

2nd Green Run 10km (6.214 miles)

Metro Waste - E. of SE Polk HS

Sept. 21, 2008

70s, warm, nice breeze

Results by Cal Murdock

[5K results](#)

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	FINISHER	TIME	PACE
1		Julius Rotich, 33, West Des Moines, IA	34:15	5:31
2	1	M25 Rop Kipkoech, 29, West Des Moines, IA	34:33	5:33
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	1	M20 Barry Hill, 23, Des Moines, IA	37:35	6:03
4	1	M35 Patrick Owens, 38, Pleasant Hill, IA	42:30	6:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
5	1	M40 Ani Mal, 40, Des Moines, IA	43:35	7:01
6	2	M25 Dan Hardeman, 29, Runnells, IA	45:23	7:18
7	2	M20 Jim Bennett, 24, Sully, IA	47:13	7:36
8	1	M45 Jeff Feder, 47, Norwalk, IA	48:02	7:44
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
9	2	M35 Travis Clatt, 37, Indianola, IA	49:41	8:00
1		Carla Stoner, 46*, West Des Moines, IA	50:41	8:09
10	3	M35 Jason Hahn, 37, Des Moines, IA	50:49	8:11
11	3	M25 Jon Barrett, 27, Winterset, IA	50:56	8:12
12	4	M25 A J Montefusco, 29, Polk City, IA	51:03	8:13
13	5	M25 Shawn Harrington, 26, Des Moines, IA	51:14	8:15
14	1	M30 C J Lage, 34, Des Moines, IA	52:13	8:24
15	1	M50 Robert Franks, 52, Pleasant Hill, IA	53:30	8:36
16	4	M35 Mark Garrison, 35, Des Moines, IA	54:53	8:50
2	1	W30 Mary Nelson, 30*, Grimes, IA	55:30	8:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
17	1	M55 Carl Voss, 59, Des Moines, IA	56:59	9:10
3	1	W35 Melissa Bruhl, 36*, Ankeny, IA	57:14	9:13
4	2	W30 Jennifer Joensen, 33*, Ankeny, IA	57:35	9:16
18	5	M35 Brad Bruhl, 38, Ankeny, IA	57:35	9:16
5	1	W40 Suzanne Herzog-Lopez, 41*, West Des Moines, IA	58:43	9:27
19	2	M55 Alan Hilstedstad, 59, Des Moines, IA	59:09	9:31
20	2	M45 Rory Calloway, 48, Des Moines, IA	59:24	9:33
6	2	W40 Carol Olson, 44*, Des Moines, IA	1:02:03	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
7	1	W45 Kathy Macbeth, 49*, West Des Moines, IA	1:02:06	10:00
8	1	W50 Nancy Standley, 51*, Urbandale, IA	1:02:19	10:02
9	3	W30 Jeni Sundermeyer, 33*, Pleasant Hill, IA	1:02:35	10:04
10	4	W30 Stephanie Wright, 30*, Des Moines, IA	1:02:36	10:04
11	1	W20 Megan Conner, 23*, West Des Moines, IA	1:03:08	10:10
12	2	W20 Bayle Larpenteur, 21*, Ankeny, IA	1:03:16	10:11
21	2	M50 Jeff Crawford, 53, West Des Moines, IA	1:03:42	10:15

13	3	W20 Nicole Aspenson, 24*, Des Moines, IA	1:03:45	10:15
22	3	M45 Edward Bryja, 49, Pleasant Hill, IA	1:06:20	10:40
23	6	M25 Aaron Siskow, 29, Urbandale, IA	1:06:47	10:45
14	3	W40 Carroll Benson, 43*, Des Moines, IA	1:07:00	10:47
24	4	M45 Dave Joensen, 47, Ames, IA	1:07:38	10:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
25	1	JrM Shane Lehman, 11, Runnells, IA	1:09:20	11:09
26	3	M55 Tom Clyne, 57, Clive, IA	1:09:24	11:10
27	6	M35 Tim Turnbull, 38, Annandale, MN	1:11:28	11:30
28	1	M60 Jack Matthews, 64, Stuart, IA	1:14:06	11:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
29	2	JrM John Bryja, 17, Pleasant Hill, IA	1:14:46	12:02
15	4	W20 Jillian Norton, 23*, Norwalk, IA	1:18:18	12:36
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
30	1	M65 Bob Ukena, 65, West Des Moines, IA	1:23:16	13:24
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
31	3	M50 Neil Hamilton, 54, Waukee, IA	1:37:00	15:37

"*" indicates females

2 finishers among Men 19 & Under
 2 finishers among Men 20 - 24
 6 finishers among Men 25 - 29
 1 finishers among Men 30 - 34
 6 finishers among Men 35 - 39
 1 finishers among Men 40 - 44
 4 finishers among Men 45 - 49
 3 finishers among Men 50 - 54
 3 finishers among Men 55 - 59
 1 finishers among Men 60 - 64
 1 finishers among Men 65 - 69
 4 finishers among Women 20 - 24
 4 finishers among Women 30 - 34
 1 finishers among Women 35 - 39
 3 finishers among Women 40 - 44
 1 finishers among Women 45 - 49
 1 finishers among Women 50 - 54
 31 male finishers
 15 female finishers
 46 total finishers

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