

GOVERNOR'S CUP - 10 KILOMETER

Oct. 1, 2000

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| 10K results | 5K results |
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Use the Find option of your Web Browser to find the performance of a specific individual.

"*" indicates females

| PLACE | CLASS PLACE | FINISHER | TIME |
|-------|----------------|--|-------|
| 1 | 1 | M40 Mike Nelson, 44, Danville, IA | 35:00 |
| 2 | 1 | M25 Kevin Barnes, 29, Des Moines, IA | 35:57 |
| 3 | 1 | M45 Curt Hoegh, 49, Clive, IA | 36:28 |
| 4 | 2 | M45 David Peters, 45, Atlantic, IA | 38:45 |
| 5 | 3 | M45 James La Plant, 49, Newton, IA | 39:00 |
| 6 | 1 | M35 Jeff Perry, 39, Bondurant, IA | 39:44 |
| 7 | 1 | M30 Douglas Kendall, 32, Tracy, IA | 39:57 |
| 8 | 2 | M40 Mark Movic, 43, Des Moines, IA | 39:58 |
| 9 | 1 | M55 Mike Bender, 59, Des Moines, IA | 41:08 |
| 10 | 2 | M30 Alex Fink, 32, Des Moines, IA | 41:59 |
| 11 | 1 | M20 Kevin Nuehring, 24, Des Moines, IA | 42:20 |
| 12 | 2 | M35 Kevin Allen, 39, Des Moines, IA | 43:15 |
| 13 | 3 | M40 Kevin Techau, 41, Des Moines, IA | 43:32 |
| 14 | 3 | M35 Rex Williams, 39, Des Moines, IA | 43:34 |
| 15 | 4 | M40 Brian Smith, 42, Redfield, IA | 43:58 |
| 16 | 4 | M45 Conroy Smith, 45, Des Moines, IA | 43:59 |
| 17 | 4 | M35 Darin Fratzke, 35, Ankeny, IA | 44:02 |
| 18 | 5 | M40 David Teachout, 40, Des Moines, IA | 44:07 |
| 19 | 1 | M50 Carl Voss, 51, Des Moines, IA | 44:12 |
| 20 | 5 | M35 Anthony Cuevas, 35, Pleasant Hill, IA | 44:20 |
| 1 | 1 | W40 Sheila Maddock, 44*, Johnston, IA | 44:25 |
| 21 | 1 | M65 Jim Smedema, 68, Windsor Heights, IA | 44:36 |
| 22 | 6 | M35 Jeff Lorenzen, 35, Waukee, IA | 44:42 |
| 2 | 1 | W30 Tara Brawner, 31*, Clive, IA | 44:58 |
| 23 | 6 | M40 Randy Stefani, 44, Clive, IA | 45:10 |
| 24 | 5 | M45 Hank Manning, 45, Urbandale, IA | 45:27 |
| 25 | 7 | M35 Brian Benjamin, 35, Yale, IA | 45:42 |
| 26 | 8 | M35 Alan Brawner, 35, Clive, IA | 46:02 |
| 27 | 9 | M35 Wayne Lacher, 38, Menlo, IA | 46:19 |
| 28 | 7 | M40 Robert Parker, 41, Johnston, IA | 46:34 |
| 29 | 8 | M40 Paul Kruse, 43, Granger, Ia | 46:40 |
| 30 | 9 | M40 Charles Phillips, 43, Urbandale, IA | 46:50 |
| 31 | 3 | M30 Guy Pareti, 31, Ankeny, IA | 46:53 |
| 32 | 4 | M30 Michael Rieks, 33, West Des Moines, IA | 46:55 |
| 3 | 1 | JrW Stephanie Fuller, 18*, Des Moines, IA | 47:23 |
| 33 | 10 | M35 Jay Hagedorn, 36, Des Moines, IA | 47:41 |
| 34 | 11 | M35 Brent Johnson, 39, Urbandale, IA | 47:43 |
| 4 | 2 | JrW Sarah Roarick, 23*, Des Moines, IA | 47:46 |
| 5 | 1 | W45 Nancy Harvey, 47*, Ankeny, IA | 47:54 |
| 35 | 10 | M40 Joe Shannahan, 42, Des Moines, IA | 48:18 |
| 36 | 11 | M40 Jeff Hileman, 42, Knoxville, IA | 48:27 |
| 37 | 12 | M40 Edgar Harris, 42, Des Moines, IA | 48:38 |
| 38 | 12 | M35 Lance Van Vleet, 35, Indianola, IA | 48:45 |
| 39 | 6 | M45 David Ruggle, 47, Ames, IA | 48:49 |
| 6 | 1 | W35 Mary Studer, 38*, Ankeny, IA | 49:02 |
| 40 | 5 | M30 Brian Whalen, 32, Des Moines, IA | 49:03 |
| 7 | 2 | W45 Sharon Sullivan, 46*, Des Moines, IA | 49:29 |

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| 41 | 2 | M25 | Brian Fagan, 28, Des Moines, IA | 49:33 |
| 42 | 3 | M25 | Eric Robinson, 29, Des Moines, IA | 49:46 |
| 43 | 7 | M45 | Dennis Groenenboom, 47, Des Moines, IA | 49:53 |
| 44 | 8 | M45 | Scott Hartsook, 47, Des Moines, IA | 49:54 |
| 8 | 2 | W30 | Jenny Miller, 34*, West Des Moines, IA | 49:55 |
| 45 | 13 | M35 | Jim McConnell, 35, Indianola, IA | 50:05 |
| 46 | 6 | M30 | Dan Schmitz, 33, Pleasant Hill, IA | 50:06 |
| 9 | 2 | W35 | Nola Seaberg, 38*, Des Moines, IA | 50:22 |
| 47 | 13 | M40 | James Windsor, 40, Des Moines, IA | 50:38 |
| 48 | 7 | M30 | Terry Berger, 34, West Des Moines, IA | 50:50 |
| 49 | 2 | M50 | Jim Lowe, 54, Des Moines, IA | 50:57 |
| 50 | 2 | M55 | Larry Detwiler, 57, Des Moines, IA | 51:07 |
| 51 | 14 | M40 | John Norris, 42, Des Moines, IA | 51:24 |
| 10 | 3 | W45 | Polly Glascock, 46*, Indianola, IA | 51:27 |
| 52 | 3 | M50 | Rick Johnson, 50, West Des Moines, IA | 51:45 |
| 11 | 1 | W25 | Kimberly Doty, 28*, Pleasant Hill, IA | 51:46 |
| 53 | 4 | M50 | Stan Malless, 53, Indianola, IA | 51:56 |
| 12 | 3 | JrW | Amber Stapleton, 24*, Des Moines, IA | 52:12 |
| 54 | 4 | M25 | Ken Thomas, 26, Des Moines, IA | 52:16 |
| 55 | 15 | M40 | Daniel Lee, 41, Woodward, IA | 52:38 |
| 13 | 2 | W40 | Julia Goodin, 43*, Des Moines, IA | 52:52 |
| 56 | 9 | M45 | Steven Granberg, 49, West Des Moines, IA | 52:53 |
| 57 | 5 | M50 | Mark McGrath, 51, Des Moines, IA | 53:02 |
| 14 | 2 | W25 | Jodi Bell, 25*, Des Moines, IA | 53:08 |
| 15 | 3 | W35 | Deb Pape, 37*, Des Moines, IA | 53:15 |
| 58 | 8 | M30 | Tom Borgerson, 33, Des Moines, IA | 53:25 |
| 16 | 4 | W35 | Leah Zeutenhorst, 36*, Des Moines, IA | 53:45 |
| 59 | 10 | M45 | Steven Rose, 48, Indianola, IA | 53:54 |
| 60 | 1 | M60 | Kenneth Keyes, 61, Des Moines, IA | 53:56 |
| 61 | 14 | M35 | Karl Wolle, 37, West Des Moines, IA | 54:06 |
| 62 | 16 | M40 | William Jay, 40, Des Moines, IA | 54:13 |
| 63 | 9 | M30 | Steve Nadel, 33, West Des Moines, IA | 54:18 |
| 64 | 10 | M30 | Doug Schulte, 31, West Des Moines, IA | 54:19 |
| 17 | 5 | W35 | Amy Harris, 35*, Des Moines, IA | 54:50 |
| 18 | 3 | W40 | Mariette Brodeur, 43*, Clive, IA | 55:44 |
| 19 | 3 | W25 | Lilian Riad, 29*, Des Moines, IA | 55:48 |
| 65 | 2 | M60 | Chuck Wolle, 64, Des Moines, IA | 55:52 |
| 66 | 6 | M50 | Dick Hogan, 54, Des Moines, IA | 56:14 |
| 20 | 4 | W25 | Pati Simons, 28*, Johnston, IA | 56:21 |
| 67 | 17 | M40 | Kevin Morris, 42, Des Moines, IA | 56:42 |
| 68 | 11 | M45 | Thomas Vilsack, 49, Des Moines, IA | 57:22 |
| 69 | 15 | M35 | Mark Stewart, 39, Altoona, IA | 57:23 |
| 70 | 18 | M40 | Ted Wright, 42, Des Moines, IA | 57:24 |
| 21 | 5 | W25 | Jillisa Walsch, 26*, Ankeny, IA | 57:28 |
| 71 | 16 | M35 | Kevin Stillman, 35, West Des Moines, IA | 58:02 |
| 22 | 6 | W35 | Carlyn Crowe, 35*, Des Moines, IA | 58:11 |
| 23 | 6 | W25 | Angie Lippold, 25*, Clive, IA | 58:15 |
| 72 | 11 | M30 | Kevin Keyes, 34, Des Moines, IA | 58:26 |
| 24 | 4 | JrW | Sarah Francis, 19*, Kelly, IA | 58:55 |
| 25 | 3 | W30 | Anita Christensen, 31*, Indianola, IA | 58:58 |
| 73 | 12 | M30 | Eric Christensen, 30, Indianola, IA | 58:58 |
| 26 | 4 | W45 | Barb Mitchell, 45*, West Des Moines, IA | 1:00:16 |
| 27 | 4 | W30 | Donna Schahtner, 33*, Des Moines, IA | 1:00:23 |
| 28 | 4 | W40 | Dorita Pion, 40*, Des Moines, IA | 1:00:26 |
| 29 | 5 | W30 | Teresa Wessels, 32*, Johnston, IA | 1:00:34 |
| 30 | 6 | W30 | Melinda Osborn, 30*, Chicago, IL | 1:00:59 |
| 74 | 5 | M25 | Christopher Francis, 27, Yale, IA | 1:02:50 |
| 75 | 2 | M65 | Glen Zirbel, 69, Ankeny, IA | 1:02:57 |
| 76 | 1 | JrM | John Echer, 11, Ankeny, IA | 1:04:14 |
| 31 | 5 | W45 | Dory Briles, 46*, Des Moines, IA | 1:09:00 |
| 32 | 1 | W50 | Lorene Briles, 80*, Corning, IA | 1:09:00 |
| 77 | 2 | JrM | Christenson Briles, 4, Des Moines, IA | 1:09:00 |

2 finishers among Men 19 & Under

1 finishers among Men 20 - 24

5 finishers among Men 25 - 29
12 finishers among Men 30 - 34
16 finishers among Men 35 - 39
18 finishers among Men 40 - 44
11 finishers among Men 45 - 49
6 finishers among Men 50 - 54
2 finishers among Men 55 - 59
2 finishers among Men 60 - 64
2 finishers among Men 65 & Up
4 finishers among Women 24 & Under
6 finishers among Women 25 - 29
6 finishers among Women 30 - 34
6 finishers among Women 35 - 39
4 finishers among Women 40 - 44
5 finishers among Women 45 - 49
1 finishers among Women 50 & Up
77 male finishers
32 female finishers
109 total finishers

[Top](#)

[Return to home page.](#)