

2014 Metro Rock N Run 5k

Overall Finish List

September 20, 2014

Results by *The Open Road Chip Timing* [The Open Road Chip Timing](#)

Five Kilometer

Place	Name	City	Bib No	Age	Gender	Age Group	Time Back	Total Time	Pace
1	Timothy Reilly		813	31	M	1 30-39		18:39	6:01/M
2	Tyler McCubbin		955	25	M	1 20-29	1:17	19:56	6:26/M
3	Tom Penningroth	Urbandale IA	809	47	M	1 40-49	1:28	20:07	6:29/M
4	John Lande	Urbandale IA	999	28	M	2 20-29	2:09	20:48	6:43/M
5	Eric Isley		994	30	M	2 30-39	2:18	20:57	6:45/M
6	Mike Bronson		932	44	M	2 40-49	2:42	21:21	6:53/M
7	Kelly Parriott		807	31	F	1 30-39	3:46	22:25	7:14/M
8	Mark Seaton		920	51	M	1 50-59	4:18	22:57	7:24/M
9	Jared Galligan		984	14	M	1 0-14	5:34	24:13	7:49/M
10	Dale Knoshaug		997	52	M	2 50-59	6:22	25:01	8:04/M
11	Catherine Arroyo	Urbandale IA	967	30	F	2 30-39	6:27	25:06	8:06/M
12	Robert Larson	Johnston IA	921	65	M	1 60-99	6:44	25:23	8:11/M
13	Kyle Kopf	West Des Moines IA	902	14	M	2 0-14	6:59	25:38	8:16/M
14	Mike Penningroth		808	43	M	3 40-49	7:05	25:44	8:18/M
15	Victor Svecs		957	34	M	3 30-39	7:19	25:58	8:23/M
16	Amy Friedlander		979	33	F	3 30-39	7:54	26:33	8:34/M
17	Christopher Clark		976	36	M	4 30-39	7:58	26:37	8:35/M
18	Kent Penningroth		810	55	M	3 50-59	8:12	26:51	8:40/M
19	Amy Kruger		998	34	F	4 30-39	8:15	26:54	8:41/M
20	Jeff Andersen		972	33	M	5 30-39	8:48	27:27	8:51/M
21	Wendy Olson	Ankeny IA	804	28	F	1 20-29	8:50	27:29	8:52/M
22	Sarah Bowen	Clive IA	906	35	F	5 30-39	9:19	27:58	9:01/M
23	Tim Byrne		919	37	M	6 30-39	9:51	28:30	9:12/M
24	Cindy Perry	Winterset IA	923	37	F	6 30-39	10:23	29:02	9:22/M
25	Emily Blair		965	32	F	7 30-39	10:24	29:03	9:22/M
26	Dana Martin	Clive IA	916	38	F	8 30-39	10:25	29:04	9:23/M
27	Luke Hubble		993	0	M	3 0-14	10:32	29:11	9:25/M
28	Randy Arnold	Ankeny IA	973	34	M	7 30-39	10:55	29:34	9:32/M
29	Unknown Partic. 924		924		M	4 0-14	11:43	30:22	9:48/M
30	Melissa Etcheverry	Des moines IA	938	48	F	1 40-49	11:45	30:24	9:48/M
31	Unknown Partic. 970		970		M	5 0-14	11:51	30:30	9:50/M
32	Kevin Hircock	Adel IA	912	54	M	4 50-59	11:53	30:32	9:51/M

33	Casey Croson		917	21	F	2 20-29	11:59	30:38	9:53/M
34	Daniel Zimmerman	West Des Moines IA	966	38	M	8 30-39	12:07	30:46	9:55/M
35	Eric Ramsey		960	42	M	4 40-49	12:26	31:05	10:02/M
36	Morgan Hunt		956	10	F	1 0-14	12:43	31:22	10:07/M
37	Heidi Gojkovich		908	38	F	9 30-39	12:48	31:27	10:09/M
38	Jeff Logan	Urbandale IA	913	48	M	5 40-49	12:49	31:28	10:09/M
39	Laila Fisher		931	6	F	2 0-14	12:49	31:28	10:09/M
40	Cheryl Larson	West Des Moines IA	953	35	F	10 30-39	13:10	31:49	10:16/M
41	Traci Galligan	Urbandale IA	983	44	F	2 40-49	13:24	32:03	10:20/M
42	Tori Rabe		948	41	F	3 40-49	13:44	32:23	10:27/M
43	Anna Svecs		958	30	F	11 30-39	13:50	32:29	10:29/M
44	Ashleigh Dinkel		977	27	F	3 20-29	14:07	32:46	10:34/M
45	Abbey Croatt		907	36	F	12 30-39	14:13	32:52	10:36/M
46	Kaci Kopf	West Des Moines IA	904	11	F	3 0-14	14:53	33:32	10:49/M
47	Bart Kopf		903	49	M	6 40-49	14:53	33:32	10:49/M
48	Pattie Frohlich	Harlan IA	980	52	F	1 50-59	15:13	33:52	10:55/M
49	Todd Johnson		819	44	M	7 40-49	17:02	35:41	11:31/M
50	Larry Bradshaw		820	46	M	8 40-49	17:03	35:42	11:31/M
51	Brooke Ramsey		959	24	F	4 20-29	17:21	36:00	11:37/M
52	Allyson Waggoner		909	36	F	13 30-39	17:27	36:06	11:39/M
53	Tracey Lebeck		954	41	F	4 40-49	17:27	36:06	11:39/M
54	Polly Brooks		975	41	F	5 40-49	18:22	37:01	11:56/M
55	Ann Hubble	West Des Moines IA	991	41	F	6 40-49	18:22	37:01	11:56/M
56	Katy Clough	West Des Moines IA	963	27	F	5 20-29	18:26	37:05	11:58/M
57	Brigitte Arnold	Ankeny IA	974	33	F	14 30-39	18:29	37:08	11:59/M
58	Kelsey Hubble		992	14	F	4 0-14	18:55	37:34	12:07/M
59	Fran Isley	Indianola IA	995	31	F	15 30-39	19:07	37:46	12:11/M
60	Martha Kester	Des Moines IA	935	46	F	7 40-49	19:19	37:58	12:15/M
61	Jeff Reece	Pleasant Hill IA	933	48	M	9 40-49	19:29	38:08	12:18/M
62	Jerilynne Harbaugh		989	51	F	2 50-59	19:49	38:28	12:25/M
63	Jami Little		1000	31	F	16 30-39	20:02	38:41	12:29/M
64	Kyle Runyon		964	27	M	3 20-29	20:05	38:44	12:30/M
65	Tamara Evans		930	36	F	17 30-39	20:42	39:21	12:42/M
66	Jason Evans		929	39	M	9 30-39	20:47	39:26	12:43/M
67	Mary Byrne	West Des Moines IA	918	35	F	18 30-39	20:49	39:28	12:44/M
68	Doug Guy		901	42	M	10 40-49	21:09	39:48	12:50/M
69	Dawn Reece		934	47	F	8 40-49	21:25	40:04	12:55/M
70	Traci Harre		914	38	F	19 30-39	21:27	40:06	12:56/M
71	Josie Barrow		936	28	F	6 20-29	21:35	40:14	12:59/M
72	Rhonda Enserro	West Des Moines IA	905	44	F	9 40-49	22:04	40:43	13:08/M
73	Sarah Clark		971	29	F	7 20-29	22:16	40:55	13:12/M
74	Diane DeHeer		927	51	F	3 50-59	22:54	41:33	13:24/M
75	Unknown Partic. 926		926		M	6 0-14	22:54	41:33	13:24/M
76	Carma Rogers	Des Moines IA	928	46	F	10 40-49	24:48	43:27	14:01/M

77	Gabe Burnett		962	23	F	8 20-29	25:17	43:56	14:10/M
78	Darcey Schulte		961	48	F	11 40-49	25:17	43:56	14:10/M
79	E. Mullins		937	25	M	4 20-29	25:35	44:14	14:16/M
80	Todd Rabe		947	40	M	11 40-49	26:02	44:41	14:25/M
81	Melinda Zimmerman		950	0	F	5 0-14	30:58	49:37	16:00/M
82	Laurie Zimmerman		949	50	F	4 50-59	35:58	54:37	17:37/M
DQ	Jayme Mau	Urbandale IA	910	39	F	DQ 30-39			---
DQ	Devon Mau		911	41	M	DQ 40-49			---

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