

# CapCity 5 km

Big Creek State Park, IA

May 29, 2012

80 degrees, sunny, windy

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 PLACE	FINISHER	TIME	PACE
1	OpM	Brett Carter, 24, Urbandale, IA	15:10	4:53
2	OpM	Julius Rotich, 37, Des Moines, IA	15:26	4:58
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>				
3	OpM	Ben Jaskowiak, 22, Des Moines, IA	16:14	5:14
4	1 M30	Greg Bell, 33, Polk City, IA	16:46	5:24
5	1 M20	Aaron Skopes, 24, Traer, IA	17:15	5:33
6	2 M30	Luke Craven, 33, Johnston, IA	17:38	5:41
7	3 M30	Jonathon Estabrook, 38, Ankeny, IA	17:40	5:41
8	1 M50	Keith Ables, 50, Ogden, IA	18:26	5:56
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>				
9	2 M20	Jacob Flaws, 25, Grimes, IA	18:41	6:01
10	3 M20	Philip Musson, 20, Johnston, IA	19:00	6:07
11	4 M20	Brendon Brauer, 20, Polk City,, IA	19:20	6:13
12	1 JrM	Tyler Fugate, 14, Des Moines, IA	19:28	6:16
13	1 M40	Ben Lounsbury, 47, W. Des Moines, IA	20:07	6:29
14	4 M30	Kyle Prendergast, 32, Des Moines, IA	20:18	6:32
15	5 M20	Joshua Boyd, 28, Ankeny, IA	20:42	6:40
16	2 M40	Oswaldo Rodriguez, 45, Perry, IA	20:59	6:45
17	6 M20	David Wilson, 29, Bondurant, IA	21:05	6:47
18	5 M30	Jose Calderon, 34, Perry, IA	21:05	6:47
1	OpW	Bailey Eppard, 17*, Johnston, IA	21:19	6:52
19	6 M30	Eric Tange, 31, Urbandale, IA	21:26	6:54
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>				
20	3 M40	Greg Grandgeorge, 47, Polk City, IA	21:46	7:00
21	2 JrM	Tray Chumbley, 11, Grimes, IA	21:52	7:02
22	7 M30	Alan Hauge, 31, Farmington, MN	21:54	7:03
23	1 M15	Tyler Carter, 18, Ankeny, IA	22:13	7:09
24	2 M15	Connor Brown, 15, Ankeny, IA	22:13	7:09
25	7 M20	Ben Wiele, 24, Ankeny, IA	22:35	7:16
26	4 M40	Bill Dobson, 41, Johnston, IA	22:54	7:22
27	8 M30	Gary Stout, 38, Des Moines, IA	23:11	7:28
28	1 M60	Joe Robinson, 61, Bondurant, IA	23:12	7:28
29	2 M60	Kelly McMullan, 63, Boone, IA	23:37	7:36
30	8 M20	Nathan Wagner, 27, Ames, IA	23:45	7:39
31	9 M30	Damon Jackson, 35, Des Moines, IA	23:54	7:42
2	OpW	Emily Gleason, 30*, Urbandale, IA	24:25	7:52
32	2 M50	Kevin Prendergast, 57, Des Moines, IA	24:26	7:52
33	5 M40	Dave Lenhart, 47, Ankeny, IA	24:33	7:54
34	10 M30	Dale Bolcourt, 33, Johnston, IA	24:42	7:57
35	3 M50	Duane Wise, 52, Des Moines, IA	24:47	7:59
36	9 M20	Josh Heisterkamp, 25, Windsor Heights, IA	24:47	7:59
3	OpW	Melanie Heisterkamp, 25*, Windsor Heights, IA	24:47	7:59
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>				
37	6 M40	Devin Miller, 40, Ankeny, IA	24:51	8:00
5	1 W40	Molly Buck, 42*, Ankeny, IA	24:59	8:02
6	2 W30	Linda Craven, 33*, Johnston, IA	25:02	8:03
38	11 M30	Phil Payzant, 32, Des Moines, IA	25:03	8:04
39	3 M15	Lee Lounsbury, 15, W. Des Moines, IA	25:15	8:08
7	1 JrW	Taylor Brown, 14*, Ankeny, IA	25:22	8:10
8	3 W30	Jenn Drey, 31*, Elkhart, IA	25:23	8:10
40	7 M40	Mark Nelson, 48, W. Des Moines, IA	25:23	8:10
41	10 M20	Jordan Jones, 28, West des moines, IA	25:32	8:13
42	12 M30	Christopher Anderson, 36, Altoona, IA	25:39	8:15
43	4 M50	Mike Fugate, 50, Des Moines, IA	25:49	8:19
44	3 JrM	Ian Luke, 11, Ankeny, IA	26:06	8:24
45	13 M30	Dan Freeman, 33, Ankeny, IA	26:07	8:24
9	2 W40	Kelly Grandgeorge, 46*, Polk City, IA	26:15	8:27
46	14 M30	Rick Maples, 31, Des Moines, IA	26:19	8:28
47	8 M40	Jeff Andersen, 44, Grimes, IA	26:23	8:30
10	1 W15	Sadie Thompson, 16*, Des Moines, IA	26:28	8:31
48	4 M15	Anthony Samples, 18, Des Moines, IA	26:28	8:31
49	5 M15	Tanner Thompson, 16	26:29	8:31
11	4 W30	Angela Tewfik, 37*, Grimes, IA	26:31	8:32
50	6 M15	Kwizera Iman, 15, Des Moines, IA	26:59	8:41
51	4 JrM	Gabriel DeLisi, 11, Runnells, IA	27:11	8:45
52	5 JrM	Luke Lounsbury, 9, W. Des Moines, IA	27:14	8:46
12	2 JrW	Mackenzie Thompson, 10*, Grimes, IA	27:16	8:47
13	3 JrW	Zoey Chumbley, 11*, Grimes, IA	27:26	8:50
53	6 JrM	A J. Moeller, 13, Ankeny, IA	27:27	8:50
54	15 M30	Glenn Stout, 38, Altoona, IA	27:28	8:50
55	7 JrM	Logan Guy, 10, Des Moines, IA	27:29	8:51
56	16 M30	Sean Lowe, 38, Ankeny, IA	27:30	8:51
14	5 W30	Heidi Quist, 38*, Urbandale, IA	27:31	8:51
57	3 M60	robert (Buzz) Hoffman, 64, West des moines, IA	27:50	8:58
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>				
58	17 M30	Rob Keller, 35, Ankeny, IA	27:59	9:00
59	11 M20	Matt McDermott, 26, Des Moines, IA	28:00	9:01
60	12 M20	Chris Donahue, 29, Pleasant Hill, IA	28:05	9:02
61	7 M15	Drew Belton, 15, Des Moines, IA	28:11	9:04
15	1 W20	Crystal Payzant, 27*, Des Moines, IA	28:33	9:11
62	8 JrM	Graham Geist, 14, Des Moines, IA	28:47	9:16
63	9 M40	Shawn Samples, 43, Des Moines, IA	29:11	9:24
64	13 M20	Justin Hoffmann, 28, Johnston, IA	29:13	9:24
16	2 W20	Melissa Heintz, 29*, West des moines, IA	29:20	9:26
65	10 M40	Bryan Thompson, 42, Grimes, IA	29:23	9:27
17	3 W40	Mary Hall, 48*, Ankeny, IA	29:30	9:30
18	4 W40	Brenda Brown, 43*, Ankeny, IA	29:31	9:30
19	1 W60	Marcy McMullan, 61*, Boone, IA	29:38	9:32

66	11	M40	Gary Guy, 45, Des Moines, IA	29:54	9:37
20	3	W20	Laurie Burton, 27*, Des Moines, IA	29:55	9:38
21	4	JrW	Ana Grandgeorge, 11*, Polk City, IA	30:07	9:42
22	6	W30	Erika Stevenson, 31*, Des Moines, IA	30:21	9:46
23	5	W40	Jean Lounsbury, 48*, W. Des Moines, IA	30:33	9:50
24	7	W30	Anne Schoenauer, 37*, Johnston, IA	30:47	9:55

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

67	12	M40	Russell Squires, 49, Janesville, IA	31:14	10:03
25	6	W40	Teri Kallem, 45*, Des Moines, IA	31:24	10:06
26	8	W30	Tammy Wood, 35*, Ankeny, IA	31:35	10:10
68	13	M40	Trent Troyer, 40, Ankeny, IA	31:36	10:10
27	4	W20	Cairlin Clemens, 22*, Ankeny, IA	31:42	10:12
28	5	W20	Alicia Jones, 28*, West des moines, IA	31:46	10:13
29	6	W20	Megan Schaap, 27*, Des Moines, IA	31:46	10:13
69	9	JrM	Brett Guy, 14, Des Moines, IA	31:47	10:14
70	14	M20	Aric Warner, 22, Altoona, IA	31:49	10:14
30	9	W30	Sarah Fisher, 34*, Ankeny, IA	31:50	10:15
31	5	JrW	Olivia Pick, 14*, Ankeny, IA	31:57	10:17
32	10	W30	Terri Lowe, 36*, Ankeny, IA	32:01	10:18
33	6	JrW	Carissa Dobson, 14*, Johnston, IA	32:02	10:19
34	2	W15	Megan Dobson, 15*, Ankeny, IA	32:04	10:19
35	7	W40	Robyn Crandell, 44*, Polk City, IA	32:22	10:25
71	4	M60	William Grimes, 60, Ankeny, IA	32:41	10:31
36	8	W40	Stephanie Lawrence, 44*, Grimes, IA	32:43	10:32
37	1	W50	Ronda Rehor, 55*, Ankeny, IA	32:43	10:32
72	18	M30	Jim McCoy, 36, Bondurant, IA	32:49	10:34
73	19	M30	Cj Nissen, 34, Ankeny, IA	32:50	10:34
74	5	M50	Steve Cox, 52, Cambridge, IA	32:59	10:37
38	9	W40	Karen Couves, 44*, Knoxville, IA	33:01	10:38
75	20	M30	Zachery Mohling, 36, Adel, IA	33:03	10:38
76	15	M20	Kody Lueders, 21, Des Moines, IA	33:06	10:39
39	7	W20	Katie McDermott, 26*, Des Moines, IA	33:24	10:45
40	10	W40	Diane Samples, 44*, Des Moines, IA	33:31	10:47
41	8	W20	Eryn Swain, 21*, Des Moines, IA	33:37	10:49
42	11	W30	Annie Hoffmann, 31*, Johnston, IA	33:38	10:50
43	9	W20	Kaila Swain, 21*, Des Moines, IA	33:38	10:50
77	10	JrM	Gabe Surles, 13, Polk City, IA	33:51	10:54

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#) 44 11 W40 Merry Rankin, 47\*, Ames, IA 34:19 11:03

45	7	JrW	Meredith Luke, 13*, Ankeny, IA	34:48	11:12
46	8	JrW	Gabrielle Abbott, 12*, Ankeny, IA	34:49	11:12
47	2	W50	Jamey Cox, 54*, Cambridge, IA	34:53	11:14
48	12	W40	Marielos Rojas, 46*, Ankeny, IA	35:11	11:19
78	16	M20	James Essex, 29, Cambridge, IA	35:21	11:23
49	3	W50	Mary Essex, 52*, Urbandale, IA	35:25	11:24
50	9	JrW	Spencer Silver, 14*, Ankeny, IA	35:26	11:24
79	6	M50	Mike Walters, 50, Des Moines, IA	35:30	11:26
51	13	W40	Ann Cryz, 43*, Ankeny, IA	36:17	11:41
52	14	W40	Amie Chumbley, 43*, Grimes, IA	36:46	11:50
53	15	W40	Lisa Thompson, 43*, Grimes, IA	36:47	11:50
54	3	W15	Geena Pilcher, 18*, Urbandale, IA	37:09	11:57
55	10	JrW	Parker White, 13*, Des Moines, IA	37:10	11:58

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

56	2	W60	Gaila Bovee, 64*, Ankeny, IA	37:26	12:03
80	14	M40	Aaron Warner, 45, Altoona, IA	37:45	12:09
81	17	M20	Tyler Bethel, 29, Ankeny, IA	37:45	12:09
57	12	W30	Brenda Adams, 34*, Des Moines, IA	38:06	12:16
58	4	W50	Carole Adams, 52*, Des Moines, IA	38:14	12:18
59	16	W40	Shelly Northway, 41*, Ankeny, IA	38:22	12:21
60	13	W30	Shila love-Torres, 30*, Des Moines, IA	38:23	12:21
82	21	M30	Ethan Torres, 34, Des Moines, IA	38:59	12:33
61	5	W50	Sharalynn Clemens, 50*, Ankeny, IA	39:11	12:36
62	14	W30	Jennifer Evans, 32*, Grimes, IA	39:11	12:37
83	22	M30	John Evans, 37, Grimes, IA	39:36	12:45
63	4	W15	Kaitlin Peterson, 16*, Ankeny, IA	40:01	12:53
84	8	M15	Noah Pick, 16, Ankeny, IA	40:02	12:53

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

64	11	JrW	Cara Heuer, 10*, Ames, IA	41:39	13:24
85	11	JrM	Joshua Abbott, 14, Ankeny, IA	42:29	13:40
86	12	JrM	Justin Hall, 11, Des Moines, IA	42:34	13:42
65	17	W40	Joy Heuer, 44*, Ames, IA	42:57	13:49
87	13	JrM	Isaiah Pick, 12, Ankeny, IA	43:17	13:56
66	12	JrW	Rebekah White, 14*, Ankeny, IA	43:18	13:56
67	5	W15	Rebecca Givens, 17*, Ankeny, IA	43:18	13:56
88	14	JrM	Trent Guy, 12, Des Moines, IA	43:27	13:59

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

68	13	JrW	Sierra Hall, 11*, Ankeny, IA	44:41	14:23
89	15	M40	Ken Hall, 46, Ankeny, IA	44:42	14:23
69	14	JrW	Ryleigh Metheny, 5*, Ankeny, IA	44:53	14:27
70	10	W20	Crystal Metheny, 28*, Ankeny, IA	45:05	14:30

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

71	15	W30	Michelle Arrasmith, 38*, Pleasant Hill, IA	46:58	15:07
72	18	W40	Kimberly Hunt, 45*, Pleasant Hill, IA	46:59	15:07
73	3	W60	Linda Strickland, 65*, Ankeny, IA	47:34	15:18
74	19	W40	Janeen Throckmorton, 44*, Des Moines, IA	48:44	15:41
75	20	W40	Dawn Guy, 44*, Des Moines, IA	49:11	15:50
76	21	W40	Hollie Pick, 41*, Ankeny, IA	49:11	15:50

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

77	16	W30	Rebekah Chung, 35*, Altoona, IA	50:08	16:08
78	6	W50	Lori Pilcher, 53*, Urbandale, IA	50:08	16:08
90	15	JrM	Benjamin Horner, 6, Ankeny, IA	50:33	16:16
91	23	M30	Dan Horner, 36, Ankeny, IA	50:44	16:20
79	17	W30	Melissa Horner, 38*, Ankeny, IA	50:45	16:20
80	22	W40	Karee Vernon, 43*, Bondurant, IA	50:46	16:20
92	16	JrM	Flint Vernon, 11, Bondurant, IA	50:47	16:21
81	23	W40	Janet Hockey, 47*, Des Moines, IA	51:32	16:35
82	11	W20	Mattie Sampson, 25*, Des Moines, IA	0	

\* indicates females  
 6 finishers among Males (no age given)  
 16 finishers among Men Under 15  
 8 finishers among Men 15 - 19  
 17 finishers among Men 20 - 29  
 23 finishers among Men 30 - 39  
 15 finishers among Men 40 - 49  
 6 finishers among Men 50 - 59  
 4 finishers among Men 60 & Up  
 14 finishers among Women Under 15  
 5 finishers among Women 15 - 19  
 11 finishers among Women 20 - 29  
 17 finishers among Women 30 - 39  
 23 finishers among Women 40 - 49

6 finishers among Women 50 - 59  
3 finishers among Women 60 & Up  
95 male finishers  
79 female finishers  
174 total finishers

Return to [home page](#).