

Run Free 5 km



Adel, IA

June 8, 2019

80 degrees, sunny

Results by Michael Franke

Use the Find option of your Web Browser to find the performance of a specific individual.

Last updated June 8, 2019 8:09 PM

CLASS			
PLACE	PLACE	FINISHER	TIME
1	1 M30	Jeremy Ascherl, 38, Adel, IA	22:37
1	1 W20	Shelby Hunemiller, 22*, Dexter, IA	22:49
2	1 M20	Quintan Mann, 28, Ankeny, IA	23:24
3	1 M40	Jason Dreckman, 40, West Des Moines, IA	23:38
4	2 M20	Marcus Treimer, 27, West Des Moines, IA	24:00
5	3 M20	Matthew Keppen, 23, West Des Moines, IA	24:29
6	4 M20	Adam Weeks, 27, Windsor Heights, IA	24:47
2	1 W30	Kelsey Hastings, 31*, Granger, IA	25:00
7	2 M30	Brian Fyfe, 31, Adel, IA	25:11
8	3 M30	Codie Fetters, 31, Waukee, IA	25:14
9	5 M20	Taylor Morris, 28, Adel, IA	25:22
3	2 W30	Kelly Meyers, 31*, Dallas Center, IA	25:41
10	2 M40	Eric Kallem, 48, Adel, IA	25:46
11	4 M30	Matt Dohlman, 37, Adel, IA	25:50

4	3 W30	Heidi Palmer, 34*, Adel, IA	26:21
12	5 M30	Dallas St Clair, 34, Adel, IA	26:41
13	6 M30	Mike Alphson, 38, Des Moines, IA	27:29
5	2 W20	Allie Cook, 20*, Adel, IA	27:36
14	1 M50	Dale Finnegan, 56, Waukee, IA	27:44
15	7 M30	Stephen Brown, 39, Adel, IA	27:52
16	3 M40	Gary Burch, 46, Clive, IA	27:54
17	8 M30	Dan Miller, 37, Adel, IA	27:55
18	6 M20	Chipper Fyfe, 26, Clear Lake, IA	27:59
19	4 M40	Mike Kenny, 47, Adel, IA	28:15
6	1 W40	Laura Lockard, 44*, Des Moines, IA	28:21
7	1 JrW	Kennedy Palmer, 13*, Ankeny, IA	28:37
20	5 M40	Ryan Whitson, 44, Adel, IA	29:50
8	2 JrW	Alayna Whitson, 13*, Adel, IA	29:55
9	3 JrW	Shaynn Wahman, 14*, Dexter, IA	30:13
21	6 M40	Lindsey Bakker, 43, Urbandale, IA	30:29
22	7 M20	Michael Tolomer, 28, Waukee, IA	31:08
10	3 W20	Bailea Pakkebieer, 23*, West Des Moines, IA	31:14
23	7 M40	Erik Riesselman, 45, Dallas Center, IA	31:19
11	2 W40	Cindy Riesselman, 46*, Dallas Center, IA	31:21
12	4 W30	Hannah Hawkins, 35*, Adel, IA	31:24
13	4 W20	Rachel Eash, 28*, Adel, IA	31:38
14	5 W20	Sarah Purdy, 25*, Pella, IA	31:40
15	6 W20	Sydney Bertman, 21*, Adel, IA	31:47
16	3 W40	Sarah Miller, 44*, De Soto, IA	31:53
17	5 W30	Becky Vandermark, 33*, Waukee, IA	31:59
18	6 W30	Brandi Fethers, 34*, Waukee, IA	32:04
24	9 M30	Ted Rogers, 31, Adel, IA	32:09
19	7 W20	Bailey Danner, 20*, Adel, IA	32:54
25	10 M30	Jared Combs, 32, Adel, IA	33:50
20	7 W30	Jillian Combs, 33*, Adel, IA	33:54
26	1 JrM	Wilson Brown, 4, Adel, IA	34:14
21	8 W30	Dana Brown, 36*, Adel, IA	34:15

22	4 W40	Katina Steeve, 46*, Adel, IA	34:16
23	1 W50	Jill Danner, 54*, Adel, IA	34:20
27	8 M40	Todd Vorpahl, 49, Urbandale, IA	34:23
24	9 W30	Megan Campbell, 36*, Indianola, IA	34:34
28	11 M30	David Lawrence, 38, Pleasant Hill, IA	34:40
25	2 W50	Trudy Hastings, 54*, Panora, IA	34:57
29	2 M50	John Mann, 55, Adel, IA	34:58
30	8 M20	Matthew Huisman, 20, Osage, IA	35:03
26	8 W20	Corryn Dahlquist, 25*, West Des Moines, IA	35:10
27	4 JrW	Alexa Williams, 10*, Adel, IA	35:17
31	9 M40	Chris Dunham, 47, Johnston, IA	35:44
28	10 W30	Danielle Marlowe, 35*, Adel, IA	35:53
32	9 M20	Luke McDonald, 22, West Des Moines, IA	36:16
33	3 M50	Scott Atkinson, 54, West Des Moines, IA	37:06
29	5 W40	Peggy Cutts, 46*, Indianola, IA	37:08
30	9 W20	Cora Larsen, 20*, Adel, IA	41:00
31	10 W20	Chloe Spoonemore, 20*, Adel, IA	41:01
32	3 W50	Becky Tuttle, 53*, West Des Moines, IA	42:05
33	6 W40	Laurie Mardis, 48*, Waukee, IA	42:06
34	1 W60	Barbara Hale, 64*, Ankeny, IA	43:39
34	12 M30	Blake Marlowe, 34, Adel, IA	43:48
35	13 M30	Joe Delula, 36, Waukee, IA	44:48
35	2 W60	Lori Kiewel, 61*, Clive, IA	45:10
36	11 W20	Madi Bertmaan, 23*, Adel, IA	46:42
37	4 W50	Kayleen Bertman, 50*, Adel, IA	46:44
38	7 W40	Ann Collins, 49*, Adel, IA	46:50
39	12 W20	Kate Collins, 20*, Adel, IA	46:51
40	5 W50	Cherrie Willems, 53*, Adel, IA	46:52
36	2 JrM	Tierney Riedemann, 11, Adel, IA	47:38
41	8 W40	Shelley Fritz, 48*, Clive, IA	48:07
42	13 W20	Madeline Fritz, 20*, Clive, IA	49:52
43	11 W30	Lac Williams, 38*, Adel, IA	49:53

44	5 JrW	Alivia Williams, 7*, Adel, IA	51:07
45	12 W30	Crystal Friedrichsen, 36*, Perry, IA	51:10
46	13 W30	Bryn Jensson, 34*, Adel, IA	51:11
47	14 W30	Melissa Dohlman, 36*, Adel, IA	51:16
48	6 W50	Heather Friedrichsen, 55*, Perry, IA	52:13
37	1 M60	Brad Kiewel, 61, Clive, IA	52:15
49	15 W30	Erin Lervold, 39*, Ankeny, IA	53:37
50	3 W60	Kim Fyfe, 60*, Clear Lake, IA	55:14
51	14 W20	Rylee Morris, 29*, Adel, IA	56:45
52	16 W30	Holly Sealine, 38*, Ankeny, IA	57:10
53	15 W20	Katie Fyfe, 26*, Adel, IA	57:11
54	17 W30	Holly Kluever, 37*, Norwalk, IA	57:33
38	2 M60	Tim Fyfe, 61, Clear Lake, IA	57:34

* indicates females

2 finishers among Men Under 20

9 finishers among Men 20 - 29

13 finishers among Men 30 - 39

9 finishers among Men 40 - 49

3 finishers among Men 50 - 59

2 finishers among Men 60 & Up

5 finishers among Women Under 20

15 finishers among Women 20 - 29

17 finishers among Women 30 - 39

8 finishers among Women 40 - 49

6 finishers among Women 50 - 59

3 finishers among Women 60 & Up

38 male finishers

54 female finishers

92 total finishers

CLASS

PLACE	PLACE	FINISHER	TIME
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Open Men

1	1 M30	Jeremy Ascherl, 38, Adel, IA	22:37
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Open Women

1	1 W20	Shelby Hunemiller, 22, Dexter, IA	22:49
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CLASS

PLACE	PLACE	FINISHER	TIME
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Men Under 20

26	1	Wilson Brown, 4, Adel, IA	34:14
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36	2	Tierney Riedemann, 11, Adel, IA	47:38
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Men 20 - 29

2	1	Quintan Mann, 28, Ankeny, IA	23:24
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4	2	Marcus Treimer, 27, West Des Moines, IA	24:00
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Men 30 - 39

1	1	Jeremy Ascherl, 38, Adel, IA	22:37
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7	2	Brian Fyfe, 31, Adel, IA	25:11
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Men 40 - 49

3	1	Jason Dreckman, 40, West Des Moines, IA	23:38
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10	2	Eric Kallem, 48, Adel, IA	25:46
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Men 50 - 59

14	1	Dale Finnegan, 56, Waukee, IA	27:44
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29	2	John Mann, 55, Adel, IA	34:58
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Men 60 & Up

37	1	Brad Kiewel, 61, Clive, IA	52:15
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38	2	Tim Fyfe, 61, Clear Lake, IA	57:34
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CLASS			
PLACE	PLACE	FINISHER	TIME
Women Under 20			
7	1	Kennedy Palmer, 13, Ankeny, IA	28:37
8	2	Alayna Whitson, 13, Adel, IA	29:55
Women 20 - 29			
1	1	Shelby Hunemiller, 22, Dexter, IA	22:49
5	2	Allie Cook, 20, Adel, IA	27:36
Women 30 - 39			
2	1	Kelsey Hastings, 31, Granger, IA	25:00
3	2	Kelly Meyers, 31, Dallas Center, IA	25:41
Women 40 - 49			
6	1	Laura Lockard, 44, Des Moines, IA	28:21
11	2	Cindy Riesselman, 46, Dallas Center, IA	31:21
Women 50 - 59			
23	1	Jill Danner, 54, Adel, IA	34:20
25	2	Trudy Hastings, 54, Panora, IA	34:57
Women 60 & Up			
34	1	Barbara Hale, 64, Ankeny, IA	43:39
35	2	Lori Kiewel, 61, Clive, IA	45:10

Return to [home page](#).