

Governor's Cup 10 km

Des Moines, IA

Oct. 2, 2005

65 degrees, 90% humidity, overcast

Results by Michael Franke

5K results[here](#)

If you have any questions about results, please contact Michael Franke [here](#). to pick up awards that you missed, contact Cyndi Pederson [here](#)

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1	1 M25	Daniel Alvarado, 29, Oskaloosa, IA	33:50	5:27
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
2	1 M35	Steven Pohlmeier, 39, Urbandale, IA	37:33	6:03
3		Steven Nessa, 52, Eagle Grove, IA	no time	
4		Douglas Kendall, 37, Pella, IA	no time	
5		Pete Masters, 46, Des Moines, IA	no time	
6		Andrew Swenson, 19, Seward, NE	no time	
The above four athletes went the wrong route.				
7	1 M16	Greg Bell, 19, Oskaloosa, IA	38:01	6:07
8	1 M20	Carl Eaton, 24, Oskaloosa, IA	38:05	6:08
9	2 M16	Jarin Weldon, 18, Oskaloosa, IA	41:48	6:43
10	1 M40	Jeff Feder, 44, Norwalk, IA	41:55	6:45
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
1	1 W45	Shelia Maddock, 49*, Johnston, IA	44:50	7:13
11	2 M20	Dustin Olsem, 24, Ankeny, IA	46:15	7:27
12	2 M25	benjamin nunnikhoven, 26, Pella, IA	47:02	7:34
2	1 W40	Amy Harris, 40*, Des Moines, IA	47:15	7:36
13	1 M55	Jow Keefer, 58, Des Moines, IA	47:26	7:38
3	1 W30	Regina Doerning, 32*, West Des Moines, IA	47:30	7:39
14	1 M50	Mark Dewalt, 51, Gastonia, NC	47:34	7:39
15	2 M35	Tim Pepper, 39, Indianola, IA	47:53	7:42
4	2 W45	Lisa Simonetta, 46*, Des Moines, IA	47:54	7:42
16	1 M45	Ed Harris, 47, Des Moines, IA	47:56	7:43
5	1 W20	Erin Goettl, 22*, West Des Moines, IA	48:00	7:43
17	2 M40	Joe Akers, 40, Des Moines, IA	48:36	7:49
6	1 W50	Nancy Harvey, 52*, Ankeny, IA	49:02	7:53
18	1 M30	Brad Lane, 34, Gowne, IA	49:18	7:56
19	3 M25	Ryan Myers, 27, Des Moines, IA	49:36	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
20	3 M40	Michael Darr, 44, Granger, IA	50:02	8:03
21	3 M20	Chuck Caves, 21, Oskaloosa, IA	50:05	8:04
7	2 W20	Natalie Stoltz, 20*, Des Moines, IA	50:12	8:05

22	2	M55 Steve Pecenka, 55, Boone, IA	50:18	8:06
23	2	M50 Michael McEnroe, 54, West Des Moines, IA	50:41	8:09
8	3	W20 Chrissy Guidry, 23*, Des Moines, IA	50:55	8:12
9	2	W40 Kriss Uehling, 42*, Ottumwa, IA	51:04	8:13
24	3	M50 Steve Dingle, 54, Des Moines, IA	51:29	8:17
25	4	M50 Greg Gruss, 54, Carlisle, IA	51:48	8:20
10	3	W45 Julia Batten, 49*, Carlisle, IA	51:48	8:20
26	4	M20 Dustin Schuett, 23, Des Moines, IA	51:55	8:21
11	4	W20 Amy Schuett, 23*, Des Moines, IA	52:20	8:25
27	4	M25 Kory Menke, 29, Johnston, IA	52:20	8:25
12	5	W20 Stefanie Shively, 20*, Des Moines, IA	52:30	8:27
13	1	W25 Melissa Stowe, 27*	52:41	8:29
14	1	W35 Miste Hansch, 39*, Rockwell City, IA	53:05	8:33
15	6	W20 Krisin Pavlovich, 21*, Des Moines, IA	53:44	8:39
16	2	W35 Shelly Schulte, 37*, Des Moines, IA	53:52	8:40
17	2	W50 Paula Deirenfeld, 51*, Johnston, IA	54:06	8:42
28	2	M45 Ross Devalois, 49, Iowa City, IA	54:18	8:44
18	1	W55 Marianne Schroeder, 58*, Bettendorf, IA	54:59	8:51
19	3	W35 Molly Quinn, 36*, Cedar Falls, IA	55:17	8:54

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

20	4	W45 Mary Devalois, 45*, Iowa City, IA	55:56	9:00
21	3	W40 Sue Holden, 40*, Des Moines, IA	57:08	9:12
22	1	W16 Suzanne Pfutzenreuter, 19*, Des Moines, IA	57:14	9:13
29	4	M40 Michael Cook, 41, Urbandale, IA	57:21	9:14
30	5	M50 Dennis Howard, 51, Des Moines, IA	58:01	9:20
31	6	M50 Steve Wickard, 54, Urbandale, IA	58:04	9:21
23	4	W40 Kelli Nelsen, 43*, West Des Moines, IA	58:39	9:26
32	1	M60 Ken Remer, 64, Elkater, IA	59:49	9:38
33	2	M60 Hal Chase, 62, Des Moines, IA	1:00:05	9:40
24	4	W35 Michelle Weber, 38*, West Des Moines, IA	1:00:18	9:42
25	7	W20 Leann Williamsen, 23*, Des Moines, IA	1:00:43	9:46
34	3	M35 Navin Mukraj, 37, Clive, IA	1:01:17	9:52
35	3	M45 Matthew Dore, 47, Des Moines, IA	1:01:25	9:53
26	8	W20 Jocelyn Hays, 24*, Ames, IA	1:02:02	9:59
36	3	M55 Rob Denson, 57, Ankeny, IA	1:02:02	9:59

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

37	4	M45 Marc Hollander, 48, Urbandale, IA	1:03:03	10:09
27	2	W55 Penny Westfall, 56*, Van Meter, IA	1:08:08	10:58

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

38	5	M25 Joshua Mandelbaum, 26, Des Moines, IA	1:09:42	11:13
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"*" indicates females

3 finishers among Men 16 - 19
 4 finishers among Men 20 - 24
 5 finishers among Men 25 - 29
 1 finishers among Men 30 - 34
 4 finishers among Men 35 - 39
 4 finishers among Men 40 - 44
 5 finishers among Men 45 - 49
 7 finishers among Men 50 - 54
 3 finishers among Men 55 - 59
 2 finishers among Men 60 - 64
 1 finishers among Women 16 - 19
 8 finishers among Women 20 - 24
 1 finishers among Women 25 - 29
 1 finishers among Women 30 - 34
 4 finishers among Women 35 - 39
 4 finishers among Women 40 - 44
 4 finishers among Women 45 - 49
 2 finishers among Women 50 - 54
 2 finishers among Women 55 - 59
 38 male finishers
 27 female finishers

65 total finishers

[Top](#)

Return to [home page](#).