

5th Iowa Cubs 5 Mile

Des Moines, Iowa

May 22, 2011

70s at the Start and Cloudy/Windy

Results by Cal Murdock

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.

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	
1	OpM	Julius Rotich, 36, West Des Moines, IA	25:47	5:09	
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
2	1 M40	Lance Bergeson, 42, Des Moines, IA	32:07	6:25	
3	2 M40	Kevin Cline, 44, Grimes, IA	33:35	6:43	
1	OpW	Rachel Hawks-Lester, 24*, West Des Moines, IA	34:43	6:56	
4	1 M30	Brad Brotheston, 38, Polk City, IA	34:48	6:57	
5	2 M30	David Larson, 39, West Des Moines, IA	34:50	6:58	
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
6	1 M15	Nathan Phillips, 15, Marshalltown, IA	34:58	7:00	
7	3 M30	Adam Soyer, 35, Norwalk, IA	35:01	7:00	
8	3 M40	Ben Lounsbury, 46, West Des Moines, IA	35:50	7:10	
9	4 M40	Brent Monson, 41, Des Moines, IA	36:34	7:19	
2	1 JrW	Abigail Vaughan, 14*, Des Moines, IA	36:40	7:20	
3	1 W20	Sarah Dieken, 20*, Dike, IA	37:06	7:25	
10	4 M30	Matt Timmins, 33, Newton, IA	37:13	7:27	
11	5 M30	Kyle Ament, 33, Colfax, IA	37:25	7:29	
12	1 M50	Loyed Hedges, 51, Des Moines, IA	37:26	7:29	
13	1 JrM	Brady Suby, 14, Ankeny, IA	37:39	7:32	
14	5 M40	John Urban, 43, Johnston, IA	37:40	7:32	
15	6 M30	Tony Guerra, 39, Ankeny, IA	37:53	7:34	

16	1	M60	Mike May, 64, Indianola, IA	38:06	7:37
17	2	JrM	Lincoln Phillips, 12, West Des Moines, IA	38:58	7:48
18	6	M40	Jerry Rexroat, 40, Ankeny, Ia, Ia	38:59	7:48
19	7	M30	Chad Elkin, 35, Papillion, NE	39:00	7:48
20	1	M20	Jason Terry, 29, Des Moines, IA	39:21	7:52
21	8	M30	Juan J Lara, 37, West Desmoines, IA	39:25	7:53
22	2	M20	Travis Heuen, 29, Iowa City, IA	39:26	7:53
23	3	M20	Daniel Rose, 28, Des Moines, IA	39:56	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
4	2	W20	Miranda Theis, 26*, Des Moines, IA	40:13	8:03
24	2	M50	Gary Slater, 52, Des Moines, IA	40:37	8:07
5	1	W30	Amy Proctor, 33*, Ankeny, IA	40:52	8:10
25	4	M20	Brandon Baker, 21, Marshalltown, IA	41:14	8:15
6	3	W20	Amber Van Soelen, 22*, Sully, IA	41:17	8:15
26	9	M30	John Buzzoni, 37, Polk City, IA	41:20	8:16
27	10	M30	Matthew Virnig, 38, Johnston, IA	41:27	8:17
7	2	W30	Angela Oakie, 31*, Ankeny, IA	41:48	8:21
8	3	W30	Rachel Hoger, 36*, Johnston, IA	42:13	8:26
9	4	W20	Kaitlin Theis, 21*, Des Moines, IA	42:13	8:27
28	11	M30	Curt Leigh, 31, Ankeny, IA	42:22	8:28
29	12	M30	Nathaniel Boulton, 30, Des Moines, IA	42:43	8:32
30	5	M20	Jeff Thibadean, 26, West Des Moines, IA	42:52	8:34
31	13	M30	Ben Trannel, 38, West Des Moines, IA	42:53	8:34
32	7	M40	Lyndon Johnson, 47, Conrad, IA	42:58	8:36
10	4	W30	Carrie Buzzoni, 37*, Polk City, IA	43:10	8:38
33	14	M30	Chad Layland, 35, Ankeny, IA	43:11	8:38
11	5	W30	Karen Abbott, 32*, Des Moines, IA	43:15	8:39
12	5	W20	Brenda Mohr, 28*, Muscatine, IA	43:38	8:43
34	3	M50	Bob Tupy, 52, Calmar, IA	43:46	8:45
35	15	M30	Matt Tupy, 30, Grimes, IA	43:47	8:45
13	1	W40	Tami Draper, 40*, Des Moines, IA	43:48	8:46
36	4	M50	Milton Rhiner, 59, Urbandale, IA	43:55	8:47
37	6	M20	Keith Albrecht, 27, Urbandale, IA	44:01	8:48

38	7	M20	Andy Conyers, 24, Des Moines, IA	44:06	8:49
39	8	M40	Scott Pries, 42, Ankeny, IA	44:30	8:54
14	6	W30	Ryan Honkomp, 33*, Clive, IA	44:36	8:55
40	9	M40	John Bonnichsen, 45, Ames, IA	44:36	8:55
15	2	W40	Jane Angstman, 40*, Clive, IA	44:43	8:57
16	6	W20	Sarah Contreras, 25*, Marion, IA	44:57	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
17	1	W50	Kim Taylor, 50*, West Des Moines, IA	45:15	9:03
18	7	W20	Brianna Damstetter, 26*, Des Moines, IA	45:18	9:03
19	7	W30	Sonja Brandt, 30*, Urbandale, IA	45:32	9:06
41	8	M20	Thaddeus Brandt, 29, Urbandale, IA	45:33	9:07
20	8	W20	Stacey Olson, 28*, Des Moines, IA	45:45	9:09
42	10	M40	James (Mitch) Conner, 41, Des Moines, IA	46:37	9:19
43	11	M40	Rod Cagley, 44, Ankeny, IA	46:38	9:19
21	3	W40	Steph Courtney, 48*, Des Moines, IA	46:53	9:22
22	8	W30	Tiffany Schnell, 30*, West Des Moines, IA	46:54	9:23
44	5	M50	David Jensen, 52, West Des Moines, IA	46:58	9:23
45	9	M20	Jamison Lensing, 26, West Des Moines, IA	46:59	9:24
23	9	W30	Amy Harrison, 30*, Van Meter, IA	46:59	9:24
46	10	M20	Matthew Bargstadt, 27, Des Moines, IA	47:00	9:24
24	10	W30	Jill Kolars, 34*, Ankeny, IA	47:03	9:25
47	11	M20	Graham Barnes, 29, West Des Moines, IA	47:09	9:26
25	4	W40	Julie Suby, 42*, Ankeny, IA	47:13	9:26
26	5	W40	Mindi Rexroat, 40*, Ankeny, Ia, Ia	47:26	9:29
27	11	W30	Emily Maass, 34*, Ankeny, IA	47:27	9:29
28	9	W20	Sara Cline, 27*, Creston, IA	47:43	9:32
29	12	W30	Emily Kerns, 30*, Creston, IA	47:43	9:33
48	16	M30	Jon Hider, 39, West Des Moines, IA	47:48	9:34
49	17	M30	Tom Atkinson, 30, Madrid, IA	47:50	9:34
50	12	M40	Dave Phillips, 45, West Des Moines, IA	48:02	9:36
51	13	M40	Ed Phillips, 49, Marshalltown, IA	48:03	9:36
30	13	W30	Teresa Layland, 31*, Ankeny, IA	48:09	9:38

31	2	W50	Carol Jensen, 55*, West Des Moines, IA	48:10	9:38
52	12	M20	Peter Thayer, 28, Des Moines, IA	48:17	9:39
32	10	W20	Heidi McKinney, 24*, Des Moines, IA	48:18	9:40
53	18	M30	Michael Christianson, 31, Des Moines, IA	48:34	9:43
33	14	W30	Katie Overberg, 39*, Ankeny, IA	48:45	9:45
54	19	M30	Lee Wagner, 35, Des Moines, IA	49:00	9:48
34	11	W20	Selma Brkic, 29*, Clive, IA	49:01	9:48
55	13	M20	Adam Kincade, 28, Ames, IA	49:28	9:54
35	15	W30	Emily Williams-Bouska, 32*, Des Moines, IA	49:55	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
36	6	W40	Kristin Merkle, 40*, West Des Moines, IA	50:10	10:02
37	16	W30	Shannon Clark, 33*, Pleasantville, IA	50:24	10:05
56	2	M60	Michael Kent, 65, Des Moines, IA	50:29	10:06
57	20	M30	Lance Stierman, 32, Des Moines, IA	50:33	10:07
38	12	W20	Abi Albrecht, 26*, Ames, IA	50:43	10:09
58	2	M15	Jordan Suby, 17, Ankeny, IA	50:47	10:09
39	7	W40	Kim Sapp, 40*, Des Moines, IA	51:00	10:12
40	13	W20	Erica Olson, 26*, West Des Moines, IA	51:13	10:14
59	14	M40	Sandy Heidemann, 40, Des Moines, IA	51:15	10:15
60	15	M40	Paul Sapp, 44, Des Moines, IA	51:16	10:15
61	6	M50	Bob George, 55, Iowa City, IA	51:19	10:16
41	17	W30	Ti Long, 36*, Des Moines,, Ia	51:20	10:16
62	21	M30	Long Hoang, 35, Des Moines, IA	51:39	10:20
42	14	W20	Emily Engstrom, 23*, Liscomb, IA	51:58	10:23
63	22	M30	Jacob Everhart, 35, Ankeny, IA	52:19	10:28
43	18	W30	Kathy Leonard, 38*, Des Moines, IA	52:50	10:34
64	16	M40	Jerry Rupert, 47, Clive, IA	52:51	10:34
44	15	W20	Brooke Huls, 23*, Nevada, IA	52:52	10:34
45	16	W20	Amber Moulton, 27*, Ankeny, IA	52:53	10:34
65	14	M20	Kyle Hoskinson, 25, Des Moines, IA	53:28	10:41
46	19	W30	Amanda Kuhn, 31*, Huxley, IA	53:47	10:45
47	17	W20	Krystle Becker, 23*, Des Moines, IA	54:02	10:48
48	18	W20	Maria Van Soelen, 24*, West Des Moines, IA	54:04	10:49

66	23	M30	Tony Mueller, 38, Boone, IA	54:44	10:57
49	8	W40	Michael Cooper, 44*, Ankeny, IA	54:55	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
50	20	W30	Josie Verwers, 30*, Des Moines, IA	55:05	11:01
67	15	M20	Michael Schrad, 26, Des Moines, IA	55:06	11:01
51	19	W20	Lindsey Sanner, 25*, Des Moines, IA	55:14	11:03
52	21	W30	Michelle Ridnour, 32*, West Des Moines, IA	55:22	11:04
68	3	M60	Harry Breaux, 62, Des Moines, IA	55:40	11:08
53	9	W40	Robin Brown, 40*, Des Moines, IA	55:43	11:08
69	16	M20	Philip George, 26, West Des Moines, IA	56:02	11:12
54	20	W20	Julie Leigh, 29*, Ankeny, IA	56:09	11:14
55	21	W20	Nicole Aspenson, 27*, Des Moines, IA	56:18	11:16
56	22	W30	Sara Larson, 36*, Waukee, IA	56:44	11:21
70	17	M40	Justin Larson, 40, Waukee, IA	56:45	11:21
57	23	W30	Molly Vande Krol, 30*, Johnston, IA	57:01	11:24
58	24	W30	Jennifer Eubanks, 39*, Des Moines, IA	57:10	11:26
71	24	M30	Ben Yost, 33, Urbandale, IA	57:58	11:35
72	25	M30	Rodney Brandau, 33, Kansas City, KS	57:58	11:36
59	22	W20	Carrie Brannen, 27*, Windsor Heights, IA	58:15	11:39
73	17	M20	Tyler Kruse, 27, Windsor Heights, IA	58:16	11:39
60	10	W40	Annette Allender, 45*, Ankeny, IA	58:51	11:46
61	25	W30	Ruth Ann Jackson, 30*, Des Moines, IA	59:01	11:48
74	26	M30	Gregory Jackson, 32, Des Moines, IA	59:01	11:48
62	3	W50	Mary Merrick, 50*, Cumming, IA	59:02	11:48
63	26	W30	Katie Givant, 37*, West Des Moines, IA	59:03	11:48
64	27	W30	Shannon Steele, 32*, Bondurant, IA	59:17	11:51
65	11	W40	Gail Stutz, 45*, Des Moines, IA	59:25	11:53
75	27	M30	Sounantha Baccam, 36, Des Moines, IA	59:45	11:57
66	23	W20	Tina Lothi, 26*, Waukee, IA	59:46	11:57
76	7	M50	Nathan Callahan, 58, Cedar Falls, IA	59:47	11:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
67	28	W30	Denise Ramsey, 35*, Osceola, IA	1:00:24	12:05

68	24	W20	Gretchen Pasturan, 26*, Des Moines, IA	1:00:32	12:06
77	28	M30	Sone Phila, 36, Des Moines, IA	1:00:32	12:06
78	29	M30	William Ridnour, 33, West Des Moines, IA	1:00:44	12:09
69	25	W20	Emily Carlson, 20*, Grimes, IA	1:00:58	12:11
70	29	W30	Leslie Soyer, 36*, Norwalk, IA	1:00:58	12:12
71	26	W20	Kelly Geist, 28*, Des Moines, IA	1:01:09	12:14
72	27	W20	Emily Burt, 27*, Des Moines, IA	1:01:09	12:14
73	30	W30	Shannon Thome, 36*, Des Moines, IA	1:01:10	12:14
79	18	M40	Chris James, 45, West Des Moines, IA	1:01:29	12:18
74	4	W50	Janet Joshua, 59*, West Des Moines, IA	1:02:15	12:27
75	31	W30	Melanie Woolsey, 31*, Knoxville, IA	1:02:16	12:27
76	12	W40	Jody Leo, 49*, Altoona, IA	1:02:29	12:30
77	28	W20	Kari Russler, 27*, Center Point, IA	1:02:37	12:31
78	32	W30	Jaime Bonner, 31*, Iowa Falls, IA	1:03:49	12:46
79	33	W30	Erin Kongshaug, 34*, Des Moines, IA	1:03:50	12:46
80	13	W40	Rebecca David, 46*, Davenport, IA	1:03:54	12:47
81	14	W40	Jennell Bergwall, 43*, Davenport, IA	1:04:02	12:48
82	5	W50	Sandra Carlson, 56*, Grimes, IA	1:04:46	12:57
83	15	W40	Mary Bernabe-Smith, 48*, Des Moines, IA	1:04:46	12:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
84	34	W30	Sarah Wigen, 39*, Johnston, IA	1:05:30	13:06
85	35	W30	Sarah Runchey, 34*, Des Moines, IA	1:05:34	13:07
86	36	W30	Sarah Steward, 34*, Des Moines, IA	1:05:34	13:07
87	29	W20	Kristin Cleveland, 29*, West Des Moines, IA	1:06:06	13:13
88	16	W40	Jennifer Schroeder, 47*, Des Moines, IA	1:06:21	13:16
80	8	M50	Steven Goers, 59, Johnston, IA	1:06:40	13:20
81	1	M70	Hummel Brown, 72, Des Moines, IA	1:07:44	13:33
89	30	W20	Jene Jess, 28*, West Des Moines, IA	1:09:14	13:51
90	37	W30	Jonna Warner, 30*, Des Moies, IA	1:09:14	13:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
91	38	W30	Jill Soenen, 33*, Earlham, IA	1:10:12	14:02
92	39	W30	Natalie McNaught, 32*, Clive, IA	1:10:12	14:02

93	40	W30	Lisa Msuya, 37*, Des Moines, IA	1:10:53	14:10
94	41	W30	Leigh Bellville, 34*, Pleasantville, IA	1:10:54	14:11
95	42	W30	Kimberly Blythe, 31*, Des Moines, IA	1:11:28	14:18
82	3	JrM	Jack Thome, 9, Des Moines, IA	1:11:32	14:18
96	31	W20	Jessica Lavicky, 27*, Urbandale, IA	1:11:33	14:19
97	6	W50	Wendy Breaux, 56*, Des Moines, IA	1:12:00	14:24
98	32	W20	Heidy Savage, 26*, Des Moines, IA	1:12:12	14:26
99	33	W20	Maggie Anderson, 24*, Clive, IA	1:12:24	14:29
83	4	M60	Glenn Soyer, 66, Norwalk, IA	1:12:37	14:31
100	7	W50	Lucy Anderson, 54*, Clive, IA	1:12:48	14:33
84	18	M20	Matthew McVey, 26, West Des Moines, IA	1:13:14	14:39
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
101	2	JrW	Kate Phillips, 9*, West Des Moines, IA	1:16:35	15:19
102	17	W40	Stephanie Phillips, 43*, West Des Moines, IA	1:16:36	15:19
103	34	W20	Joanna Be, 26*, Des Moines, IA	1:17:43	15:33
104	43	W30	Chieng Long, 32*, Des Moines,, Ia	1:17:43	15:33
105	35	W20	Christy Baccam, 29*, Des Moines, IA	1:17:44	15:33
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
106	1	W60	Florence Burch, 66*, West Des Moines, IA	1:23:45	16:45
107	44	W30	Zora Burch, 37*, Des Moines, IA	1:23:45	16:45
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
108	8	W50	Deb Gay, 55*, Norwalk, IA	1:25:36	17:07
109	45	W30	Daphne Monson, 33*, Des Moines, IA	1:25:36	17:07

* indicates females

2 finishers among Males (no age given)

3 finishers among Men Under 15

2 finishers among Men 15 - 19

18 finishers among Men 20 - 29

29 finishers among Men 30 - 39

18 finishers among Men 40 - 49

8 finishers among Men 50 - 59

4 finishers among Men 60 - 69
1 finishers among Men 70 & Up
2 finishers among Women Under 15
35 finishers among Women 20 - 29
45 finishers among Women 30 - 39
17 finishers among Women 40 - 49
8 finishers among Women 50 - 59
1 finishers among Women 60 - 69
85 male finishers
108 female finishers
193 total finishers

Return to [home page](#).