

Governor's Cup - 10 Kilometer

Des Moines, Iowa

Sept. 29, 2002

[5 K 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		Alex Piel, 24, Ames, IA	34:48	5:36
2	1 M20	Nate Esser, 21, Ankeny, IA	36:04	5:48
3	1 M25	J J Bailey, 28, Des Moines, IA	36:05	5:48
4	1 M45	Mike Nelson, 46, Danville, IA	36:48	5:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
5	2 M25	Jason Huntley, 29, Ames, IA	38:06	6:08
6	1 M35	Doug Eppard, 37, Johnston, IA	38:23	6:10
1		Tracey Bearden, 22*, Des Moines, IA	39:18	6:19
7	2 M35	Doug Hammerand, 38, Carlisle, IA	39:57	6:26
8	1 M30	Douglas Kendall, 34, Tracy, IA	40:56	6:35
9	3 M35	Dan Gustafson, 39, West Des Moines, IA	41:23	6:39
10	1 M40	Jeff Feder, 41, Des Moines, IA	42:17	6:48
11	2 M40	Michael Bird, 41, Ames, IA	42:38	6:52
12	4 M35	Tim Gedler, 38, West Des Moines, IA	43:24	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
13	1 JrM	Asa Ireland, 14, West Des Moines, IA	43:38	7:01
14	2 M30	Kurt Kramer, 30, Dyersville, IA	43:44	7:02
15	3 M25	Grant Manning, 28, Des Moines, IA	44:13	7:07
16	3 M40	Wayne Lacher, 40, Menlo, IA	44:45	7:12
2	1 W45	Sheila Maddock, 46*, Johnston, IA	45:08	7:16
17	2 M45	Peter Corrigan, 47, Des Moines, IA	45:16	7:17
18	3 M30	Brian Gentry, 32, Des Moines, IA	45:39	7:21
19	4 M30	Shane Smith, 34, Urbandale, IA	45:42	7:21
20	5 M30	Tom Trygstad, 30, West Des Moines, IA	45:54	7:23
21	4 M40	Robert Parker, 43, Johnston, IA	46:07	7:25
22	5 M40	David Teachout, 42, Des Moines, IA	46:12	7:26
23	2 JrM	Terry Willenberg, 18, Dyersville, IA	46:32	7:29
24	5 M35	Mark Davis, 35, Urbandale, IA	46:43	7:31
3	1 W25	Kirstin Isenhardt, 28*, West Des Moines, IA	46:46	7:32
25	3 M45	Randy Stefani, 46, Clive, IA	46:57	7:33
26	1 M50	Steve Pecenka, 52, Boone, IA	47:07	7:35
27	2 M20	Ryan Myers, 24, West Des Moines, IA	47:09	7:35
28	6 M40	Kirk Reeder, 42, Ankeny, IA	47:20	7:37
29	2 M50	Dennis Johnson, 53, Des Moines, IA	47:30	7:39
30	3 JrM	Nathan Wise, 18, Des Moines, IA	47:48	7:41
31	6 M35	Dave Salaba, 38, Cumming, IA	48:15	7:46
4	1 JrW	Melanie Wise, 15*, Des Moines, IA	48:18	7:46
32	7 M35	John Moorlach, 39, Indianola, IA	48:18	7:46
33	8 M35	Jeff Lorenzen, 37, Waukee, IA	48:36	7:49
34	4 M45	Rex Evans, 47, Altoona, IA	48:45	7:51
35	7 M40	Robert Johnson, 44, Keswick, VA	48:48	7:51
36	9 M35	David May, 38, Ames, IA	48:58	7:53
37	6 M30	Jason Soliday, 34, West Des Moines, IA	49:00	7:53
38	4 JrM	Sam Bird, 12, Ames, IA	49:02	7:53
5	1 W30	Tammy Westhoff, 30*, Des Moines, IA	49:11	7:55

39	5	M45 Thomas Sterns, 48, Ft Dodge, IA	49:17	7:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
6	1	W20 Jill Logsdon, 20*, Ames, IA	49:45	8:00
7	2	W45 Nancy Harvey, 49*, Ankeny, IA	50:15	8:05
40	1	M55 Robert Ridenour, 58, West Des Moines, IA	50:16	8:05
41	3	M50 Mark McGrath, 53, Des Moines, IA	50:57	8:12
8	1	W35 Connie Van Meter, 37*, Ft Dodge, IA	51:00	8:12
9	2	W25 Mandy Manning, 26*, Des Moines, IA	51:35	8:18
42	2	M55 Lloyd Fagin, 56, Perry, IA	51:46	8:20
10	2	W20 Bridget Wombacher, 23*, West Des Moines, IA	52:01	8:22
11	3	W25 Melinda Hill, 27*, Des Moines, IA	52:20	8:25
43	8	M40 Bob Bailey, 40, Waukee, IA	52:53	8:31
44	4	M50 Steven Conlon, 50, West Des Moines, IA	52:56	8:31
12	3	W20 Natasha Armstrong, 23*, Urbandale, IA	53:06	8:33
45	5	M50 Steve Dingle, 51, West Des Moines, IA	53:24	8:36
13	2	W35 Krisstine Uehling, 39*, Ottumwa, IA	53:37	8:38
14	2	W30 Michele Greubel, 30*, Des Moines, IA	53:44	8:39
15	4	W20 Dena Ricklefs, 20*, Des Moines, IA	53:48	8:39
16	3	W45 Mariette Brodeur, 45*, Clive, IA	54:20	8:45
46	6	M50 Peter Goplerud, 53, Clive, IA	54:21	8:45
47	5	JrM Justin Lahr, 16, Dyersville, IA	54:21	8:45
17	1	W50 Janet Bannister, 52*, Des Moines, IA	54:26	8:45
48	9	M40 Mark Koskamp, 44, Des Moines, IA	54:28	8:46
49	3	M55 Ken Peterson, 57, Adel, IA	54:50	8:49
18	4	W25 Maria Mattiace, 27*, Windsor Heights, IA	54:54	8:50
50	6	M45 Tim Hatline, 45, Des Moines, IA	54:55	8:50
51	10	M40 Gary Woodcock, 41, Winterset, IA	55:02	8:51
52	11	M40 Daniel Lee, 43, Woodward, IA	55:16	8:54
19	5	W25 Dawn Eimers, 27*, Urbandale, IA	55:26	8:55
20	6	W25 Michelle Crawford, 26*, Osceola, IA	55:31	8:56
21	3	W30 Ann Shelton, 34*, Urbandale, IA	55:37	8:57
22	7	W25 Sara Jorgensen, 27*, Des Moines, IA	55:38	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
23	3	W35 Ann Marvelli, 38*, Norwalk, IA	56:10	9:02
24	4	W35 Kara Urlis, 38*, Norwalk, IA	56:10	9:02
25	8	W25 Greta Southall, 27*, Indianola, IA	56:13	9:03
53	7	M45 Conroy Smith, 47, Des Moines, IA	56:20	9:04
26	1	W40 Renee Sommers, 40*, Des Moines, IA	56:21	9:04
27	5	W35 Robin Steinkamp, 35*, Des Moines, IA	56:40	9:07
28	2	JrW Jane Vandevanter, 19*, Des Moines, IA	57:08	9:12
54	10	M35 Steve Nadel, 35, Clive, IA	57:09	9:12
29	4	W45 Margaret Liston, 47*, Ogden, IA	57:19	9:13
30	6	W35 Betty Freeseemann, 35*, Altoona, IA	57:25	9:14
31	4	W30 Stephanie Dermody, 34*, Norwalk, IA	57:59	9:20
55	7	M50 Gerald Dewald, 53, West Des Moines, IA	58:06	9:21
56	8	M50 Tom Schoelerman, 51, West Des Moines, IA	58:24	9:24
32	2	W50 Ann Greubel, 52*, Indianola, IA	58:55	9:29
57	8	M45 Lloyd Vanderkwaak, 45, Johnston, IA	58:57	9:29
58	9	M45 Dennis Howard, 48, Des Moines, IA	59:03	9:30
33	2	W40 Patty Trom-Bird, 40*, Ames, IA	59:09	9:31
59	4	M55 Dick Hogan, 56, Urbandale, IA	59:27	9:34
60	7	M30 Rob Klinkner, 34, West Des Moines, IA	59:27	9:34
61	11	M35 Greg Lamair, 39, West Des Moines, IA	59:43	9:36
34	5	W30 Jennifer Thoma, 30*, Ankeny, IA	1:00:17	9:42
35	7	W35 Lisa Leon, 36*, Des Moines, IA	1:00:17	9:42
62	12	M35 Donald West, 38, Des Moines, IA	1:00:36	9:45
36	6	W30 Jennifer Mahlendorf, 31*, Des Moines, IA	1:00:54	9:48
37	9	W25 Jennifer Trygstad, 29*, West Des Moines, IA	1:01:10	9:50
38	10	W25 Jillisa Welsch, 28*, Ankeny, IA	1:01:11	9:51
63	8	M30 Kevin Welsch, 30, Ankeny, IA	1:01:12	9:51
39	8	W35 Nila Fousek, 38*, Altoona, IA	1:01:12	9:51
40	7	W30 Jessica Schrock, 31*, Altoona, IA	1:01:14	9:51
41	8	W30 Georgia Soliday, 33*, Des Moines, IA	1:01:49	9:57
42	3	W50 Jane Sixbey, 52*, Urbandale, IA	1:01:56	9:58

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43	1	W60 Regina Henry, 64*, Des Moines, IA	1:02:42	10:05
64	9	M30 Jeff Davis, 33, West Des Moines, IA	1:03:12	10:10
44	9	W30 Maria Davis, 33*, West Des Moines, IA	1:03:13	10:10
65	10	M30 Jason Boten, 32, Des Moines, IA	1:03:52	10:17
66	9	M50 Tom Vilsack, 51, Des Moines, IA	1:04:19	10:21
67	12	M40 Mark Stewart, 41	1:04:20	10:21
45	4	W50 Penny Westfall, 53*, Van Meter, IA	1:04:26	10:22
68	1	M60 Bob Johansen, 62, Des Moines, IA	1:04:54	10:27

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46	9	W35 Michelle Richard, 35*, Des Moines, IA	1:09:20	11:09
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5 finishers among Men 19 & Under
 2 finishers among Men 20 - 24
 3 finishers among Men 25 - 29
 10 finishers among Men 30 - 34
 12 finishers among Men 35 - 39
 12 finishers among Men 40 - 44
 9 finishers among Men 45 - 49
 9 finishers among Men 50 - 54
 4 finishers among Men 55 - 59
 1 finishers among Men 60 - 64
 2 finishers among Women 19 & Under
 4 finishers among Women 20 - 24
 10 finishers among Women 25 - 29
 9 finishers among Women 30 - 34
 9 finishers among Women 35 - 39
 2 finishers among Women 40 - 44
 4 finishers among Women 45 - 49
 4 finishers among Women 50 - 54
 1 finishers among Women 60 - 64
 68 male finishers
 46 female finishers
 114 total finishers

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