

3rd Green Run 10 Km (6.213 miles)**Metro Waste Authority - Runnells, IA****Sept. 20, 2009**

60s and Cloudy

Results by Cal Murdock

[5K results](#)

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

PLACE	CLASS PLACE	FINISHER	TIME
1	1	M25 Philip Rop, 28, West Des Moines, IA	34:28
2	2	M25 Michael Wilson, 26, Des Moines, IA	37:59
3	1	M30 Jason Vogel, 30, Urbandale, IA	39:17
4	1	M20 Shawn Goefren, 24, Urbandale, IA	41:55
5	1	M45 David Frank, 47, Adel, IA	42:59
6	1	M55 David Miller, 57, Urbandale, IA	48:03
7	1	JrM Jeff Hadden, 16, Altoona, IA	48:35
8	1	M35 C J. Lage, 35, Des Moines, IA	48:38
9	1	M65 Mike Bender, 68, Des Moines, IA	49:18
10	2	M55 Chuck Clark, 58, Carroll, IA	50:23
1	1	W35 Jill Majerers, 39*, West Des Moines, IA	50:38
11	3	M25 Shawn Harrington, 27, Des Moines, IA	50:39
12	2	M30 A J Montefusco, 30, Des Moines, IA	51:48
13	2	M35 Eric Camper, 38, Des Moines, IA	52:20
14	2	M20 Alex Young, 22, Bondurant, IA	52:24
2	1	W25 Kristin Vogel, 28*, Urbandale, IA	52:27
15	4	M25 Tom Cavanagh, 25, Des Moines, IA	52:29
3	1	W55 Kathi Dellaca, 56*, Windsor Heights, IA	53:04
16	2	M65 Jim Matthews, 69, Baxter, IA	53:17
17	1	M60 Carl Voss, 60, Des Moines, IA	53:52
4	1	W20 Bayle Larpenteur, 22*, Ankeny, IA	53:53
18	3	M35 Brian Bakke, 35, Ankeny, IA	54:42
19	2	M45 Dave Cooper, 49, Altoona, IA	54:45
5	1	W45 Lori Debruin, 45*, Prairie City, IA	54:46
20	3	M45 Brent Johnson, 49, Indianola, IA	55:02
21	3	M30 Nick Roerig, 30, West Des Moines, IA	55:15
22	4	M35 Justin Hardcastle, 37, West Des Moines, IA	55:21
6	1	JrW Kalie Savage, 12*, Altoona, IA	56:11
23	1	M40 Todd Savage, 41, Altoona, IA	56:11
24	1	M50 Ken Locasha, 52, West Des Moines, IA	56:11
7	1	W30 Jennifer Hardcastle, 34*, West Des Moines, IA	56:27
25	2	M50 Mike Flanagan, 51, Bondurant, IA	56:35
26	3	M50 Doug Keast, 52, Altoona, IA	56:50
8	2	W25 Shawna Weis, 29*, West Des Moines, IA	57:01
27	4	M30 Kevin Juon, 32, Runnells, IA	57:03
28	4	M45 James Arthur, 45, Des Moines, IA	57:05
9	2	W35 Denay Gray, 36*, Ankeny, IA	57:16
10	2	W55 Paula Dierenfeld, 55*, Johnston, IA	57:59
29	5	M30 Christopher Brown, 32, Des Moines, IA	1:02:33
11	1	W40 Nana Osei-Kofi, 40*, Ames, IA	1:02:40
30	5	M25 Tim Maner, 29, Des Moines, IA	1:02:42

12	2	W30	Jeni Sundermeyer, 34*, Pleasant Hill, IA	1:02:45
31	2	JrM	John Bryja, 18, Pleasant Hill, IA	1:02:47
13	2	W20	Dawn Juon, 24*, Runnells, IA	1:03:17
14	3	W35	Laurie Marriott, 35*, West Des Moines, IA	1:03:27
15	3	W30	Danette Stritt, 32*, Des Moines, IA	1:03:27
32	4	M50	Edward Bryja, 50, Pleasant Hill, IA	1:03:35
33	2	M40	Charles Bernhard, 40, Ames, IA	1:04:46
34	1	M70	Kenneth Simons, 72, Arvada, CO	1:05:28
16	4	W35	Nikki Phillips, 35*, Altoona, IA	1:05:59
17	3	W25	Heidi Warner, 29*, Ankeny, IA	1:06:30
18	4	W25	Amy Pedersen, 25*, Des Moines, IA	1:06:33
19	5	W35	Jennifer Daniels, 35*, Des Moines, IA	1:07:22
35	6	M30	Eric Rohe, 32, Des Moines, IA	1:07:52
20	4	W30	Stephanie Olsen, 32*, Altoona, IA	1:09:21
36	7	M30	Steve Olsen, 32, Altoona, IA	1:09:22
21	5	W25	Stacy Faerber, 25*, Johnston, IA	1:10:05
37	3	JrM	Jake Brennecke, 13, Polk City, IA	1:13:11
22	5	W30	Christine Richter, 34*, Casey, IA	

"*" indicates females

3 finishers among Men 19 & Under
 2 finishers among Men 20 - 24
 5 finishers among Men 25 - 29
 7 finishers among Men 30 - 34
 4 finishers among Men 35 - 39
 2 finishers among Men 40 - 44
 4 finishers among Men 45 - 49
 4 finishers among Men 50 - 54
 2 finishers among Men 55 - 59
 1 finishers among Men 60 - 64
 2 finishers among Men 65 - 69
 1 finishers among Men 70 & Up
 1 finishers among Women 19 & Under
 2 finishers among Women 20 - 24
 5 finishers among Women 25 - 29
 5 finishers among Women 30 - 34
 5 finishers among Women 35 - 39
 1 finishers among Women 40 - 44
 1 finishers among Women 45 - 49
 2 finishers among Women 55 - 59
 37 male finishers
 22 female finishers
 59 total finishers

[Top](#)

Return to [home page](#).