-Smith, 29*, Des Moines, IA	45:12	9:06
111	8	M25 Doug Sturm-Smith, 28, Des Moines, IA	45:12	9:06
46	5	W25 Sarah Carter, 27*, West Des Moines, IA	45:18	9:07
112	14	M30 Christopher Burch, 33, Des Moines, IA	45:51	9:13
47	6	W25 Lisa Clark, 26*, Jefferson, IA	45:53	9:14
48	7	W25 Kristi Breeding, 25*, Ankeny, IA	45:58	9:15
113	15	M30 Jim Baker, 34, Des Moines, IA	46:06	9:16
49	11	W40 Laurie Johnson, 41*, Belmont, IA	46:09	9:17

50	14	W30	Cassandra Muse, 30*, West Des Moines, IA	46:13	9:18
51	1	W50	Connie Vos, 54*, Pella, IA	46:14	9:18
52	2	W55	Janice Ott, 57*, Marshalltown, IA	46:20	9:19
53	12	W40	Louisa Perry, 42*, Bondurant, IA	46:25	9:20
114	20	M40	Alan Kemp, 42, Urbandale, IA	46:29	9:21
115	3	M65	Frank Amos, 69, Ames, IA	46:37	9:23
116	14	M50	Leonard Hudson, 51, Carlisle, IA	46:51	9:25
117	1	M70	Gene Harding, 72, Des Moines, IA	46:56	9:26
54	3	W45	Deb Miller, 46*, Perry, IA	46:56	9:27
55	15	W30	Sally Overton, 33*, Des Moines, IA	47:00	9:27
118	16	M45	Marc Hollander, 45, Urbandale, IA	47:01	9:28
119	4	M65	Wilbur Veenstra, 65, Pella, IA	47:13	9:30
120	17	M45	Michael Hummel, 48, Bondurant, IA	47:30	9:33
56	4	W45	Mary Kay Kilgore, 45*, Klemme, IA	47:35	9:34
57	6	W35	Carla Madson, 39*, Des Moines, IA	47:38	9:35
58	16	W30	Kathleen Leonard, 30*, Des Moines, IA	47:46	9:37
59	13	W40	Susanne Swanson, 41*, Madrid, IA	47:51	9:38
60	17	W30	Christy Vald, 32*, Des Moines, IA	47:55	9:38
121	18	M35	David Phillips, 36, Des Moines, IA	47:56	9:38
122	18	M45	Scott Anderson, 49, Des Moines, IA	48:03	9:40
123	8	JrM	Jarrad Souder, 13, Norwalk, IA	48:18	9:43
124	21	M40	Mark Morgan, 40, Indianola, IA	48:46	9:49
125	16	M30	Mike Eilers, 33, Indianola, IA	48:46	9:49
61	4	W20	Katie Butler, 23*, Norwalk, IA	48:58	9:51
62	8	W25	Heather Litchkey, 25*, Des Moines, IA	48:58	9:51
63	9	W25	Dawn Farrell, 29*, Urbandale, IA	49:05	9:52
64	10	W25	Heather Schebel, 29*, West Des Moines, IA	49:25	9:56
65	18	W30	Robyn Paczkowski, 31*, Wildwood, MO	49:25	9:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
66	5	W45	Luanne Dezwarde, 49*, Knoxville, IA	50:16	10:07
126	19	M45	Steve Souder, 45, Norwalk, IA	50:34	10:10
67	11	W25	Robin Wasteney, 28*, Urbandale, IA	51:07	10:17
127	19	M35	Franz Alvarez, 36, Cedar Rapids, IA	51:13	10:18
68	14	W40	Leanne Buell, 40*, Dexter, IA	52:04	10:29
69	4	JrW	Angela Davies, 19*, Des Moines, IA	52:43	10:36
70	5	W20	Jill Carson, 21*, Des Moines, IA	52:54	10:39
71	5	JrW	Amanda Souder, 16*, Norwalk, IA	52:57	10:39
72	7	W35	Mimi Hart, 38*, Cedar Rapids, IA	53:54	10:51
128	9	M25	Denis Biscobing, 29, West Des Moines, IA	54:29	10:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
73	15	W40	Rhonda Ballou, 43*, Knoxville, IA	55:35	11:11
74	16	W40	Wendy Camden, 42*, Knoxville, IA	55:35	11:11
129	9	JrM	Jason Parnell, 19, Perry, IA	55:36	11:11
75	19	W30	Terri Bodensteiner, 30*, Mason Citty, IA	56:13	11:19
76	17	W40	Angela Althoff, 41*, West Des Moines, IA	56:48	11:26
77	8	W35	Kim Freund, 38*, Des Moines, IA	59:31	11:58
78	2	W50	Norma Broyles, 52*, Indianola, IA	59:31	11:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
79	20	W30	Amy Gates, 33*, Urbandale, IA	1:14:00	14:53
80	9	W35	Noelle Zmolek, 36*, Des Moines, IA	1:14:00	14:53

9 finishers among Men 19 & Under
 5 finishers among Men 20 - 24
 9 finishers among Men 25 - 29
 16 finishers among Men 30 - 34
 19 finishers among Men 35 - 39
 21 finishers among Men 40 - 44
 19 finishers among Men 45 - 49
 14 finishers among Men 50 - 54
 5 finishers among Men 55 - 59
 4 finishers among Men 60 - 64
 4 finishers among Men 65 - 69

1 finishers among Men 70 & Up
5 finishers among Women 19 & Under
5 finishers among Women 20 - 24
11 finishers among Women 25 - 29
20 finishers among Women 30 - 34
9 finishers among Women 35 - 39
17 finishers among Women 40 - 44
5 finishers among Women 45 - 49
2 finishers among Women 50 - 54
2 finishers among Women 55 - 59
129 male finishers
80 female finishers
209 total finishers

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