

WHAMM 10 km

Windsor Heights, IA

May 18, 2013

66 degrees, partly 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 M40	Lance Bergeson, 44, Des Moines, IA	38:42	6:14
2	1 M50	Keith Abels, 51, Ogden, IA	38:43	6:14
3	1 M30	Dan Schuknecht, 32, Ankeny, IA	39:30	6:21
4	1 M20	Ty McCubbin, 24, Des Moines, IA	40:21	6:29
1	1 W30	Stephanie Mortenson, 31*, Windsor Heights, IA	40:32	6:31
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				
5	2 M50	Jeff Smith, 53, Ottumwa, IA	43:34	7:01
6	3 M50	Mike Hankinson, 50, Winterset, IA	43:49	7:03
7	2 M40	Jason Hahn, 42, Des Moines, IA	44:11	7:07
8	1 M35	Jeff Johnston, 36, Clive, IA	44:17	7:08
9	2 M35	Jerad Lally, 35, Des Moines, IA	45:15	7:17
10	4 M50	Dennis Judd, 52, Urbandale, IA	45:25	7:19
11	3 M40	Chad Skinner, 41, Urbandale, IA	45:30	7:19
2	1 W35	Rachel Hoger, 38*, Johnston, IA	45:31	7:19
12	1 M45	Scott Meyer, 48, Pella, IA	45:32	7:20
13	2 M20	Simon Burke, 23, Urbandale, IA	45:41	7:21
14	2 M45	Keith Jones, 45, Pella, IA	46:27	7:28
15	1 JrM	Josh Paulson, 15, Grimes, IA	46:45	7:31
3	2 W30	Kim Scarfe, 33*, Des Moines, IA	47:16	7:36
4	1 W25	Kristen Gierach, 25*, Des Moines, IA	47:32	7:39
16	1 M60	Al Hildestad, 63, Des Moines, IA	48:19	7:46
17	5 M50	Darren Knopic, 50, Des Moines, IA	49:06	7:54
5	2 W35	Cheryl Dralle, 35*, Waukee, IA	49:09	7:54
18	1 M65	Mike May, 66, Indianola, IA	49:39	7:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				
19	4 M40	Jason Wittmer, 42, Clive, IA	50:18	8:06
20	3 M35	Jamie Sullivan, 36, Johnston, IA	50:52	8:11
6	1 JrW	Carly Rusek, 19*, Windsor Heights, IA	51:10	8:14
21	4 M35	Chad Rankin, 38, Des Moines, IA	51:12	8:14
7	2 W25	Kara Palczewski, 28*, Des Moines, IA	51:58	8:22
8	3 W30	Lexi Isaacson, 34*, Des Moines, IA	52:08	8:23
9	3 W25	Adrienne Dickmeyer, 28*, Omaha, NE	52:30	8:27
22	2 M30	Erik Ullestad, 34, West Des Moines, IA	52:38	8:28
23	3 M30	Paul Stawowczyk, 31, Grimes, IA	52:40	8:28
10	1 W40	Annika Cornelisse, 41*, Des Moines, IA	52:40	8:28
11	4 W30	Emily Hanson, 30*, West Des Moines, IA	52:41	8:29
24	5 M35	Mark Alberico, 36, West Des Moines, IA	52:59	8:32
12	4 W25	Sheena Danzer, 27*, Des Moines, IA	52:59	8:32
25	6 M50	Larry Spray II, 51, Dallas Center, IA	52:59	8:32
26	3 M45	Thomas Tuttle, 46, West Des Moines, IA	53:09	8:33
13	5 W25	Emily Orna, 29*, Grimes, IA	53:34	8:37
27	1 M25	Christopher Vestal, 25, Indianola, IA	53:42	8:38
28	1 M55	Art Reinertson, 59, Slater, IA	54:09	8:43

29	4	M45	Michael Perry, 47, West Des Moines, IA	54:36	8:47
30	6	M35	Brian Scott, 37, Urbandale, IA	54:59	8:51

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31	3	M20	Ian Leslie, 24, Windsor Heights, IA	56:01	9:01
32	5	M45	James Arthur, 49, Des Moines, IA	56:28	9:05
14	5	W30	Eileen Kurth, 30*, Urbandale, IA	56:40	9:07
33	4	M30	Tim Kurth, 31, Urbandale, IA	56:41	9:07
15	1	W50	Kathy Tengles, 53*, Windsor Heights, IA	56:44	9:08
16	6	W30	Sarah Hinrichs, 33*, Grimes, IA	57:07	9:11
34	6	M45	Tom Youngwirth, 46, Windsor Heights, IA	57:26	9:15
17	7	W30	Regan Wooldridge, 30*, West Des Moines, IA	57:31	9:15
35	2	M25	Ryan Caldbeck, 26, Norwalk, IA	57:52	9:19
18	2	W50	Kim Tayler, 52*, Des Moines, IA	58:03	9:20
19	8	W30	Nicole Combs, 34*, Ankeny, IA	58:27	9:24
20	6	W25	Kimberly Hutchison, 26*, Urbandale, IA	58:32	9:25
21	2	W40	Melissa Gatzionis, 42*, Urbandale, IA	58:42	9:27
36	7	M45	Scott Dean, 49, Des Moines, IA	58:56	9:29
22	7	W25	Mallory Spray, 27*, Dallas Center, IA	59:13	9:32
37	2	M60	Mike Carlson, 61, Winterset, IA	59:34	9:35
38	4	M20	Andy Wehrhan, 24, Des Moines, IA	59:49	9:37
39	5	M20	Josh Larson, 23, Ames, IA	59:50	9:38
23	1	W55	Julia Batten, 57*, Carlisle, IA	1:00:06	9:40
24	3	W40	Dana Kennedy, 40*, Clive, IA	1:00:30	9:44
40	2	M55	Scott Brockett, 57, Omaha, NE	1:00:36	9:45
25	4	W40	Juli Johnson, 43*, Eagan, MN	1:00:46	9:47
41	5	M40	Matt Brick, 40, Urbandale, IA	1:00:47	9:47
42	5	M30	Nathan Paul, 30, Altoona, IA	1:00:57	9:48
26	5	W40	Tammy Calhoun, 43*, West Des Moines, IA	1:01:48	9:57

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27	8	W25	Heather Day, 28*, Ankeny, IA	1:02:07	10:00
43	3	M25	Russell Place, 26, West Des Moines, IA	1:02:19	10:02
44	4	M25	Larry Spray III, 28, Dallas Center, IA	1:03:02	10:09
45	8	M45	Tod McComb, 48, Des Moines, IA	1:03:25	10:12
46	6	M30	Jeff Rudisill, 30, West Des Moines, IA	1:03:43	10:15
47	6	M40	Jeff Glass, 43, Waukee, IA	1:03:49	10:16
28	6	W40	Wendy Bryant, 43*, Clive, IA	1:04:02	10:18
48	7	M30	Ryan Wilcox, 33, Cedar Rapids, IA	1:04:05	10:19
29	9	W30	Rebecca Peppmeier, 31*, Urbandale, IA	1:04:08	10:19
30	3	W35	Lisa Baumhover, 38*, Woodward, IA	1:04:13	10:20
31	9	W25	Ashley Adams, 29*, Des Moines, IA	1:04:41	10:24
49	3	M55	Dennis Howard, 59, Des Moines, IA	1:04:45	10:25
32	10	W30	Erin Publow, 34*, West Des Moines, IA	1:05:04	10:28
33	7	W40	Jen Dange, 41*, Windsor Heights, IA	1:05:35	10:33
34	3	W50	Lori Schwartz, 52*, Greenfield, IA	1:06:31	10:42
50	5	M25	Ryan King, 29, Ankeny, IA	1:06:53	10:46
35	2	W55	Laurie Pooch, 56*, Windsor Hts, IA	1:07:10	10:48
51	4	M55	Doug Pooch, 57, Windsor Hts, IA	1:07:11	10:49
36	10	W25	Nicole Rudisill, 28*, West Des Moines, IA	1:08:08	10:58

37	1	W45	Marti Van Walbeek, 47*, Monroe, IA	1:08:10	10:58
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52	7	M50	Todd Hasstedt, 50, Ankeny, IA	1:08:31	11:01
38	11	W30	Cari Cunningham, 33*, Urbandale, IA	1:09:23	11:10
53	2	M65	Ruben Rullan, 71, Urbandale, IA	1:10:29	11:20
39	1	W65	Avis James, 66*, Urbandale, IA	1:10:30	11:21
40	12	W30	Jennifer Higgins, 30*, Des Moines, IA	1:10:32	11:21
41	11	W25	Caitrin Wheeler, 28*, Windsor Heights, IA	1:13:31	11:50

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42	2	W45	Diane Phoenix, 48*, Pella, IA	1:14:57	12:04
43	13	W30	Melissa Knutson, 32*, Johnston, IA	1:16:40	12:20

44 1 W60 Judy Ackerman, 61*, Windsor Heights, IA 1:17:30 12:28
* indicates females
1 finishers among Men Under 20
5 finishers among Men 20 - 24
5 finishers among Men 25 - 29
7 finishers among Men 30 - 34
6 finishers among Men 35 - 39
6 finishers among Men 40 - 44
8 finishers among Men 45 - 49
7 finishers among Men 50 - 54
4 finishers among Men 55 - 59
2 finishers among Men 60 - 64
2 finishers among Men 65 & Up
1 finishers among Women Under 20
11 finishers among Women 25 - 29
13 finishers among Women 30 - 34
3 finishers among Women 35 - 39
7 finishers among Women 40 - 44
2 finishers among Women 45 - 49
3 finishers among Women 50 - 54
2 finishers among Women 55 - 59
1 finishers among Women 60 - 64
1 finishers among Women 65 & Up
53 male finishers
44 female finishers
97 total finishers

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