

**Governor's Cup 8 km****Des Moines, IA****Sept. 12, 2009**

warm and slightly overcast

Results by Michael Franke

[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.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	M20 Skyler Nesheim, 25, Des Moines, IA	26:41	5:22
2	1	M30 Jacob Kaemmer, 32, Des Moines, IA	27:03	5:27
3	2	M20 Tony White, 24, Des Moines, IA	27:41	5:34
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
4	3	M20 Dusty Nesheim, 20, Des Moines, IA	32:19	6:30
5	4	M20 Brian Bjurstrom, 24, West Dsm, IA	32:24	6:31
1	1	W20 Yelena Nanaziashvili, 28*, Clive, IA	33:05	6:39
6	2	M30 Able Mahaffey, 31, Altoona, IA	33:06	6:40
7	1	M40 Jeff Lorenzen, 44, Des Moines, IA	33:32	6:45
8	2	M40 Jeff Feder, 48, Norwalk, IA	34:34	6:57
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
9	5	M20 Mike Snowdebn, 23, MiTchellville, IA	35:03	7:03
2	2	W20 Kimberly Cunningham, 23*, Des Moines, IA	35:04	7:03
10	6	M20 Cody Glasnapp, 25, Lytton, IA	35:48	7:12
11	3	M40 Berry Bustos, 49, East Moline, IL	35:57	7:14
12	1	M50 Kirk Tibbetts, 54, Urbandale, IA	36:57	7:26
13	2	M50 John Meyer, 53, West Dsm, IA	38:48	7:48
3	1	W30 Allison Rhymer, 34*, Des Moines, IA	38:53	7:49
4	1	W40 Elena Polush, 46*, Ames, IA	39:21	7:55
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
14	7	M20 Randy Arnold, 29, Ankeny, IA	39:46	8:00
15	1	JrM Jake Kuyper, 13, Urbandale, IA	40:29	8:09
5	2	W30 Tami Draper, 39*, Des Moines, IA	40:45	8:12
16	4	M40 Robert Cunningham, 41, Urbandale, IA	40:55	8:14
6	3	W30 Megan Conner, 30*, West Dsm, IA	40:57	8:14
17	3	M30 Matt Brennecke, 39, Polk City, IA	40:59	8:15
18	5	M40 James Arthur, 45, Des Moines, IA	41:10	8:17
7	1	W50 Julia Batten, 53*, Carlisle, IA	41:11	8:17
19	3	M50 Kevin Cooney, 57, Des Moines, IA	41:22	8:19
20	6	M40 Dave Geiger, 41, Indianola, IA	41:54	8:26
8	3	W20 Stephanie Fuller, 27*, Ankeny, IA	41:57	8:26
9	2	W50 Paula Dierenfeld, 55*, Johnston, IA	41:59	8:27
10	4	W30 Yvonne Buggy, 36*, Clive, IA	42:05	8:28
11	5	W30 Kristen Geiger, 37*, Ankeny, IA	42:07	8:28
21	2	JrM Billy Chelsvig, 13, Urbandale, IA	42:10	8:29
22	7	M40 Steve Johnson, 42, Waukee, IA	42:12	8:29
23	4	M30 Doug McKinstry, 38, Polk City, IA	42:15	8:30
12	2	W40 Lana Degroot, 48*, Oskaloosa, IA	42:34	8:34
24	4	M50 Dennis Howard, 55, Des Moines, IA	42:56	8:38
13	3	W40 Susan Eggert, 44*, Pella, IA	42:57	8:38

25	5	M30	Cody Nour, 31, Clive, IA	43:41	8:47
14	4	W20	Erica Ruffing, 26*, West Dsm, IA	43:48	8:49
26	3	JrM	Coleman Prohaska, 9, West Dsm, IA	44:17	8:55
15	4	W40	Rachel Prohaska, 41*, West Dsm, IA	44:18	8:55
27	8	M20	Ryan Eckland, 25, West Dsm, IA	44:25	8:56
28	9	M20	Matthew Dahms, 25, West Des Moines, IA	44:37	8:58
16	6	W30	Carly Millsap, 31*, Des Moines, IA	44:42	8:59
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29	10	M20	Jon Janssen, 28, West Dsm, IA	44:42	9:00
17	5	W40	Mary Cason, 41*, West Dsm, IA	45:31	9:09
30	8	M40	Jim Becker, 49, Waukee, IA	45:49	9:13
18	7	W30	Stephanie Mahaffey, 30*, Altoona, IA	46:11	9:17
31	1	M60	Marty Feeney, 61, Pella, IA	46:26	9:20
19	8	W30	Threase Harms, 34*, Windsor Heights, IA	46:34	9:22
20	5	W20	Bobbi Glenn, 28*, Des Moines, IA	46:42	9:24
32	5	M50	Isaac Wyant, 56, Carlisle, ID	46:42	9:24
21	9	W30	Mindla White, 37*, Altoona, IA	47:13	9:30
33	6	M30	Christopher Brown, 32, Des Moines, IA	47:16	9:31
22	10	W30	Annette Spielbauer, 37*, Johnston, IA	47:55	9:38
23	6	W20	Jenna Stouwie, 25*, West Dsm, IA	48:02	9:40
24	6	W40	Joan Skogstrom, 47*, Urbandale, IA	48:02	9:40
34	1	M70	John Beamer, 70, Des Moines, IA	48:04	9:40
25	11	W30	Mary Kottmeyer, 37*, West Dsm, IA	48:05	9:40
26	12	W30	Heather Curtis, 35*, Des Moines, IA	48:12	9:42
27	1	W60	Jean Kristensen, 60*, West Des Moines, IA	48:18	9:43
28	13	W30	Angie Doyle Scar, 37*, Des Moines, IA	48:27	9:45
29	14	W30	Stephanie Olsen, 32*, Altoona, IA	48:37	9:47
30	15	W30	Alice Frederick, 31*, Johnston, IA	48:38	9:47
35	11	M20	Joseph Mowers, 29, Des Moines, IA	49:19	9:55
31	7	W40	Ruth Staplin, 43*, Des Moines, IA	49:24	9:56
32	8	W40	Kim Whitehead, 41*, Clive, IA	49:39	9:59
33	16	W30	Rebecca Cates, 36*, Clive, IA	49:39	9:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					

34	17	W30	Janet Lose, 36*, Des Moines, IA	49:50	10:02
35	18	W30	Melissa Junkins, 39*, Clive, IA	50:25	10:09
36	19	W30	Carol Crabtree, 35*, Coralville, IA	50:36	10:11
37	7	W20	Mariela Bayer, 20*, Ames, IA	51:02	10:16
38	8	W20	Jennifer Hills, 20*, Ames, IA	51:03	10:16
39	9	W20	Katerina Polush, 23*, Ames, IA	51:28	10:21
40	10	W20	Megan Woolworth, 27*, West Dsm, IA	52:17	10:31
41	20	W30	Kristen Breese, 39*, Des Moines, IA	52:24	10:32
42	11	W20	Brigitte Arnold, 28*, Ankeny, IA	52:24	10:32
43	12	W20	Jennifer Throckmorton, 29*, West Des Moines, IA	52:32	10:34
44	1	W14	Emma Gesiriech, 17*, Johnston, IA	52:44	10:37
45	3	W50	Deb Thomas, 56*, West Dsm, IA	52:56	10:39
46	4	W50	Catherine Engel, 59*, West Dsm, IA	52:56	10:39
47	21	W30	Heather Holbrook, 34*, West Des Moines, IA	54:22	10:56
48	13	W20	Kari Gipple, 29*, Bondurant, IA	54:22	10:56
49	9	W40	rhonda ferguson, 47*, Indianola, IA	54:24	10:57
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					

50	22	W30	Sara Larson, 34*, Waukee, IA	54:44	11:01
36	9	M40	Chris James, 43, West Des Moines, IA	57:00	11:28
51	14	W20	Nicole Essink, 29*, Altoona, IA	59:11	11:54
52	15	W20	Molly Wierck, 29*, Des Moines, IA	59:12	11:55
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					

53 10 W40 Anne James, 42\*, West Des Moines, IA 1:18:20 15:46

"\*" indicates females

3 finishers among Men 13 & Under

11 finishers among Men 20 - 29

6 finishers among Men 30 - 39

9 finishers among Men 40 - 49  
5 finishers among Men 50 - 59  
1 finishers among Men 60 - 69  
1 finishers among Men 70 & Up  
1 finishers among Women 14 - 19  
15 finishers among Women 20 - 29  
22 finishers among Women 30 - 39  
10 finishers among Women 40 - 49  
4 finishers among Women 50 - 59  
1 finishers among Women 60 - 69  
36 male finishers  
53 female finishers  
89 total finishers

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