

# Run for Ronald 10 km

Des Moines, IA

May 15, 2004

56 degrees

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	FINISHER	TIME	PACE
1		Aaron Wells, 20, Runnells, IA	34:22	5:32
2	1 M20	J J Bailey, 29, Des Moines, IA	34:40	5:35
3	1 M30	Joe Marshall, 36, Granger, Ia	35:44	5:45
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">Top</a>				
4	1 M40	Troy Zeleznik, 41, West Des Moines, IA	37:31	6:02
1		Lisa Marshall, 36*, Granger, IA	37:44	6:04
5	2 M30	Michael Rieks, 36, West Des Moines, IA	39:53	6:25
6	2 M20	Brad Weigandt, 26, Des Moines, IA	40:02	6:26
7	2 M40	Stewart Baldner, 43, Dallas Center, IA	40:32	6:31
8		Brian Wauters, Marshalltown, IA	40:55	6:35
9	3 M30	Matt Fisher, 36, Ankeny, IA	41:34	6:41
10	3 M20	Andrew Stevenson, 26, West Des Moines, IA	42:35	6:51
11	3 M40	Jeff Feder, 43, Des Moines, IA	42:53	6:54
12	4 M40	Scott Boever, 43, Des Moines, IA	43:00	6:55
13	5 M40	Mark Movic, 47, Des Moines, IA	43:21	6:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">Top</a>				
14	1 M50	Peter Percival, 50, Des Moines, IA	43:45	7:02
15	4 M30	Matt Anderson, 34, Des Moines, IA	43:46	7:03
16	4 M20	Ben Schlicher, 25, Des Moines, IA	43:58	7:04
2	1 W30	Cindy Elsbernd, 33*, Des Moines, IA	45:01	7:15
17	5 M30	Shane Smith, 36, Urbandale, IA	45:01	7:15
18	6 M40	Keith Gutschenritter, 45, West Des Moines, IA	46:15	7:26
19	5 M20	Erick Stamper, 24, West Des Moines, IA	46:23	7:28
20	6 M30	Jeff Warren, 31, Des Moines, IA	46:40	7:31
21	7 M30	Mark Scigliano, 30, Des Moines, IA	46:59	7:34
3	2 W30	Sherry Goreth, 31*, Urbandale, IA	47:57	7:43
22	2 M50	Gerald Hill, 52, Mitchellville, IA	48:13	7:45
23	6 M20	Nathan Stepp, 23, Des Moines, IA	48:24	7:47
24	8 M30	Jason Hahn, 33, Des Moines, IA	48:38	7:49
25	7 M20	Stew Bevis, 29, Altoona, IA	48:50	7:52
26	9 M30	Jeff Bevis, 35, Johnston, IA	49:23	7:57
27	7 M40	Bill Stevenson, 48, Waukee, IA	49:24	7:57
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">Top</a>				
28	8 M20	Martin Fetzter, 27, Des Moines, IA	49:46	8:01
29	9 M20	Dan Thomas, 23, West Des Moines, IA	49:55	8:02
30	3 M50	Roy Ney, 55, Des Moines, IA	50:08	8:04
31	10 M30	Jeffrey Collum, 35, West Des Moines, IA	50:17	8:05

4	1	W20	Deborah Gess, 23*, Des Moines, IA	50:32	8:08
5	3	W30	Regina Doering, 31*, West Des Moines, IA	50:33	8:08
32	10	M20	David Volk, 22, Des Moines, IA	50:33	8:08
33	8	M40	Doug Ross, 44, Ankeny, IA	50:47	8:10
34	11	M20	Adam Benvie, 23, West Des Moines, IA	50:55	8:12
35	11	M30	Kris Vanderkamp, 32, Ankeny, IA	51:20	8:16
36	12	M20	Brad Whitten, 28, West Des Moines, IA	51:25	8:16
6	4	W30	Ellen Middleswart, 38*, Urbandale, IA	51:33	8:18
7	2	W20	Kristen Williamson, 24*, West Des Moines, IA	51:46	8:20
37	4	M50	Tom Nemecek, 54, Des Moines, IA	51:47	8:20
38	13	M20	Brent Tawney, 29, Johnston, IA	51:49	8:20
39	14	M20	Scott Sibbel, 23, Ankeny, IA	51:50	8:20
40	9	M40	Mike Zuendek, 49, Des Moines, IA	52:31	8:27
41	12	M30	Mark Rixner, 31, Des Moines, IA	53:11	8:33
42	15	M20	Scott Pearson, 28, West Des Moines, IA	53:29	8:36
8	3	W20	Courtney Stowe, 22*, Grimes, IA	53:39	8:38
43	13	M30	Craig Jackman, 37, Des Moines, IA	54:35	8:47
9	4	W20	Mindy Petersen, 24*, West Des Moines, IA	54:49	8:49
10	5	W20	Kimberly Jegel, 24*, Des Moines, IA	54:58	8:51
11	6	W20	Melissa Stowe, 26*, Grimes, IA	55:22	8:55
44	14	M30	Jon Chase, 32, West Des Moines, IA	55:30	8:56
45	16	M20	Matthew Close, 28, Des Moines, IA	55:31	8:56
46	17	M20	Daniel Jordan, 27, Des Moines, IA	55:32	8:56
47	5	M50	Gary Lewis, 51, Waukee, IA	55:38	8:57
48	18	M20	Matthew Watters, 29, Ankeny, IA	55:41	8:58
49	15	M30	Chris Burch, 34, Des Moines, IA	55:46	8:58
12	5	W30	Shannessy Schulties, 30*, West Des Moines, IA	55:50	8:59
50	16	M30	Richard Scott, 30, Oskaloosa, IA	55:52	8:59
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51	10	M40	Greg Huyser, 43, Indianola, IA	55:56	9:00
52	11	M40	Dennis Rustad, 48, Des Moines, IA	55:59	9:01
13	6	W30	Becky Wignall, 30*, Altoona, IA	56:01	9:01
14	7	W30	Amy Heinz, 32*, Des Moines, IA	56:09	9:02
15	7	W20	Missy Gripp, 24*, Indianola, IA	56:11	9:02
53	12	M40	Steve Newlander, 48, West Des Moines, IA	56:26	9:05
54	6	M50	Karl Yuska, 52, Urbandale, IA	56:28	9:05
16	8	W20	Mary Ann Tierney, 25*, Clive, IA	56:40	9:07
17	8	W30	Dotty Johnson, 34*, Des Moines, IA	56:50	9:09
55	17	M30	Phil Weber, 37, Des Moines, IA	57:16	9:13
56	1	M60	Larry Bean, 63, Des Moines, IA	57:31	9:15
18	9	W30	Tiffany Koeing, 31*, West Des Moines, IA	57:40	9:17
19	1	W40	Teresa Selberg, 44*, Urbandale, IA	58:07	9:21
57	19	M20	Mark Herbert, 28, West Des Moines, IA	58:29	9:25
20	10	W30	Denise Richardson, 38*, Urbandale, IA	59:12	9:32
21	11	W30	Lisa Klinkefus, 31*, Ankeny, IA	59:46	9:37
22	9	W20	Heather Butner, 27*, Pella, IA	59:47	9:37
23	10	W20	Katherine Burrows, 23*, Des Moines, IA	59:49	9:37
58	18	M30	Ford Singbush, 35, Johnston, IA	59:50	9:38
24	11	W20	Stephanie Wilson, 24*, West Des Moines, IA	1:00:14	9:42
25	12	W20	Erica Westley, 25*, West Des Moines, IA	1:00:15	9:42
59	7	M50	Dennis Howard, 50, Des Moines, IA	1:00:46	9:47
60	13	M40	Bob Ackley, 49, Shafer, MN	1:00:55	9:48
26	2	W40	Cynthia Rutledge, 46*, Dresser, WI	1:00:58	9:49
27	13	W20	Tammy Steenhoek, 28*, Prairie City, IA	1:01:04	9:50
28	12	W30	Anna Fisher, 34*, Ankeny, IA	1:01:18	9:52
29	14	W20	Stephanie Smith, 27*, Ankeny, IA	1:01:25	9:53
30	3	W40	Michelle Cavanaugh, 44*, Des Moines, IA	1:01:36	9:55
31	13	W30	Stacy Hufff, 31*, Indianola, IA	1:01:47	9:57
32	15	W20	Lisa Cowling, 25*, Indianola, IA	1:01:48	9:57
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33	16	W20	Angie Belger, 27*, Urbandale, IA	1:02:22	10:02
34	14	W30	Chris McDaniel, 32*, Bondurant, IA	1:03:07	10:09
35	17	W20	Abbi Schutte, 25*, Urbandale, IA	1:03:09	10:10
36	4	W40	Donna Callahan, 45*, Melbourne, IA	1:03:57	10:17
37	5	W40	Charlinn Reeves, 43*, Ankeny, IA	1:04:04	10:19
61	2	M60	Bob Johansen, 64, Ankeny, IA	1:04:14	10:20
38	18	W20	Jennifer Reiter, 24*, Urbandale, IA	1:04:55	10:27
62	20	M20	Brian Donaldson, 25, Des Moines, IA	1:04:56	10:27
39	19	W20	Angela Hawkes, 25*, West Des Moines, IA	1:05:12	10:29
63	14	M40	Jon Dallman, 40, Waukee, IA	1:05:12	10:29
40	15	W30	Dawn Atwood, 30*, Colfax, IA	1:06:29	10:42

"\*" indicates females

20 finishers among Men 20 - 29

18 finishers among Men 30 - 39

14 finishers among Men 40 - 49

7 finishers among Men 50 - 59

2 finishers among Men 60 & Up

19 finishers among Women 20 - 29

15 finishers among Women 30 - 39

5 finishers among Women 40 - 49

63 male finishers

40 female finishers

103 total finishers

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