



# Run For Your Life 10 km<sub>2</sub>

Water Works Park, Des Moines, IA

Aug. 27, 2016

65 degrees, overcast

Results by Michael Franke

[5K results here](#)

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

**10 kilometer**

**Last updated Aug. 29, 2016 7:34 PM**

PLACE	CLASS	FINISHER	TIME
1	1 M30	Gregg Hennigan, 38, West Des Moines, IA	36:53
2	1 M40	Daniel Blondowski, 42, Clive, IA	38:18
3	2 M30	Zach Hill, 30, Iowa City, IA	41:29
1	1 W30	Jenna Hejlik, 32*, Des Moines, IA	43:03
2	2 W30	Cara Stone, 33*, Urbandale, IA	44:14
4	1 M50	David Desing, 53, Urbandale, IA	48:55
3	1 W20	Lacey Beenken, 29*, Bancroft, IA	49:04
5	3 M30	Lucas De Groot, 31, Oskaloosa, IA	50:03
4	3 W30	Megan Phillips, 31*, Grimes, IA	50:07
6	1 M20	Nate Nelson, 27, West Des Moines, IA	51:15
7	1 M60	Johnny Ytzen, 62, Creston, IA	52:33
5	1 W50	Lana DeGroot, 55*, Oskaloosa, IA	53:02
6	4 W30	Carrie Naber, 36*, Des Moines, IA	53:53
7	5 W30	Leah Bruxvoort, 33*, New Sharon, IA	54:25
8	2 M40	Dean Furness, 44, Saint Charles, IA	55:15
9	2 M60	Conroy Smith, 61, Des Moines, IA	56:26
8	1 W40	Ana Desing, 43*, Urbandale, IA	56:48
10	3 M60	Tim Nelson, 60, Indianola, IA	59:49
9	6 W30	Rachael Bigg, 30*, Altoona, IA	1:01:36
11	3 M40	Michael Furness, 45, Grinnell, IA	1:03:23
10	1 W60	Mandy Corliss, 61*, Des Moines, IA	1:03:25
11	1 JrW	Elizabeth Hahn, 13*, Des Moines, IA	1:03:27
12	4 M40	Jason Hahn, 45, Des Moines, IA	1:03:28
12	2 W40	Julie Hahn, 45*, Des Moines, IA	1:07:03
13	4 M60	Larry Castillo, 62, Winterset, IA	1:07:43
14	2 M50	Joel Plathe, 56, West Des Moines, IA	1:07:49
13	2 W50	Martha Owen, 52*, West Des Moines, IA	1:07:50
14	7 W30	Kristen Hubbell, 32*, Des Moines, IA	1:09:35
15	4 M30	Jeff Liggett, 30, Urbandale, IA	1:17:18
16	5 M60	Keith Gardner, 68, Winterset, IA	1:17:49

\* indicates females

1 finishers among Men 20 - 29  
 4 finishers among Men 30 - 39  
 4 finishers among Men 40 - 49  
 2 finishers among Men 50 - 59  
 5 finishers among Men 60 - 69  
 1 finishers among Women Under 15

1 finishers among Women 20 - 29  
 7 finishers among Women 30 - 39  
 2 finishers among Women 40 - 49  
 2 finishers among Women 50 - 59  
 1 finishers among Women 60 - 69  
 16 male finishers  
 14 female finishers  
 30 total finishers

PLACE	CLASS PLACE	FINISHER	TIME
<b>Men 20 - 29</b>			
6	1	Nate Nelson, 27, West Des Moines, IA	51:15
<b>Men 30 - 39</b>			
1	1	Gregg Hennigan, 38, West Des Moines, IA	36:53
3	2	Zach Hill, 30, Iowa City, IA	41:29
5	3	Lucas De Groot, 31, Oskaloosa, IA	50:03
<b>Men 40 - 49</b>			
2	1	Daniel Blondowski, 42, Clive, IA	38:18
8	2	Dean Furness, 44, Saint Charles, IA	55:15
11	3	Michael Furness, 45, Grinnell, IA	1:03:23
<b>Men 50 - 59</b>			
4	1	David Desing, 53, Urbandale, IA	48:55
14	2	Joel Plathe, 56, West Des Moines, IA	1:07:49
<b>Men 60 - 69</b>			
7	1	Johnny Ytzen, 62, Creston, IA	52:33
9	2	Conroy Smith, 61, Des Moines, IA	56:26
10	3	Tim Nelson, 60, Indianola, IA	59:49

PLACE	CLASS PLACE	FINISHER	TIME
<b>Women Under 15</b>			
11	1	Elizabeth Hahn, 13, Des Moines, IA	1:03:27
<b>Women 20 - 29</b>			
3	1	Lacey Beenken, 29, Bancroft, IA	49:04
<b>Women 30 - 39</b>			
1	1	Jenna Hejlik, 32, Des Moines, IA	43:03
2	2	Cara Stone, 33, Urbandale, IA	44:14
4	3	Megan Phillips, 31, Grimes, IA	50:07
<b>Women 40 - 49</b>			
8	1	Ana Desing, 43, Urbandale, IA	56:48
12	2	Julie Hahn, 45, Des Moines, IA	1:07:03
<b>Women 50 - 59</b>			
5	1	Lana DeGroot, 55, Oskaloosa, IA	53:02
13	2	Martha Owen, 52, West Des Moines, IA	1:07:50
<b>Women 60 - 69</b>			
10	1	Mandy Corliss, 61, Des Moines, IA	1:03:25

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