



CARE 2010 10 km

Waukee, IA

May 1, 2010

53 degrees, sunny

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 M30	Mike Morrison, 35, Urbandale, IA	35:20	5:41
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
2	1 M20	Jared Otte, 28, Waukee, IA	39:39	6:23
3	1 JrM	Hunter Hilsabeck, 14, Winterset, IA	40:12	6:28
4	2 M30	Jeff Dighton, 38, Boone, IA	40:47	6:34
5	2 M20	Marc Wilcke, 29, Ankeny, IA	41:27	6:40
6	1 M40	Curt Retz, 44, West Des Moines, IA	42:43	6:52
7	3 M30	rob boulter, 39, Iowa City, IA	42:46	6:53
8	2 M40	Joe Davisson, 46, West Des Moines, IA	42:47	6:53
9	3 M40	Jeff Feder, 49, Norwalk, IA	43:07	6:56
10	4 M30	Ted Cochran, 31, Waukee, IA	43:11	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
1	1 W20	Stephanie Gray, 27*, Ankeny, IA	43:31	7:00
11	5 M30	daniel blondowski, 36, Johnston, IA	43:58	7:04
12	2 JrM	Austin Lang, 14, Winterset, IA	44:05	7:06
13	6 M30	Luke Hannan, 30, Clive, IA	44:10	7:06
2	1 W30	Doria Andrew, 37*, Urbandale, IA	44:34	7:10
14	7 M30	Bo Anderson, 30, Urbandale, IA	45:08	7:16
15	8 M30	Robert Rehkemper, 32, Urbandale, IA	45:35	7:20
16	9 M30	Joe Purscell, 33	45:36	7:20
17	4 M40	Charlie Neibergall, 45, Urbandale, IA	45:54	7:23
18	10 M30	Christopher James, 35, West Des Moines, IA	46:40	7:31
3	1 W40	Kelly Jensen, 40*, Toddville, IA	46:42	7:31
19	11 M30	Travis Rosenmeyer, 34, Urbandale, IA	47:01	7:34
20	3 M20	Justin Olmstead, 24	47:55	7:43
21	5 M40	Nick Tornubane, 41	48:59	7:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
4	2 W30	Carrie Wright, 37*, West Des Moines, IA	50:04	8:03
22	1 M50	David Heyden, 53, Hampton, IA	50:05	8:04
5	2 W20	Petra DeVries, 26*, Des Moines, IA	50:33	8:08
23	4 M20	Matthew Onstot, 28, Urbandale, IA	50:37	8:09
24	12 M30	Nick Huser, 30, Ankeny, IA	50:39	8:09
6	3 W30	Laurie McNeley, 30*, West Des Moines, IA	51:01	8:13
25	6 M40	Arthur Velez, 41, Omaha, NE	51:02	8:13
7	4 W30	Michelle Sidwell, 31*, West Des Moines, IA	51:19	8:15

8	3	W20	Tara Hageman, 28*, Polk City, IA	51:20	8:16
9	5	W30	Kari Anderson, 36*, West Des Moines, IA	51:46	8:20
26	13	M30	Jon Cahill, 32, Des Moines, IA	51:53	8:21
27	7	M40	Tom Benton, 47, exira, IA	52:02	8:22
10	4	W20	tina miranda, 26*, Grimes, IA	52:26	8:26
11	5	W20	Betsy Funk, 25*, Urbandale, IA	52:30	8:27
12	6	W20	Kara Engebrecht, 25*, Jacksonville, IL	52:31	8:27
13	7	W20	Claire Muselman, 25*, West Des Moines, IA	52:50	8:30
14	6	W30	Tracy Bedford, 36*, Des Moines, IA	52:57	8:31
15	8	W20	Christina Tim, 23*, Des Moines, IA	53:23	8:35
28	8	M40	Ed Acoymo, 45, Ankeny, IA	53:27	8:36
29	14	M30	Jeremy Klatt, 33	54:04	8:42
30	5	M20	Nick Rentel, 27, West Des Moines, IA	54:11	8:43
16	7	W30	Rachel Hoger, 35*, Johnston, IA	54:18	8:44
17	1	W50	joan bauer, 52*, audubon, IA	54:30	8:46
18	2	W40	Nadine McNeal, 43*, North Liberty, IA	54:49	8:49
31	2	M50	Bradley Harris, 54, Grundy Center, IA	54:51	8:50
19	8	W30	Gina Swanson, 31*, W. Des Moines, IA	54:53	8:50
20	9	W30	Cheryl Hoiosen, 34*, Waconia, MN	54:55	8:50
21	9	W20	Megan Tjernagel, 27*, Ankeny, IA	54:57	8:50
32	6	M20	Bradley Quam, 22, Clive, IA	55:00	8:51
33	7	M20	Terry Irvin, 28, Waukee, IA	55:01	8:51
22	10	W30	Erin Anderson, 31*, Urbandale, IA	55:03	8:51
34	15	M30	justin cary, 31, Waukee, IA	55:04	8:52
35	9	M40	George Kuhter, 46, Toledo, IA	55:20	8:54
23	2	W50	Liz Hilgenberg, 52*, Waukee, IA	55:41	8:58
24	10	W20	Karen Aderhold, 22*, Ames, IA	55:52	8:59

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36	8	M20	Adam Drake, 23, Des Moines, IA	55:58	9:00
25	11	W20	Molly Nelson, 29*, West Des Moines, IA	56:18	9:04
37	16	M30	Bill Ogier, 32, Kansas City, KS	56:42	9:07
26	12	W20	Beth Hubinette, 28*, Des Moines, IA	57:03	9:11
38	3	M50	John O'Brien, 55, Norwalk, IA	57:46	9:18
27	11	W30	Jamie Seiler, 33*, West Des Moines, IA	57:53	9:19
28	13	W20	Jamie Olson, 23*	58:08	9:21
39	17	M30	Joshua Shupe, 32, Altoona, IA	59:14	9:32
29	3	W40	Denise Richardson, 44*, Urbandale, IA	59:15	9:32
30	12	W30	Andrea Vitzthum, 33*, Des Moines, IA	59:36	9:35
31	13	W30	Kinzee Bryte, 30*, Adel, IA	59:45	9:37
32	14	W30	Danielle Hermann, 31*, Waukee, IA	59:50	9:38
33	15	W30	Beth Riesberg, 32*, Des Moines, IA	59:51	9:38
34	14	W20	Melissa Hobbs, 26*, Grayslake, IL	1:00:14	9:42
40	9	M20	John McDonald, 25, Des Moines, IA	1:00:37	9:45
41	10	M40	toby hoy, 41, van meter, IA	1:00:46	9:47
35	16	W30	Mandie Reed, 30*, Altoona, IA	1:01:36	9:55

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36	17	W30	Misty VanArkel, 35*, Wdm, IA	1:02:08	10:00
42	4	M50	Doug Hilgenberg, 53, Waukee, IA	1:02:11	10:00
37	18	W30	Bridget Foley, 30*, Des Moines, IA	1:02:18	10:02
38	4	W40	Brenda Harris, 47*, Grundy Center, IA	1:02:26	10:03
39	15	W20	Jessica Whitlow, 27*, Grain Valley, MO	1:02:47	10:06
40	19	W30	Amy Pruitt, 30*, Adair, IA	1:03:02	10:09
43	11	M40	Jamie Bradfield, 40, Indianola, IA	1:03:59	10:18
41	16	W20	Whitney Turner, 23*, Windsor Heights, IA	1:04:01	10:18
44	10	M20	Farris Murray II, 26, Des Moines, IA	1:04:43	10:25
45	5	M50	Steve Gross, 50, Woodward, IA	1:05:59	10:37
42	17	W20	Andrea Price, 27*, Oskaloosa, IA	1:07:02	10:47
46	6	M50	Steven McDonald, 58, Des Moines, IA	1:07:03	10:47
43	20	W30	April Gross, 39*, Woodward, IA	1:07:08	10:48
47	7	M50	Steven Hobbs, 52, Grayslake, IL	1:07:10	10:48

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44	18	W20	Ruth Ann Jackson, 29*, Des Moines, IA	1:09:34	11:12
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48	18	M30	Gregory Jackson, 31, Des Moines, IA	1:09:35	11:12
45	21	W30	Tracy Walker, 33*, West Des Moines, IA	1:10:09	11:17
46	22	W30	Heidi Heronimus, 37*, Ankeny, IA	1:10:10	11:17
47	19	W20	Sarah Jobst, 23*, Ames, IA	1:10:34	11:21
48	20	W20	Mychele Herring, 27*, Redfield, IA	1:10:46	11:23
49	23	W30	Nicole Gorden, 34*, Clive, IA	1:11:50	11:34
50	3	W50	Yuk Sum Chung, 51*, Williamsburg, IA	1:13:13	11:47
51	24	W30	Jen Holtkamp, 33*, Johnston, IA	1:13:20	11:48
52	4	W50	Margaret Kneidler, 59*, Creston, IA	1:14:02	11:55

* indicates females

2 finishers among Men Under 15

10 finishers among Men 20 - 29

18 finishers among Men 30 - 39

11 finishers among Men 40 - 49

7 finishers among Men 50 - 59

20 finishers among Women 20 - 29

24 finishers among Women 30 - 39

4 finishers among Women 40 - 49

4 finishers among Women 50 - 59

48 male finishers

52 female finishers

100 total finishers

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