

Maffitt Lake 4.6 mile

Des Moines, IA

Aug. 4, 2007

69 degrees, 88% humidity, rain

Results by Michael Franke

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	1 OpM	Nick Gallagher, 17, Bedford, IA	26:05	5:40
2	2 OpM	Aaron Wells, 23, Altoona, IA	26:56	5:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
3	1 M40	Mike Carney, 44, Des Moines, IA	27:45	6:02
4	3 OpM	Aaron Thomas, 27, Slater, IA	28:06	6:06
5	4 OpM	Ben Lambert, 16, Webster City, IA	28:21	6:10
6	5 OpM	Ryan Johnson, 24, Johnston, IA	28:27	6:11
7	6 OpM	Jason Ferguson, 23, Newton, IA	29:11	6:21
8	2 M40	Kevin Cline, 41, Grimes, IA	29:19	6:22
9	7 OpM	Kelsey Byus, 38, Des Moines, IA	29:33	6:25
10	8 OpM	Chris Kins, 19, Redding, IA	29:38	6:26
11	9 OpM	Scott Jones, 36, Ankeny, IA	30:14	6:34
1	1 OpW	Christine Price, 38*, Des Moines, IA	30:35	6:39
12	3 M40	Tim Gallagher, 50, Bedford, IA	30:41	6:40
13	10 OpM	Dane Seaburg, 19, Des Moines, IA	31:24	6:49
14	11 OpM	Brad Bach, 27, Des Moines, IA	31:27	6:50
15	4 M40	Paul Grinvalos, 49, W Des Moines, IA	31:29	6:51
16	12 OpM	Brian Palmer, 38, Des Moines, IA	31:34	6:52
2	2 OpW	Colleen Webb, 30*, Des Moines, IA	31:39	6:53
17	5 M40	Jeff Feder, 46, Norwalk, IA	31:40	6:53
3	1 W40	Carla Stoner, 45*, Des Moines, IA	31:52	6:56
18	6 M40	Todd Harper, 44, Norwalk, IA	32:08	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
19	13 OpM	Jim Turner, 30, Urbandale, IA	32:24	7:02
20	14 OpM	Jeremy Mueller, 30, W Des Moines, IA	32:27	7:03
4	3 OpW	Meghan Wolett, 19*, Colfax, IA	32:33	7:04
21	15 OpM	Aj Turner, 17, West Des Moines, IA	32:34	7:05
22	7 M40	Bill Blubaugh, 43, Ankeny, IA	32:47	7:08
23	16 OpM	Scott Sibbel, 26, Denver, CO	33:11	7:13
24	17 OpM	Zeke Gurnink, 15, Clive, IA	33:43	7:20
25	8 M40	Rick Rinehart, 42, Clive, IA	33:44	7:20
26	18 OpM	Alex Berndt, 15, Des Moines, IA	33:44	7:20
27	19 OpM	John Urban, 39, Johnston, IA	34:19	7:27
28	20 OpM	Adam Garnaas, 20, Clive, IA	34:27	7:29
29	21 OpM	Mark Hirst, 30, Ankeny, IA	34:47	7:34
30	22 OpM	Dane Buettner, 32, Des Moines, IA	36:28	7:56
31	23 OpM	George Stock, 37, Des Moines, IA	36:36	7:57
5	2 W40	Erin Hurley, 40*, Kellog, IA	36:38	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
32	24 OpM	Travis Bergeson, 25, Clive, IA	37:04	8:03
6	4 OpW	kElly Peddy, 16*, Ankeny, IA	37:16	8:06
33	25 OpM	Jason Hahn, 36, Des Moines, IA	37:37	8:11
34	9 M40	Jerry Hill, 51, Altoona, IA	37:37	8:11

35	26	OpM Tyler Jensen, 15, Dallas Center, IA	37:42	8:12
7	5	OpW Christina Dierf, 28*, Cedar Rapids, IA	37:42	8:12
36	27	OpM Mike Eilers, 38, Indianola, IA	37:43	8:12
37	28	OpM Derrick Austin, 15, Grimes, IA	37:44	8:12
38	29	OpM Larry Hunt, 32, Windsor Hgts, IA	37:50	8:13
8	6	OpW Rachel Jones, 15*, Ankeny, IA	37:54	8:14
39	30	OpM Michael Splavec, 18, West Des Moines, IA	37:55	8:14
9	3	W40 Kristy Cain, 48*, Urbandale, IA	38:03	8:16
10	4	W40 Jean Johnson, 41*, Des Moines, IA	38:13	8:18
40	10	M40 Glen Dippold, 44, Clive, IA	38:14	8:19
41	11	M40 Mike Clayton, 51, Ames, IA	38:17	8:19
11	7	OpW Jenn Sands, 32*, Clarinda, IA	38:27	8:21
42	12	M40 Al Hildestad, 57, Des Moines, IA	38:32	8:23
43	31	OpM Kenneth Overton, 39, Dexter, IA	38:33	8:23
44	13	M40 Dale Andres, 60, W Des Moines, IA	38:34	8:23
12	8	OpW Liz Timmerman, 27*, Nodaway, IA	38:39	8:24
13	9	OpW Carrie Bergman, 29*, W Des Moines, IA	DNF	:00
45	14	M40 Dave Endres, 44, West Des Moines, IA	38:40	8:24
46	15	M40 Chris Jones, 46, Ankeny, IA	38:50	8:26
47	16	M40 David Vellinga, 57, Clive, IA	38:56	8:28
48	17	M40 Gordon Bird, 50, Cumming, IA	39:12	8:31
14	10	OpW Tami Draper, 37*, Des Moines, IA	39:28	8:35
49	18	M40 John Vujnovich, 53, Des Moines, IA	39:32	8:35
50	32	OpM Victor Young, 31, Des Moines, IA	39:33	8:36
51	19	M40 John Schneller, 63, W Des Moines, IA	39:36	8:36
15	5	W40 Nola Seaburg, 46*, Des Moines, IA	39:38	8:37
52	20	M40 William Wedeking, 53, Des Moines, IA	39:38	8:37
53	21	M40 Doug Anderson, 40, St Charles, IA	39:43	8:38
16	11	OpW Emma Jones, 15*, Ankeny, IA	39:44	8:38
17	12	OpW Beth Seufferer, 36*, West Des Moines, IA	39:45	8:38
18	6	W40 Connie Dellaca-Hill, 50*, Altoona, IA	39:52	8:40
54	22	M40 Craig Smiens, 51, Ankeny, IA	39:52	8:40
55	33	OpM Kirk Swihart, 39, Johnston, IA	39:53	8:40
56	34	OpM Gary Marker, 35, Norwalk, IA	40:00	8:42
19	13	OpW Leah Gjertson, 24*, Des Moines, IA	40:09	8:44
57	35	OpM Mike Paschell, 28, Des Moines, IA	40:10	8:44
20	14	OpW Heather Benning, 34*, Grinnell, IA	40:10	8:44
21	7	W40 Betsy Frederes, 49*, Clive, IA	40:14	8:45
22	15	OpW Devita Persaud, 32*, West Des Moines, IA	40:15	8:45
58	23	M40 John Wieland, 49, Des Moines, IA	40:16	8:45
59	36	OpM Stacy Dietch, 30, Des Moines, IA	40:17	8:45
60	24	M40 Nathan Callahan, 54, Cedar Falls, IA	40:26	8:47
23	16	OpW Jill Schwarz, 31*, Cumming, IA	40:30	8:48
24	17	OpW Joni Tonnemacher, 37*, Cumming, IA	40:30	8:48
61	25	M40 Roger Wilson, 51, West Des Moines, IA	40:50	8:53
62	26	M40 Tom Sueppel, 46, W Des Moines, IA	41:04	8:56
25	18	OpW Kara Peterson, 27*, Des Moines, IA	41:10	8:57
63	37	OpM Kyle Flinn, 29, W Des Moines, IA	41:13	8:57
26	19	OpW Lacey Degroot, 20*, Oskaloosa, IA	41:17	8:58
27	8	W40 Lana Degroot, 46*, Oskaloosa, IA	41:17	8:58

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28	20	OpW Nicolle Stevenson, 29*, Des Moines, IA	41:24	9:00
29	21	OpW Lauren Link, 19*, Pleasant Hill, IA	41:30	9:01
30	22	OpW Jill Reding, 37*, W Des Moines, IA	41:31	9:01
64	38	OpM Adam Rogers, 28, W Des Moines, IA	41:31	9:02
31	23	OpW Karmel Sueppel, 38*, W Des Moines, IA	41:36	9:03
65	27	M40 Andrew Kahl, 43, Des Moines, IA	41:40	9:03
66	39	OpM Brian Stockdale, 38, Springfield, OR	41:40	9:03
67	40	OpM John Brehm, 36, West Des Moines, IA	41:44	9:04
32	24	OpW Tammy Hiveley, 32*, Prior Lake, MN	41:47	9:05
68	28	M40 Gregg Erwood, 47	41:52	9:06
33	9	W40 Julia Batton, 51*, Carlisle, IA	41:52	9:06
34	10	W40 Diann Bird, 48*, Cumming, IA	41:56	9:07
35	25	OpW Liz Hiveley, 28*, Waukee, IA	41:57	9:07

36	26	OpW	Angie Hill, 35*, Des Moines, IA	42:06	9:09
37	11	W40	Pamela Gallagher, 44*, Ankeny, IA	42:19	9:12
69	29	M40	Duncan Gallagher, 47, Ankeny, IA	42:20	9:12
38	27	OpW	Kristi Emick, 30*, Ankeny, IA	42:46	9:18
39	28	OpW	Suzanne Lopez, 39*, West Des Moines, IA	42:59	9:21
40	29	OpW	Dawn Eimers, 32*, Webster City, IA	43:02	9:21
41	12	W40	Andrea Dryer, 40*, Oelwein, IA	43:09	9:23
42	30	OpW	Lydia Mennenga, 23*, Ankeny, IA	43:19	9:25
43	31	OpW	Debbie Hunt, 33*, Windsor Hgts, IA	43:25	9:26
44	32	OpW	Lauri Sundo, 36*, Waukee, IA	43:27	9:27
70	41	OpM	Randy Arnold, 27, Ankeny, IA	43:29	9:27
45	13	W40	Kay Veldkamp, 43*, Cumming, IA	43:34	9:28
71	30	M40	Brent Veldkamp, 46, Cumming, IA	43:34	9:28
72	31	M40	Norm Ostbloom, 60, Des Moines, IA	43:42	9:30
46	33	OpW	Suzy Marker, 35*, Norwalk, IA	43:45	9:30
47	34	OpW	Missy McMullen, 31*, North Liberty, IA	43:45	9:31
48	35	OpW	Courtney Stevens, 31*, Des Moines, IA	43:46	9:31
49	14	W40	Kary Austin, 45*, Grimes, IA	43:46	9:31
50	15	W40	Mary Cooper, 52*, Des Moines, IA	43:50	9:32
73	32	M40	Jack Matthews, 63, Stuart, IA	44:00	9:34
51	36	OpW	Bobbie Fentenot, 35*, W Des Moines, IA	45:05	9:48
74	33	M40	Jim Bergeson, 55, Urbandale, IA	45:06	9:48
52	37	OpW	Katie Brown, 27*, Ofallon, MO	45:13	9:50
75	34	M40	Sammy Watson, 40, Des Moines, IA	45:36	9:55
76	42	OpM	Ben Nichols, 32, Des Moines, IA	45:49	9:57
53	38	OpW	Sara Clingan, 27*, Van Meter, IA	45:52	9:58

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54	39	OpW	Sheri Robinson, 33*, Des Moines, IA	46:18	10:04
77	35	M40	Kelly O'Hara, 49, Rochester, MN	47:05	10:14
55	16	W40	Lisa Leon, 41*, Des Moines, IA	47:11	10:15
56	40	OpW	Karen Morkin, 35*, Des Moines, IA	47:13	10:16
57	41	OpW	Katrishia Heidemann, 36*, Grainger, IA	47:13	10:16
58	42	OpW	Alexis Warden, 32*, Melbourne, IA	47:24	10:18
59	43	OpW	Anya Watson, 29*, Des Moines, IA	47:24	10:18
60	17	W40	Shari Turner, 46*, West Des Moines, IA	47:27	10:19
78	36	M40	Tom Seaburg, 54, Des Moines, IA	47:27	10:19
61	44	OpW	Susan Mears, 35*, Urbandale, IA	48:39	10:35
62	45	OpW	Ann Cosimano, 36*, Johnston, IA	49:45	10:49
79	37	M40	Dean Hough, 66, West Des Moines, IA	50:06	10:53

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80	38	M40	Eugene Rasmussen, 60, Ames, IA	51:04	11:06
63	18	W40	Mary Rasmussen, 49*, Ames, IA	51:07	11:07
64	46	OpW	Laura Tobey, 39*, Clive, IA	51:13	11:08
65	19	W40	Trudi Rayman, 40*, Urbandale, IA	51:14	11:08
66	47	OpW	Bridgette Arnold, 26*, Ankeny, IA	51:30	11:12
67	48	OpW	Teresa Ripp, 36*, W Des Moines, IA	53:24	11:36
68	20	W40	Janelle Erwood, 46*, Clive, IA	53:30	11:38
81	39	M40	Harry Breaux, 58, Des Moines, IA	53:39	11:40
69	21	W40	Julie Carr, 50*, Cumming, IA	53:44	11:41

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70	49	OpW	Julie Lafollette, 36*, Des Moines, IA	55:18	12:01
71	50	OpW	Bobbie Young, 35*, Des Moines, IA	55:18	12:01
72	22	W40	Yvonne Holtz, 47*, Cumming, IA	58:59	12:49

"*" indicates females

42 finishers among Men 39 & Under

39 finishers among Men 40 & Up

50 finishers among Women 39 & Under

22 finishers among Women 40 & Up

81 male finishers

72 female finishers

153 total finishers

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