

Governor's Cup 10 Kilometer

Des Moines, Iowa

Sept. 30, 2001

60 degrees, great fall day

Results by Cal Murdock

[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.

"*" indicates females

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	M20 Ryan Mitchell, 23, Des Moines, IA	35:38	5:44
2	1	M45 Mike Nelson, 45, Danville, IA	35:56	5:47
3	2	M45 Dave Fitz, 45, Ames, IA	36:39	5:54
4	1	M30 Kevin Barnes, 30, Indianola, IA	36:57	5:57
5	1	M25 J J Bailey, 27, Des Moines, IA	37:01	5:57
6	3	M45 Mark Thomas, 46, Des Moines, IA	37:12	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
7	2	M25 Patrick Riley, 28, Des Moines, IA	38:04	6:07
8	2	M30 Douglas Kendall, 33, Tracy, IA	39:55	6:25
9	1	M40 Thomas Heuer, 44, Des Moines, IA	40:13	6:28
10	4	M45 Michael Hoffman, 47, Clive, IA	40:45	6:33
11	3	M30 Mike Donahue, 33, Des Moines, IA	41:06	6:37
12	1	M35 Alan Brown, 37, Clive, IA	41:14	6:38
13	2	M40 John Taylor, 40, Urbandale, IA	41:42	6:43
1	1	W45 Sheila Maddock, 45*, Johnston, IA	41:49	6:44
14	2	M35 Alan Alberto, 36, Clive, IA	42:05	6:46
2	1	W25 Katy Muelhaupt, 29*, Des Moines, IA	42:08	6:47
3	1	JrW Amber Morgan, 20*, Ames, IA	42:57	6:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
15	5	M45 Hank Manning, 46, Urbandale, IA	44:00	7:05
16	3	M35 Steven Sanders, 38, Des Moines, IA	44:16	7:07
4	1	W35 Rachel Windsor, 38*, Des Moines, IA	44:18	7:08
17	4	M30 Michael Rieks, 34, West Des Moines, IA	44:27	7:09
18	3	M40 David Teachout, 41, Des Moines, IA	44:28	7:09
19	6	M45 Randy Stefani, 45, Clive, IA	44:33	7:10
5	2	W35 Kim Gredet, 37*, Colo, IA	44:39	7:11
6	3	W35 Heather Stilborn, 38*, Clive, IA	44:48	7:12
20	4	M35 Paul Jacobson, 38, Johnston, IA	44:58	7:14
21	1	M55 Jim Burns, 55, Ottumwa, IA	44:59	7:14
22	4	M40 Tom Bernau, 40, West Des Moines, IA	45:04	7:15
23	5	M35 Todd Keech, 35, Johnston, IA	45:05	7:15
24	5	M30 Jason Hahn, 30, Des Moines, IA	45:11	7:16
25	6	M30 Lee Hill, 33, Des Moines, IA	45:22	7:18
7	2	JrW Maaik Ouwersloot, 23*, Ames, IA	45:31	7:19
26	7	M45 Don Groghan, 45, Knoxville, IA	45:40	7:21
27	6	M35 Dave Lenhart, 36, Ankeny, IA	45:45	7:22
28	7	M35 Dale Knoshaug, 39, Des Moines, IA	46:04	7:25
29	7	M30 Andrew Shipley, 34, West Des Moines, IA	46:23	7:28
8	3	JrW Melanie Iler, 20*, Ames, IA	46:27	7:28
30	5	M40 George Howe, 44, Clive, IA	46:35	7:30
31	8	M30 Dan Reints, 32, Davenport, IA	46:35	7:30
32	9	M30 Scott Pries, 32, West Des Moines, IA	46:38	7:30
33	6	M40 Charles Phillips, 44, Urbandale, IA	46:46	7:32

34	8	M35 Tom Detaeye, 36, Clive, IA	46:55	7:33
35	7	M40 Doug Ross, 41, Ankeny, IA	47:06	7:35
36	8	M40 Daniel Rosenberg, 44, Des Moines, IA	47:16	7:36
37	8	M45 Peter Percival, 48, Des Moines, IA	47:36	7:39
9	4	JrW Christine Ritland, 23*, Iowa City, IA	47:36	7:39
10	5	JrW Stephanie Fuller, 19*, Des Moines, IA	47:47	7:41
11	4	W35 Connie Van Meter, 36*, Ft Dodge, IA	47:50	7:42
38	9	M40 Kevin Techau, 42, Des Moines, IA	47:57	7:43
39	3	M25 Todd Prichard, 27, Iowa City, IA	48:05	7:44
40	9	M45 Thomas Sterns, 47, Ft Dodge, IA	48:06	7:44
12	2	W45 Nancy Harvey, 48*, Ankeny, IA	48:23	7:47
13	2	W25 Jody Angus, 28*, Des Moines, IA	48:26	7:48
14	5	W35 Brenda Tyler, 38*, Norwalk, IA	48:30	7:48
15	1	W30 Jill Swesey, 33*, Des Moines, IA	48:30	7:48
41	4	M25 Kerry Studer, 29, Des Moines, IA	48:31	7:48
42	1	M60 Dave Coppinger, 64, Waukee, IA	48:35	7:49
43	1	M50 Steve Pecenka, 51, Ames, IA	48:43	7:50
44	10	M45 Guy Wernet, 46, Clive, IA	49:01	7:53
45	2	M50 Steve Dingle, 50, West Des Moines, IA	49:18	7:56
46	10	M30 Abe Kim, 30, Des Moines, IA	49:32	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
16	1	W40 Betsy Frederes, 43*, Clive, IA	49:52	8:01
47	10	M40 Francois Loisel, 40, Clive, IA	49:57	8:02
17	2	W30 Beth Seuferer, 30*, West Des Moines, IA	50:02	8:03
48	3	M50 Gary Hoskins, 51, Ankeny, IA	50:05	8:03
18	6	W35 Christina Krieger, 38*, Altoona, IA	50:13	8:05
19	3	W45 Theresa Finnegan, 47*, Des Moines, IA	50:21	8:06
49	9	M35 John Moorlach, 38, Indianola, IA	50:36	8:09
50	11	M40 Mark Koskamp, 43, Des Moines, IA	50:42	8:09
51	2	M55 Jim Lowe, 55, Des Moines, IA	50:51	8:11
52	11	M30 Kurt Hantelmann, 33, Des Moines, IA	51:19	8:15
53	11	M45 Steve Rose, 49, Indianola, IA	51:21	8:16
54	4	M50 Gerald Dewald, 52, West Des Moines, IA	51:25	8:16
55	12	M30 Brian Arpy, 31, Altoona, IA	51:29	8:17
20	7	W35 Amy Harris, 36*, Des Moines, IA	51:42	8:19
21	3	W30 Kelly Pratt, 33*, Clive, IA	51:47	8:20
56	5	M50 Stan Malless, 54, Indianola, IA	51:51	8:21
22	3	W25 Michele Greubel, 29*, Des Moines, IA	52:05	8:23
57	3	M55 Dick Hogan, 55, Des Moines, IA	52:10	8:24
23	4	W25 Jennifer Cole, 28*, Des Moines, IA	52:18	8:25
24	5	W25 Melissa Junge, 25*, Des Moines, IA	52:30	8:27
58	6	M50 Larry Jenkins, 51, Ames, IA	52:41	8:29
25	6	JrW Cora Lynn Becker, 22*, Des Moines, IA	53:04	8:32
59	4	M55 Larry Detwiler, 58, Des Moines, IA	53:06	8:33
60	12	M40 Ed Smith, 44, Carroll, IA	53:26	8:36
61	5	M25 Jeff Brinkley, 28, Ames, IA	53:45	8:39
62	7	M50 Mark McGrath, 52, Des Moines, IA	53:47	8:39
26	4	W45 Pam German, 49*, Dallas Center, IA	53:52	8:40
63	6	M25 Todd Williams, 25, Ames, IA	53:53	8:40
64	13	M30 Julie LaFollette, 31, Des Moines, IA	54:02	8:42
65	12	M45 Steven Conlon, 49, West Des Moines, IA	54:03	8:42
27	7	JrW Rayna Gerhold, 24*, Cedar Rapids, IA	54:08	8:43
66	13	M45 Ron Ricklefs, 49, Cedar Rapids, IA	54:13	8:43
28	5	W45 Sharon Sullivan, 47*, Des Moines, IA	54:21	8:45
29	1	W50 Jane Sixbey, 51*, Urbandale, IA	54:31	8:46
67	14	M30 Steve Nadel, 34, West Des Moines, IA	54:43	8:48
68	5	M55 George McCoy, 55, Des Moines, IA	54:55	8:50
69	13	M40 Doug Righi, 41, West Des Moines, IA	54:56	8:50
70	10	M35 Steve Raike, 39, Clive, IA	54:58	8:51
71	6	M55 Ken Peterson, 55, Adel, IA	55:02	8:51
72	8	M50 Kim Smith, 50, Ames, IA	55:03	8:51
73	14	M45 Conroy Smith, 46, Des Moines, IA	55:38	8:57
30	8	JrW Andrea Frost, 21*, Ames, IA	55:51	8:59
31	9	JrW Katherine Fisher, 24*, Ames, IA	55:51	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				

32	4	W30	Christina Duea, 34*, Clive, IA	55:53	9:00
33	10	JrW	Gretchen Mapel, 19*, Danville, IA	55:57	9:00
34	6	W45	Kim Coppey, 45*, Coralville, IA	56:09	9:02
74	7	M25	Jeremy Walburn, 27, Des Moines, IA	56:11	9:02
35	11	JrW	Shannon Strickler, 23*, Windsor Heights, IA	56:24	9:05
36	6	W25	Greta Southall, 26*, Indianola, IA	56:36	9:06
37	12	JrW	Sarah Burgin, 17*, Lacona, IA	56:37	9:07
38	2	W50	Catherine Smith, 53*, West Des Moines, IA	56:58	9:10
75	14	M40	Steve Ponsetto, 42, Ankeny, IA	57:38	9:16
76	8	M25	Nathan Fulk, 27, Ankeny, IA	57:39	9:17
77	11	M35	Mark Logsdon, 37, Urbandale, IA	57:39	9:17
39	3	W50	Katherine Eckhouse, 50*, Des Moines, IA	57:45	9:17
78	12	M35	Russ Richardson, 38, Des Moines, IA	57:58	9:20
40	4	W50	Ann Greubel, 51*, Indianola, IA	58:19	9:23
79	15	M30	Roger Bartelson, 31, West Des Moines, IA	58:20	9:23
41	13	JrW	Gentry Gillespie, 24*, Urbandale, IA	58:21	9:23
80	15	M45	Dennis Howard, 47, Des Moines, IA	58:21	9:23
42	5	W30	Sharon Keenan, 31*, Grimes, IA	58:48	9:28
81	16	M30	Darren Haan, 33, Ames, IA	58:58	9:29
82	9	M25	Kyle Brown, 26, Des Moines, IA	59:00	9:30
43	8	W35	Cheryl Mendenhall, 39*, Des Moines, IA	59:10	9:31
83	15	M40	Mark Stewart, 40, Altoona, IA	59:25	9:34
84	9	M50	Tom Vilsack, 50, Des Moines, IA	59:27	9:34
85	13	M35	Karl Wolle, 39, West Des Moines, IA	59:32	9:35
86	14	M35	Robert Andeweg, 39, Urbandale, IA	59:34	9:35
44	7	W45	Karla Kerr, 47*, Altoona, IA	1:00:07	9:40
45	6	W30	Jessica Schrock, 30*	1:00:08	9:41
46	9	W35	Nila Fousek, 37*	1:00:08	9:41
87			Scott Bright	1:00:16	9:42
47	7	W25	Pati Simons, 29*, Des Moines, IA	1:00:39	9:46
88	7	M55	Terry Berger, 55, West Des Moines, IA	1:00:39	9:46
48	8	W45	Barb Mitchell, 46*, West Des Moines, IA	1:00:52	9:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
49	8	W25	Kristi Letchworth, 27*, West Des Moines, IA	1:02:41	10:05
89	17	M30	Douglas Burns, 32, Carroll, IA	1:02:42	10:05
90	1	M65	Glen Zirbel, 70, Ankeny, IA	1:03:01	10:08
50	5	W50	Penny Westfall, 52*, Van Meter, IA	1:03:22	10:12
51	9	W45	Karen Jackson, 45*, Des Moines, IA	1:03:59	10:18
91	18	M30	Jason Parkin, 31, Urbandale, IA	1:04:09	10:19
92	8	M55	Warner Jackson, 56, Des Moines, IA	1:05:24	10:31
52	6	W50	Kerstin Wolle, 63*, West Des Moines, IA	1:08:14	10:59
93	2	M65	Chuck Wolle, 65, Des Moines, IA	1:08:14	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
53	14	JrW	Amber Sommerfeld, 24*, Ankeny, IA	1:11:47	11:33
54	9	W25	Heather Lilventhal, 27*, Ankeny, IA	1:11:47	11:33

1 finishers among Men 20 - 24
 9 finishers among Men 25 - 29
 18 finishers among Men 30 - 34
 14 finishers among Men 35 - 39
 15 finishers among Men 40 - 44
 15 finishers among Men 45 - 49
 9 finishers among Men 50 - 54
 8 finishers among Men 55 - 59
 1 finishers among Men 60 - 64
 2 finishers among Men 65 & Up
 14 finishers among Women 24 & Under
 9 finishers among Women 25 - 29
 6 finishers among Women 30 - 34
 9 finishers among Women 35 - 39
 1 finishers among Women 40 - 44
 9 finishers among Women 45 - 49
 6 finishers among Women 50 & Up
 93 male finishers

54 female finishers
147 total finishers

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