

CARE 10 km

Waukee, IA

May 7, 2011

Cool, 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	OpM	Jason Lawry, 35, Waukee, IA	37:06	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
2	OpM	Derrick Flippin, 33, West Des Moines, IA	39:16	6:19
3	OpM	Marcus Wilcke, 30, Ankeny, IA	40:51	6:34
4	1 M30	Bo Anderson, 31, Urbandale, IA	41:22	6:39
5	2 M30	Robert Rehkemper, 33, Urbandale, IA	41:53	6:44
1	OpW	Beth Cochran, 27*, Waukee, IA	42:05	6:46
6	1 M40	Curt Retz, 45	43:19	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
7	3 M30	Joe Purscell, 34, Waukee, IA	43:28	7:00
8	2 M40	Joe Davisson, 47, West Des Moines, IA	43:55	7:04
9	3 M40	Derek Wachter, 42, Clive, IA	44:09	7:06
10	4 M30	Aaron Henrichs, 36, Urbandale, IA	46:10	7:26
11	5 M30	Hollis Elliott, 37, Urbandale, IA	46:19	7:27
2	OpW	Shelby Cork, 35*, West Des Moines, IA	47:27	7:38
12	6 M30	Ryan Campbell, 32, Waukee, IA	47:29	7:38
13	1 M20	Jeff Goetz, 27, Ankeny, IA	47:35	7:39
3	OpW	Betsy McKibbin, 27*, Des Moines, IA	47:56	7:43
4	1 W20	Mary Sleister, 24*, West Des Moines, IA	48:11	7:45
5	1 W30	Julie Jones, 39*, Sully, IA	48:27	7:48
14	1 M50	Kevin Hircock, 50, Adel, IA	48:43	7:50
15	2 M50	Art Reinertson, 57, Slater, IA	49:38	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
6	2 W30	Rachel Hoger, 36*, Johnston, IA	50:11	8:04
7	2 W20	Sara Boland, 29*, Dubuque, IA	50:17	8:05
8	3 W30	Michelle Sidwell, 32*, West Des Moines, IA	50:47	8:10
16	4 M40	Ed Acoymo, 46, Ankeny, IA	52:14	8:24
9	3 W20	Amanda Beveridge, 28*, West Des Moines, IA	52:23	8:26
17	7 M30	Brian Swanson, 37, West Des Moines, IA	52:25	8:26
18	1 M60	Jim Pfeifer, 63, Waukee, IA	52:39	8:28
19	5 M40	Jim Popp, 47, Waukee, IA	52:41	8:29
10	4 W30	Kari Anderson, 37*, West Des Moines, IA	53:11	8:33
20	3 M50	David Heyden, 54, Hampton, IA	53:18	8:35
11	4 W20	Rachel Oswald, 23*, Des Moines, IA	53:32	8:37
12	5 W20	Lis Ernst, 26*, Sherrill, IA	53:32	8:37
21	2 M20	Bradley Quam, 23, Clive, IA	53:42	8:38
13	6 W20	Abbey Wells, 24*, West Des Moines, IA	54:04	8:42
14	1 W40	Rachel Quill, 48*, Clive, IA	54:09	8:43
22	3 M20	Blake McKibbin, 29, Des Moines, IA	54:12	8:43

15	5	W30	Gina Swanson, 32*, West Des Moines, IA	54:19	8:44
16	6	W30	Jenny Peterson, 36*, Waukee, IA	54:27	8:46
23	4	M20	Nathan Paul, 28, AlToona, IA	54:55	8:50
17	7	W30	Tracy Walker, 34*, West Des Moines, IA	54:58	8:51
24	5	M20	Nathan Johnson, 25, West Des Moines, IA	55:06	8:52
18	8	W30	Paulina Castillejos, 30*, Urbandale, IA	55:09	8:52
19	7	W20	holly morgan, 25*, Urbandale, IA	55:39	8:57
20	8	W20	Margret Stalter, 26*, Stuart, IA	55:42	8:58
21	9	W20	Maggie Downs, 25*, Creston, IA	55:43	8:58

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22	1	W50	Joan Bauer, 53*, Audubon, IA	56:17	9:03
23	2	W40	Denise Richardson, 45*	56:33	9:06
24	3	W40	Laurin Canfield, 47*, Des Moines, IA	56:40	9:07
25	10	W20	Kristin Ferring, 26*, Cedar Rapids, IA	57:20	9:14
26	9	W30	Amanda Stewart, 30*, Des Moines, IA	57:27	9:15
27	10	W30	Randi Davis, 30*, Waukee, IA	57:30	9:15
28	11	W30	Angela Tyrrell, 39*, Waukee, IA	57:33	9:16
25	6	M20	joshua briggs, 25, Waukee, IA	57:45	9:17
29	11	W20	Danielle Oswald, 26*, Urbandale, IA	57:46	9:18
26	8	M30	Brock Anderson, 33, Waukee, IA	57:50	9:18
30	4	W40	Becky Veach, 42*, Des Moines, IA	57:51	9:19
31	12	W30	Jolie Tegels, 32*, Johnston, IA	57:53	9:19
32	5	W40	Kristina Kercher, 42*, Waukee, IA	57:54	9:19
27	7	M20	Trevor Van Schyndel, 25, Omaha, NE	58:10	9:22
33	12	W20	Jami Olson, 24*, Omaha, NE	58:10	9:22
34	13	W30	Kerry Croskey, 37*, Ankeny, IA	58:15	9:22
35	13	W20	Lynn Poschner, 29*, Urbandale, IA	58:25	9:24
36	6	W40	Wendy Bryant, 41*, Clive, IA	58:48	9:28
28	9	M30	Tony Lovejoy, 38, Urbandale, IA	58:53	9:29
37	14	W20	Haylie Davis, 23*, West Des Moines, IA	59:05	9:30
38	14	W30	Jodi Van Bell, 38*, Clive, IA	59:57	9:39
39	15	W30	Alissa Lilla, 33*, Waukee, IA	1:01:05	9:50
29	10	M30	Steve Lilla, 33, Waukee, IA	1:01:06	9:50
30	8	M20	Patrick Mansheim, 27, West Des Moines, IA	1:01:06	9:50

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40	2	W50	Janet Hircock, 50*, Adel, IA	1:03:01	10:08
31	9	M20	John McDonald, 26, Des Moines, IA	1:03:32	10:13
41	15	W20	Melissa McDonald, 27*, Des Moines, IA	1:03:32	10:13
42	16	W30	Andrea Reser, 32*, Urbandale, IA	1:03:56	10:17
43	17	W30	Kim Melone, 33*, West Des Moines, IA	1:04:20	10:21
44	16	W20	Katie Aronow, 25*, Urbandale, IA	1:04:30	10:23
45	18	W30	Jaimee Lapham, 31*, Clive, IA	1:05:02	10:28
46	17	W20	Stephanie Peterson, 23*, West Des Moines, IA	1:05:20	10:31
32	10	M20	Tim Bolten, 24, Waukee, IA	1:05:20	10:31
33	6	M40	Jamie Bradfield, 41, Indianola, IA	1:06:12	10:39
47	18	W20	Christina Ackelson, 29*, Granger, IA	1:06:13	10:39
48	19	W20	Alexandra Zwiefel, 23*, West Des Moines, IA	1:06:15	10:40
49	20	W20	Laura Hutzell, 26*, West Des Moines, IA	1:07:57	10:56
50	21	W20	Sarah Jobst, 24*, West Des Moines, IA	1:08:08	10:58
51	22	W20	Mychele Herring, 28*, Waukee, IA	1:08:08	10:58

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34	11	M20	Farris Murray II, 27, Des Moines, IA	1:08:30	11:01
52	19	W30	Angie Yegge, 35*, Ankeny, IA	1:08:53	11:05
53	7	W40	Elizabeth Slocum, 46*, Des Moines, IA	1:09:10	11:08
54	20	W30	Misty VanArkel, 36*, West Des Moines, IA	1:09:36	11:12
35	4	M50	Pat Schlapia, 52, Creston, IA	1:10:52	11:24
36	5	M50	Steven Hobbs, 53, Grayslake, IL	1:11:36	11:31
37	6	M50	Steve McDonald, 59, Clive, IA	1:11:36	11:31
55	8	W40	Sandi Darling, 49*, humboldt, IA	1:12:53	11:44

56 1 W60 Margaret Kneeder, 60*, Creston, IA 1:14:12 11:56
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57 9 W40 April Gross, 40*, Woodward, IA 1:16:32 12:19

58 21 W30 Jen Holtkamp, 34*, Ankeny, IA 1:19:57 12:52

* indicates females

6 finishers among Males (no age given)

11 finishers among Men 20 - 29

10 finishers among Men 30 - 39

6 finishers among Men 40 - 49

6 finishers among Men 50 - 59

1 finishers among Men 60 - 69

22 finishers among Women 20 - 29

21 finishers among Women 30 - 39

9 finishers among Women 40 - 49

2 finishers among Women 50 - 59

1 finishers among Women 60 - 69

40 male finishers

55 female finishers

95 total finishers

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