

Project H2O Maffitt Lake 5 miler

Maffitt Lake, IA

Aug. 1, 2009

mostly sunny, just about perfect

Results by Michael Franke

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	JrM Zachary Wiemers, 16, West Des Moines, IA	29:58	6:02
2	2	JrM Ryne Murphy, 16, Ankeny, IA	30:09	6:05
3	1	M18 John Collier, 20, West Des Moines, IA	30:10	6:05
4	2	M18 Jeff Gray, 28, West Des Moines, IA	30:49	6:13
5	1	M30 Scott Janes, 38, Ankeny, IA	31:23	6:20
1	1	W40 Christine Price, 40*, Des Moines, IA	31:49	6:25
6	1	M40 Brian Palmer, 40, Des Moines, IA	32:26	6:32
7	2	M40 Kevin Cline, 43, Grimes, IA	33:07	6:41
8	3	M18 Jack Bush, 20, Des Moines, IA	33:25	6:44
9	1	M50 Joe Winch, 53, Knoxville, IA	33:29	6:45
10	4	M18 Michael Huff, 20, boone, IA	34:28	6:57
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				
11	2	M30 Jeremy Mueller, 32, West Des Moines, IA	34:56	7:02
12	3	M30 Jim Turner, 32, Urbandale, IA	34:56	7:03
13	2	M50 Dave Haugen, 56, Des Moines, IA	35:29	7:09
14	3	M40 Kelsey Byus, 40, Des Moines, IA	35:47	7:13
2	1	W18 Stephanie Mortenson, 27*, Urbandale, IA	36:05	7:16
15	3	JrM Jeff Hadden, 16, Altoona, IA	36:15	7:18
16	4	M40 Bill Blumgaugh, 45, Ankeny, IA	36:17	7:19
17	5	M40 Jeff Feder, 48, Norwalk, IA	36:26	7:21
18	3	M50 David Miller, 57, Urbandale, IA	36:34	7:22
19	1	M60 Mike Bender, 68, Des Moines, IA	36:37	7:23
3	2	W18 Kimberly Cunningham, 23*, Des Moines, IA	37:03	7:28
20	4	M30 Matt Hillis, 32, Clive, IA	37:03	7:28
21	5	M30 Christian Martin, 37, West Des Moines, IA	37:37	7:35
22	2	M60 Mike May, 62, Indianola, IA	37:50	7:38
23	6	M40 Gary Freese, 49, johnston, IA	37:53	7:38
4	2	W40 Heather Stilber, 46*, Des Moines, IA	38:16	7:43
24	7	M40 Dan Smidt, 41, West Des Moines, IA	38:36	7:47
25	8	M40 Michael McCulloch, 42, Des Moines, IA	38:57	7:51
26	9	M40 John Turpen, 40, Waukee, IA	39:11	7:54
5	1	W30 Cheryl Dralle, 31*, Des Moines, IA	39:33	7:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				
27	4	M50 Greg Young, 53, Clive, IA	39:54	8:03
28	5	M18 Justin Frerichs, 28, johnston, IA	39:56	8:03
29	4	JrM Dylan Courtney, 16, West Des Moines, IA	40:01	8:04
30	10	M40 Glen Dippold, 46, Clive, IA	40:26	8:09
31	11	M40 Phuoc Le, 48, West Des Moines, IA	40:36	8:11
6	2	W30 Kate Byus, 36*, Des Moines, IA	40:43	8:13
7	3	W30 Tami Draper, 39*, Des Moines, IA	40:44	8:13
32	3	M60 John Schneller, 65, West Des Moines, IA	41:10	8:18
8	3	W40 Nola Seaberg, 47*, Des Moines, IA	41:17	8:19
33	12	M40 Doug Anderson, 42, St Charles, IA	41:35	8:23
34	5	M50 Pat Carlino, 56, Des Moines, IA	41:35	8:23
9	1	JrW Serena Goetzl, 15*, Urbandale, IA	41:47	8:25
35	6	M18 Jonathan Stout, 28, Ankeny, IA	41:49	8:26
36	4	M60 Don Miller, 61, Clive, IA	41:52	8:26
10	4	W30 Jenn Sands, 34*, Clarinda, IA	41:52	8:26
11	3	W18 Lauren Link, 21*, Des Moines, IA	42:06	8:29
37	7	M18 Matthew Nelson, 27, Fullerton, CA	42:16	8:31
38	5	JrM Alex Jacobs, 16, West Des Moines, IA	42:45	8:37
12	5	W30 Jennifer Jacobs, 37*, West Des Moines, IA	42:57	8:39
13	4	W18 Christie Muenzenberger, 27*, West Des Moines, IA	43:08	8:42
39	6	M50 Jack Thompson, 50, Norwalk, IA	43:08	8:42
40	13	M40 Mike Lang, 41, Waukee, IA	43:11	8:42
14	1	W50 Julia Batten, 53*, Carlisle, IA	43:16	8:43
15	4	W40 Rachelle Adams, 42*, Earlham, IA	43:22	8:44
41	6	M30 Kevin Bui, 32, Des Moines, IA	43:23	8:45

42	7	M50 John Vujnovich, 55, Des Moines, IA	43:33	8:47
43	14	M40 Chris Jones, 48, Ankeny, IA	43:42	8:49
44	7	M30 Eric Risor, 36, West Des Moines, IA	43:45	8:49
16	6	W30 Nicole Risor, 30*, West Des Moines, IA	43:46	8:49
45	8	M18 Patrick Freese, 21, Johnston, IA	43:47	8:49
17	5	W40 Sheri Coughenower, 41*, Indianola, IA	43:52	8:50
46	9	M18 Patrick Poston, 19, DeSoto, IA	44:00	8:52
18	7	W30 Dina Oliver, 38*, Des Moines, IA	44:04	8:53
47	15	M40 kirk swihart, 41, Johnston, IA	44:05	8:53
19	5	W18 Liz Timmerman, 29*, Nodaway, IA	44:14	8:55
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				

48	8	M50 David McClung, 54, Des Moines, IA	44:44	9:01
20	6	W18 Mattei Walker, 21*, Des Moines, IA	44:48	9:02
49	9	M50 Bill Wedeking, 55, Des Moines, IA	44:49	9:02
50	6	JrM Logan Barnes, 13, Ankeny, IA	44:51	9:02
21	6	W40 Suzanne Herzog-Lopez, 41*, West Des Moines, IA	44:54	9:03
22	8	W30 Dawn Emers, 34*, Webster City, IA	45:02	9:05
51	10	M50 Jonathon Shelness, 50, Des Moines, IA	45:06	9:05
23	7	W18 Katie Brown, 28*, Ofallon, MO	45:13	9:07
24	9	W30 Jennifer Berry, 33*, Windsor Heights, IA	45:29	9:10
52	8	M30 Adam Rogers, 30, West Des Moines, IA	45:32	9:11
53	11	M50 Mike Harvey, 54, Urbandale, IA	45:37	9:12
25	2	JrW Mary Rowley, 17*, Urbandale, IA	45:46	9:13
26	3	JrW Jenna Darsee, 16*, Urbandale, IA	45:55	9:15
27	7	W40 Kary Austin, 47*, Grimes, IA	46:03	9:17
28	10	W30 Alexis Warden, 34*, Des Moines, IA	46:24	9:21
54	5	M60 Gene Rasmussen, 62, Ames, IA	46:44	9:25
29	8	W40 Debra Lyons, 46*, West Des Moines, IA	48:35	9:48
30	8	W18 Jenny Chung, 29*, Johnston, IA	48:37	9:48
55	12	M50 Hank Hanson, 52, Bondurant, IA	48:38	9:48
56	13	M50 Neil Olson, 59, boone, IA	48:47	9:50
31	9	W18 Tashia Welling, 27*, Fullerton, CA	49:16	9:56
32	2	W50 Mary Rasmussen, 51*, Ames, IA	49:18	9:56
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				

57	6	M60 Gerald Graves, 60, Van Meter, IA	49:47	10:02
58	9	M30 Scott Mcilroy, 38, Des Moines, IA	50:39	10:13
33	11	W30 Holly Mcilroy, 38*, Des Moines, IA	50:39	10:13
34	10	W18 Ali Young, 25*, Durant, IA	50:52	10:15
35	11	W18 Christine Chung, 28*, Des Moines, IA	51:09	10:19
36	9	W40 Lori Dawson-Weeks, 45*, Grimes, IA	51:39	10:25
59	7	M60 Ron Turner, 67, Glidden, IA	51:54	10:28
60	8	M60 Harry Breaux, 60, Des Moines, IA	52:22	10:33
61	10	M18 Mickey Pesek, 27, Cumming, IA	52:58	10:41
37	12	W30 Sheri Robinson, 36*, Des Moines, IA	53:20	10:45
38	13	W30 Tiffanie Snyder, 33*, Des Moines, IA	54:05	10:54
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				

39	12	W18 Wendy Boka, 28*, Waukee, IA	54:38	11:01
40	13	W18 Tiffany Brewer, 28*, Cumming, IA	56:13	11:20
41	14	W30 Lisa Davis-Cook, 39*, West Des Moines, IA	57:06	11:31
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				

42	14	W18 Kathleen Houston, 26*, West Des Moines, IA	1:01:26	12:23
43	15	W18 Emily Callahan, 24*, Iowa City, IA	1:02:25	12:35
62	14	M50 Nathan Callahan, 56, Cedar Falls, IA	1:02:25	12:35

"*" indicates females

6 finishers among Men 17 & Under
10 finishers among Men 18 - 29
9 finishers among Men 30 - 39
15 finishers among Men 40 - 49
14 finishers among Men 50 - 59
8 finishers among Men 60 & Up
3 finishers among Women 17 & Under
15 finishers among Women 18 - 29
14 finishers among Women 30 - 39
9 finishers among Women 40 - 49
2 finishers among Women 50 - 59
62 male finishers
43 female finishers
105 total finishers

[Top](#)

Return to [home page](#).