

4 on the 4th II - 4 Mile Race

Ada Hayden Park, Ames, Iowa

July 4, 2006 8:00 A.M

[4 Kilo results here](#)

Place	PL . Age	Name	Age	S	City St	Event 4 m	Pace
1	1	Bryan George	22	M		21:54	5:29
2	2	Aaron Thomas	26	M		22:57	5:45
3	3	Ryan Atwell	28	M		23:05	5:47
4	1	Andy Feller	18	M	Ames IA	23:06	5:47
5	4	Sean McVeigh	24	M	Ames IA	23:13	5:49
6	2	Sam Bird	16	M		23:29	5:53
7	5	Ryan Glamm	22	M		23:46	5:57
8	1	Robin Joska	33	M	Owensboro KY	23:55	5:59
9	6	Nate Chennette	21	M		24:15:00	6:04
10	1	John Bannantine	40	M		24:41:00	6:11
11	2	Rob Gillum	45	M	Des Moines IA	24:43:00	6:11
12	7	John Soole	21	M	Sioux City IA	24:45:00	6:12
13	1	Dave Fitz	51	M	Ames IA	24:46:00	6:12
14	3	Mark Gilarski	16	M		25:35:00	6:24
15	4	Ben Feller	16	M	Ames IA	25:45:00	6:27
16	8	Greg McGrath	21	M	Ames IA	26:21:00	6:36
17	3	Mike Bird	45	M		26:24:00	6:36
18	9	Stephen Smith	21	M	Topsham ME	27:02:00	6:46
19	1	Brittany Rover	17	F	Ames IA	27:13:00	6:49
20	4	William Jenks	41	M	Ames IA	27:17:00	6:50
21	1	Jody Bergan	36	F		27:35:00	6:54
22	1	Beth Henriksen	50	F		28:14:00	7:04
23	1	Ashley Coopridge	26	F		28:24:00	7:06
24	2	Ryan Brown	32	M		28:28:00	7:07
25	10	Tim Fencl	26	M		28:52:00	7:13
26	11	Aaron Bellisle	22	M		29:09:00	7:18
27	2	Jonathan Wendt	51	M	Ames IA	29:26:00	7:22
28	5	Burt Porter	41	M	Ankeny IA	29:31:00	7:23
29	3	Rolf Koford	58	M	Ames IA	29:35:00	7:24
30	4	Kirk Dau	54	M		29:38:00	7:25
31	2	Kathleen Wendt	51	F	Ames IA	29:44:00	7:26
32	2	Teri Collins	37	F		29:48:00	7:27
33	3	Matt Carney	39	M	Ames IA	29:49:00	7:28
34	4	Mike Clayton	50	M	Ames IA	30:00:00	7:30
35	12	Roy Swinger	24	M	Ames IA	30:06:00	7:32
36	6	Cory Harms	40	M	Ames IA	30:07:00	7:32
37	13	Luke DeBoer	24	M	Adel IA	30:08:00	7:32
38	5	Leo Bird	15	M		30:20:00	7:35
39	14	Ben Stover	24	M	Centerville IA	30:33:00	7:39
40	7	Ewan Dan	45	M	Lake Zurich IL	30:35:00	7:39
41	2	Jennifer Ewan	17	F	Lake Zurich IL	30:43:00	7:41
42	4	Tim Ordal	38	M	Ames IA	30:46:00	7:42
43	6	John Pleasants	57	M	Ames IA	30:48:00	7:42
44	1	Mary Clark	43	F		31:04:00	7:46
45	15	Mike Yeatman	28	M		31:07:00	7:47
46	2	Annette Poduska	21	F	Ames IA	31:08:00	7:47
47	7	Michael Wheelo	50	M		31:18:00	7:50
48	1	David Block	63	M		31:41:00	7:56
49	5	Peter Sirma	36	M	Story City IA	31:43:00	7:56
50	3	Katie Brimeyer	19	F	Ames IA	31:47:00	7:57

51	2	Claire Andrease	49	F	Ames IA	32:01:00	8:01
52	4	Emily Bird	19	F		32:02:00	8:01
53	8	Mark Shaw	48	M	Ames IA	32:02:00	8:01
54	6	Tyler Gleason	14	M	Ames IA	32:17:00	8:05
55	6	Ryan Martin	33	M	Ames IA	32:30:00	8:08
56	3	Leslie Kiese	53	F		32:31:00	8:08
57	1	Christopher Jenks	15	M	Ames IA	32:56:00	8:14
58	16	Dave Stout	23	M	Ames IA	33:05:00	8:17
59	8	Chuck Gilarski	50	M		33:11:00	8:18
60	3	Brenda Bright	45	F		33:19:00	8:20
61	5	Kristi Philips	17	F	Ames IA	33:22:00	8:21
62	9	Douglas Bryner	55	M		33:34:00	8:24
63	3	Julie Vardaman	30	F	Ames IA	33:52:00	8:28
64	4	Marcie Niegsch	33	F	Ames IA	33:53:00	8:29
65	7	Jason Niegsch	34	M	Ames IA	34:05:00	8:32
66	10	Ron Mowers	58	M		34:05:00	8:32
67	9	Russ Laczniak	49	M		34:07:00	8:32
68	17	Jason Brand	22	M		34:08:00	8:32
69	4	Millicent Richard	45	F		34:39:00	8:40
70	3	Rachel Mullen	21	F		34:44:00	8:41
71	11	Thad Stanton	54	M	Ames IA	34:57:00	8:45
72	18	Spencer Pruitt	24	M	Ames IA	35:05:00	8:47
73	10	Steve Shifflett	48	M		35:08:00	8:47
74	4	Kathy Davis	28	F	Collins IA	35:20:00	8:50
75	19	Kyle Poppens	23	M	Ames IA	35:35:00	8:54
76	5	Erin Rockafellow	24	F	Ames IA	35:40:00	8:55
77	5	Vanessa Rivera	32	F	Ames IA	35:43:00	8:56
78	6	Kirstin Peterson	31	F	Ames IA	35:47:00	8:57
79	7	Tracey Boothe	39	F	Ames IA	35:53:00	8:59
80	6	Kari Kellen	29	F	Nevada IA	35:59:00	9:00
81	8	William Stoffregen	31	M	Ames IA	36:17:00	9:05
82	5	DONA KOELLING	69	F	MUNDELEIN IL	36:25:00	9:07
83	20	Charles Ripley	23	M		36:32:00	9:08
84	12	Brad Thorsen	58	M		36:35:00	9:09
85	21	Aaron Ehley	24	M		36:45:00	9:11
86	6	Sarah Hundertrunk	17	F	Ames IA	37:02:00	9:16
87	7	Julie Sander	24	F		37:07:00	9:17
88	7	Maggie Brockway	14	F	Ames IA	37:22:00	9:21
89	8	Suzanne Sande	23	F		37:29:00	9:23
90	8	Annamarie Oesterel	41	F	Ames IA	37:53:00	9:29
91	8	Terri Simodynes	32	F	Ames IA	38:45:00	9:42
92	9	Paul Huston	38	M		38:51:00	9:43
93	11	Doug Jacobson	48	M	Ames IA	39:48:00	9:57
94	9	Katie Schinnell	17	F	Morton WA	39:48:00	9:57
95	9	Laura Frescoln	38	F	Ames IA	39:57:00	10:00
96	4	Tana Parrish	56	F		40:06:00	10:02
97	9	Stacey Stoffregen	26	F	Ames IA	40:26:00	10:07
98	1	angel fisher	69	F	Ames IA	49:30:00	12:23
99		Risikat Fasehun	62	F	Ames IA		
100	2	Don Flugrad	60	M	Ames IA		
101	5	Chris King	53	F	Ames IA		
102	3	Festus Fasehun	62	M	Ames IA		

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