

**Red Flannel Run 5 Mile**  
**Feb 16th, 2013**  
**Greater Des Moines YMCA**

3 Mile [results](#)

| OverAll | AG Plac | Firstname | Lastname    | City            | State | Age | Gender | Finish      |
|---------|---------|-----------|-------------|-----------------|-------|-----|--------|-------------|
| 1       | --      | Luke      | Demmel      | Marshalltown    | IA    | 23  | M      | 00:25:14.99 |
| 2       | 1       | Jacob     | Kaemmer     | Des Moines      | IA    | 36  | M      | 00:25:56.44 |
| 3       | 2       | Marty     | Dalton      | Earlham         | IA    | 36  | M      | 00:26:29.92 |
| 4       | 1       | Kevin     | DiVerde     | Ames            | IA    | 21  | M      | 00:26:40.65 |
| 5       | 1       | Scott     | Johnson     | Ames            | IA    | 30  | M      | 00:26:54.86 |
| 6       | 1       | Ryan      | Schafbuch   | Ames            | IA    | 25  | M      | 00:26:56.79 |
| 7       | 2       | Justin    | Herrick     |                 |       | 25  | M      | 00:27:37.30 |
| 8       | 2       | Sean      | McVeigh     | Nevada          | IA    | 30  | M      | 00:27:38.64 |
| 9       | 3       | Peder     | Skoog       | Waukee          | IA    | 33  | M      | 00:28:09.42 |
| 10      | 3       | Nathan    | Wenck       | Carroll         | IA    | 35  | M      | 00:28:36.04 |
| 11      | 1       | Aaron     | Wrabek      | Ankeny          | IA    | 41  | M      | 00:29:04.64 |
| 1       | --      | Casey     | Mcdermott   | West Des Moines | IA    | 23  | F      | 00:29:12.22 |
| 2       | 1       | Danna     | Herrick     | Urbandale       | IA    | 26  | F      | 00:29:15.32 |
| 12      | 3       | Benjamin  | Kopecky     | North Liberty   | IA    | 27  | M      | 00:29:15.65 |
| 3       | 1       | Jennifer  | Paul        | LeClaire        | IA    | 30  | F      | 00:29:21.30 |
| 13      | 4       | Matthew   | Mcdermott   | West Des Moines | IA    | 35  | M      | 00:29:27.26 |
| 4       | 2       | Stephanie | Mortenson   | Windsor Heights | IA    | 31  | F      | 00:30:27.43 |
| 14      | 5       | Dan       | Pinkerton   | Des Moines      | IA    | 37  | M      | 00:30:30.53 |
| 15      | 1       | Scott     | Engelhardt  | Urbandale       | IA    | 45  | M      | 00:30:44.70 |
| 16      | 2       | Matt      | Tullis      | Marshalltown    | IA    | 45  | M      | 00:30:46.26 |
| 5       | 2       | Flannery  | Cerbin      | Des Moines      | IA    | 26  | F      | 00:30:50.52 |
| 6       | 3       | Cindy     | Gerjets     | Des Moines      | IA    | 34  | F      | 00:30:51.09 |
| 7       | 4       | Emily     | Robins      | Robins          | IA    | 34  | F      | 00:30:51.43 |
| 17      | 1       | Nate      | Johnson     | Saint Paul      | MN    | 18  | M      | 00:30:52.43 |
| 18      | 2       | Craig     | Schreiber   | Clive           | IA    | 23  | M      | 00:31:06.63 |
| 19      | 4       | Brian     | Petersen    | Ankeny          | IA    | 28  | M      | 00:31:37.73 |
| 20      | 3       | Tim       | Steenhoek   | Pleasant Hill   | IA    | 45  | M      | 00:31:42.49 |
| 8       | 1       | Kelsey    | Quinn       | West Des Moines | IA    | 22  | F      | 00:31:53.78 |
| 9       | 3       | Sara      | Hendrickson | Des Moines      | IA    | 26  | F      | 00:32:00.11 |
| 21      | 1       | Paul      | Grinvalds   | West Des Moines | IA    | 54  | M      | 00:32:05.37 |
| 10      | 5       | Dana      | Flogel      | West Des Moines | IA    | 31  | F      | 00:32:11.13 |
| 22      | 4       | Chris     | Keller      | Waukee          | IA    | 33  | M      | 00:32:11.17 |
| 11      | 4       | Elisabeth | Boyles      | Marion          | IA    | 26  | F      | 00:32:30.72 |
| 23      | 2       | Oliver    | Stroh       |                 |       | 17  | M      | 00:32:34.58 |
| 24      | 5       | Bobby     | Godbersen   | Clive           | IA    | 27  | M      | 00:32:38.91 |
| 25      | 3       | Nick      | Newbury     |                 |       | 23  | M      | 00:33:02.03 |
| 26      | 4       | Kevin     | Cline       | Grimes          | IA    | 46  | M      | 00:33:03.24 |
| 27      | 2       | David     | Larson      | West Des Moines | IA    | 40  | M      | 00:33:06.51 |
| 28      | 6       | Braydn    | Girdler     |                 |       | 37  | M      | 00:33:06.91 |
| 29      | 2       | Mark      | Ackermann   | Ames            | IA    | 52  | M      | 00:33:15.64 |
| 12      | 1       | Kelly     | Sorensen    | Wdm             | IA    | 43  | F      | 00:33:16.50 |
| 30      | 3       | Jason     | Hahn        | Des Moines      | IA    | 42  | M      | 00:33:18.79 |
| 31      | 5       | Patrick   | Cavanaugh   | West Des Moines | IA    | 30  | M      | 00:33:28.36 |
| 32      | 4       | Matthew   | Morgan      | Ankeny          | IA    | 42  | M      | 00:33:32.71 |
| 13      | 1       | Karina    | Johnson     | Saint Paul      | MN    | 16  | F      | 00:33:41.19 |
| 33      | 7       | Blair     | Redenius    | Charles City    | IA    | 35  | M      | 00:33:43.42 |
| 34      | 5       | Chad      | Askelson    | Cedar Rapids    | IA    | 41  | M      | 00:33:48.50 |
| 35      | 6       | Darvish   | Shadravan   | Ankeny          | IA    | 44  | M      | 00:33:48.99 |
| 36      | 6       | Tyler     | Smith       | Des Moines      | IA    | 28  | M      | 00:33:50.05 |
| 37      | 6       | Mitch     | Kunert      | Des Moines      | IA    | 33  | M      | 00:33:50.58 |
| 38      | 8       | Trent     | Donnelly    | Dexter          | IA    | 36  | M      | 00:33:51.22 |