

Ronald McDonald 10 km

Des Moines, IA

May 15, 2010

54 degrees, partly cloudy

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 PLACE	FINISHER	TIME	PACE
1	1 M20	Joseph Aulwes, 29, Bondurant, IA	31:47	5:07
2	1 M40	Keith Abels, 48, Ogden, IA	36:05	5:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
3	2 M20	Derek McChurch, 28, Des Moines, IA	38:17	6:10
4	1 M30	Greg Castings, 32, West Des Moines, IA	39:37	6:22
5	2 M40	Steven Pohlmeier, 44, urbandale, IA	41:44	6:43
6	1 M50	loyed hedges, 50, Des Moines, IA	42:11	6:47
7	2 M30	daniel blondowski, 35, johnston, IA	43:14	6:57
1	1 W30	Carla Kuzynonski, 34*, Ankeny, IA	43:22	6:59
8	2 M50	Martin Kenworthy, 51, Des Moines, IA	43:23	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
9	3 M40	George Stock, 40, Ankeny, IA	43:55	7:04
10	3 M30	Erich Baker, 33, Ankeny, IA	44:14	7:07
2	2 W30	Jill Majeres, 39*, West Des Moines, IA	44:58	7:14
11	4 M30	Nick Roerig, 31, West Des Moines, IA	44:58	7:14
3	3 W30	Lisa Jenison, 39*, Ankeny, IA	47:23	7:37
4	1 W50	Kristy Cain, 50*, urbandale, IA	47:45	7:41
12	3 M20	Mike Ward, 27, Des Moines, IA	47:54	7:42
5	1 W20	Ashley Nemitz, 24*, West Des Moines, IA	48:30	7:48
6	1 W40	Sharon Bird, 44*, Ames, IA	49:01	7:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
13	4 M20	Justin Olmstead, 24, Mitchellville, IA	49:54	8:02
7	2 W20	Michelle Krohn, 24*, Ankeny, IA	52:16	8:25
14	5 M20	Daniel Krohn, 29, Ankeny, IA	52:17	8:25
15	5 M30	Kevin Sporer, 39	52:22	8:26
16	4 M40	Martin Gay, 44, Ankeny, IA	52:34	8:27
8	2 W40	Kerri Larson, 45*, Jesup, IA	52:47	8:30
9	4 W30	Shelby Cork, 34*, West Des Moines, IA	52:48	8:30
10	5 W30	Kari Anderson, 36*, West Des Moines, IA	52:50	8:30
11	3 W20	Trisha Miller, 28*, West Des Moines, IA	53:03	8:32
17	3 M50	Dennis Howard, 56, Des Moines, IA	53:19	8:35
12	4 W20	Jami Coates, 24*, Des Moines, IA	53:52	8:40
13	5 W20	Beth Seidl, 24*, West Des Moines, IA	53:53	8:40
18	4 M50	Jim Pech, 54, Polk City, IA	54:38	8:47
19	5 M50	Rick Gubbels, 52	54:39	8:48
14	6 W20	Molly Hircock, 24*, West Des Moines, IA	54:45	8:49
20	5 M40	Wayne Ostergaard, 47, Des Moines, IA	54:45	8:49
21	6 M40	Jan Mackey, 49, johnston, IA	54:53	8:50
22	6 M20	Nick Anderson, 26, Pleasant Hill, IA	54:55	8:50

15	6	W30	Leah Martin, 32*, West Des Moines, IA	55:49	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
16	7	W20	Nicole Aspenson, 26*, Des Moines, IA	55:58	9:00
17	7	W30	Dana Riely, 34*, Des Moines, IA	55:59	9:01
23	7	M40	Jon Hobbs, 41, Des Moines, IA	56:24	9:05
18	8	W30	Tricia Scott, 35*, Adel, IA	56:35	9:06
19	3	W40	Anne Hess, 40*, Grimes, IA	57:49	9:18
20	4	W40	Cherie Ridenour, 40*, Martelle, IA	58:09	9:21
24	8	M40	Jeff Hoskinson, 48, Anamosa, IA	58:59	9:30
21	8	W20	Alisha Harper, 25*, Prole, IA	59:06	9:31
22	9	W30	Miriam Rinehart, 37*, Waukee, IA	59:34	9:35
25	9	M40	Mark Taylor, 49, Norwalk, IA	1:00:03	9:40
23	10	W30	Marcia Lozada, 35*, Ankeny, IA	1:01:31	9:54
24	2	W50	LuAnn Ostergaard, 51*, Des Moines, IA	1:01:37	9:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
25	5	W40	Robyn Cooper, 46*, Boone, IA	1:02:21	10:02
26	6	W40	Carol Heaverlo, 43*, Boone, IA	1:02:21	10:02
27	9	W20	Maria Hackett, 24*, Ankeny, IA	1:02:43	10:05
26	7	M20	Dan Kalvig, 25, urbandale, IA	1:02:43	10:06
28	10	W20	Melissa Chrytstal, 28*, West Des Moines, IA	1:03:09	10:10
27	6	M30	Dave Wadle, 35, Marshalltown, IA	1:03:26	10:12
28	10	M40	toby hoy, 41, van meter, IA	1:03:33	10:14
29	6	M50	Brian Anstedt, 53, Norwalk, IA	1:04:18	10:21
29	11	W30	Misty Poush, 30*	1:04:46	10:25
30	7	W40	Sonja Gonzalez, 46*, Clive, IA	1:04:59	10:27
31	11	W20	Lisette Grulke, 23*, Kelley, IA	1:05:30	10:32
32	1	W15	Emma Huston, 16*, Windsor Heights, IA	1:05:32	10:33
33	12	W30	Heidi Heronimus, 37*, Ankeny, IA	1:05:33	10:33
34	13	W30	Tracy Walker, 33*, West Des Moines, IA	1:05:36	10:33
30	7	M30	Brian Wohlgemuth, 36, Kellogg, IA	1:05:42	10:34
35	8	W40	Jill Adams, 41*, Colfax, IA	1:06:12	10:39
36	12	W20	Jamie Osmundson, 27*, Ames, IA	1:08:04	10:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
31	1	M60	John Castings, 64, West Des Moines, IA	1:14:02	11:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
32	8	M30	Don Withers, 30, Ames, IA	1:20:48	13:00

* indicates females

7 finishers among Men 20 - 29
 8 finishers among Men 30 - 39
 10 finishers among Men 40 - 49
 6 finishers among Men 50 - 59
 1 finishers among Men 60 & Up
 1 finishers among Women 15 - 19
 12 finishers among Women 20 - 29
 13 finishers among Women 30 - 39
 8 finishers among Women 40 - 49
 2 finishers among Women 50 - 59
 32 male finishers
 36 female finishers
 68 total finishers

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