

Governor's Cup 10 km (6.214miles)

Des Moines, IA

Oct. 1, 2006

60s, Sunny & Beautiful

Results by Cal Murdock

[5K results here](#)

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME
1		Roger Scott, 42, Clive, IA	35:36
2	1 M35	Brian McKinney, 35, Davis, CA	41:53
3	1 M50	Chuck Korte, 52, West Des Moines, IA	41:55
4	1 M45	Keith Gutschenritter, 47, West Des Moines, IA	42:19
1		Sheila Maddock, 50*, Jonston, IA	42:41
5	2 M50	Andrew Gross, 54, West Des Moines, IA	43:00
6	1 JrM	John Freude, 14, Des Moines, IA	43:20
2	1 W25	Laurie Meythaler-Mullin, 28*, Ankeny, IA	43:46
7	1 M20	Chris Deal, 21, Ames, IA	44:21
8	2 M45	David Teachout, 46, Des Moines, IA	44:48
9	1 M55	Joe Keefer, 59, Des Moines, IA	44:53
10	3 M45	Ed Harris, 48, Des Moines, IA	45:04
3	1 W30	Regina Zlomke, 33*	45:11
4	1 W35	Kelly Kegans, 36*, Des Moines, IA	45:24
5	1 W40	Rebecca McIntosh, 42*, Urbandale, IA	45:39
11	3 M50	Steve Nessa, 53, Eagle Grove, IA	45:50
12	4 M45	Lou Scallon, 48, Ames, IA	46:14
6	1 W45	Rose Wignall, 46*, Creston, IA	46:39
13	2 M35	Lynn Hicks, 38	46:42
14	2 M20	Derick Tallman, 22, Ames, IA	46:49
15	5 M45	Rob Hentzen, 45, West Des Moines, IA	47:04
16	6 M45	Steven Wandro, 49, Des Moines, IA	47:19
17	3 M20	Nathan Fischer, 21, Ames, IA	47:28
7	1 W20	Amanda Flynn, 24*, Everly, IA	47:49
18	4 M50	Tom Snyder, 52, Sibley, IA	47:53
19	7 M45	Dave Joensen, 45, Ames, IA	47:59
20	3 M35	Sam Jacob, 39, Des Moines, IA	48:30
21	4 M35	Robert Stomp, 36, Des Moines, IA	48:34
8	2 W45	Becky Nichols, 46*, Des Moines, IA	48:36
9	2 W40	Sue Holden, 41*, Des Moines, IA	48:45
22	8 M45	Steve Falck, 48, Des Moines, IA	49:04
23	1 M16	Eric Snyder, 18, Ames, IA	49:06
24	5 M35	William Gross, 38, Ames, IA	49:11
25	9 M45	Charles Phillips, 49, Urbandale, IA	49:17
10	1 W50	Nancy Harvey, 53*, Ankeny, IA	49:24
11	2 W20	Stefanie Shively, 21*, Des Moines, IA	49:51
26	4 M20	Christopher Sime, 24, Windsor Heights, IA	49:56
27	6 M35	Dana Cox, 36, Earlham, IA	50:00
12	3 W20	Katherine Richter, 22*, Ames, IA	50:10
13	2 W25	Melissa Saunders, 26*, West Des Moines, IA	50:22
28	2 M55	Steve Pecenka, 56, Boone, IA	50:27
14	3 W25	Christina Dehamer, 25*, Overland Park, KS	50:38

15	2	W50 Paula Dierenfeld, 52*, Johnston, IA	50:56
16	3	W50 Julia Batten, 50*, Carlisle, IA	51:06
17	4	W20 Lissa Fischer, 24*, Centennial, CO	51:13
18	1	W16 Kristen Fischer, 19*, Centennial, CO	51:14
29	5	M50 Russ Laczniak, 50, Ames, IA	51:33
30	3	M55 Ronald Mowers, 58, Ames, IA	51:33
31	10	M45 Jeff Smith, 45, Indianola, IA	51:39
19	5	W20 Judie Levy, 24*, Des Moines, IA	51:52
20	6	W20 Ali Halvorsen, 20*, Indianola, IA	52:12
32	1	M40 James McGraw, 44, Waukee, IA	52:36
21	2	W16 Kaeli Helm, 17*	52:48
22	3	W40 Pamela Gallagher, 43*, Ankeny, IA	53:15
33	1	M25 Dan Mullins, 28, Ankeny, IA	53:56
34	2	M40 Kevin Yeager, 41, Linden, IA	54:35
35	11	M45 Jeff Freude, 49, Des Moines, IA	54:45
36	12	M45 Duncan Gallagher, 46, Ankeny, IA	54:56
37	1	M30 Aaron Baack, 33, Altoona, IA	55:34
38	13	M45 Yogesh Shah, 47, Clive, IA	56:12
23	2	W35 Elizabeth Sedrel, 38*, Des Moines, IA	56:28
24	4	W40 Lisa Lemon, 44*, Des Moines, IA	56:29
25	2	W30 Sara Cutler, 30*, Carlisle, IA	56:38
26	3	W45 Lisa Oakley, 47*, Des Moines, IA	56:41
39	2	M30 Shawn Gilliam, 34, Des Moines, IA	56:43
27	5	W40 Julie Klein, 40*, Brooklyn, IA	57:03
28	3	W16 Jenni Bennett, 19*, Edina, MN	57:23
29	4	W45 Elizabeth Bolton, 46*, Des Moines, IA	57:23
40	6	M50 Dennis Howard, 52, Des Moines, IA	57:51
41	4	M55 Gerald Dewald, 57, West Des Moines, IA	58:01
30	3	W30 Julie Vardaman, 30*, Ames, IA	58:58
31	5	W45 Kimberly Taylor, 45*, West Des Moines, IA	1:00:09
42	14	M45 Scott Leonard, 48, Des Moines, IA	1:00:10
32	6	W45 Renea Ogren, 48*, Marcus, IA	1:00:39
43	3	M40 James Dy, 43, Clive, IA	1:00:43
44	1	M60 Hal Chase, 63, Des Moines, IA	1:00:43
33	4	W25 Kari Murray, 26*, Norwalk, IA	1:01:00
45	2	M25 Gaik Loong Kang, 29, Des Moines, IA	1:01:22
46	4	M40 Steve Raike, 44	1:02:02
47	15	M45 Francois Loiselle, 45	1:02:02
34	5	W25 Amy Studer, 27*, Waukee, IA	1:02:48
35	6	W25 Kelley Willey, 26*, West Des Moines, IA	1:04:18
48	3	M25 Joseph Mowers, 26, Des Moines, IA	1:06:56
36	6	W40 Julie Engelken, 42*, Des Moines, IA	1:08:31
37	4	W16 Katie Smith, 17*, Des Moines, IA	1:08:34
38	5	W16 Jennifer Lyon, 17*, Des Moines, IA	1:08:35
39	6	W16 Breanna Fousek, 17*, Des Moines, IA	1:08:35
40	7	W20 Ashley Hoffman, 23*, Clive, IA	1:10:46
41	7	W45 Kathy Laczniak, 48*, Ames, IA	1:10:57
42	1	W55 Margaret Epplin, 57*, Ames, IA	1:10:59
43	7	W40 Lilian Maswai, 40*, Clive, IA	

"*" indicates females

1 finishers among Men 15 & Under
 1 finishers among Men 16 - 19
 4 finishers among Men 20 - 24
 3 finishers among Men 25 - 29
 2 finishers among Men 30 - 34
 6 finishers among Men 35 - 39
 4 finishers among Men 40 - 44
 15 finishers among Men 45 - 49
 6 finishers among Men 50 - 54
 4 finishers among Men 55 - 59
 1 finishers among Men 60 - 64
 6 finishers among Women 16 - 19
 7 finishers among Women 20 - 24
 6 finishers among Women 25 - 29
 3 finishers among Women 30 - 34

2 finishers among Women 35 - 39
7 finishers among Women 40 - 44
7 finishers among Women 45 - 49
3 finishers among Women 50 - 54
1 finishers among Women 55 - 59
48 male finishers
43 female finishers
91 total finishers

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