

Run for Your Life 1#3C7058.htmlTEXTppppÖÖÉ¾äÖÉ¾äbα

Run For Your Life 10 km**Water Works Park, Des Moines, IA****Aug. 26, 2017**

63 degrees, overcast

Results by Michael Franke

[10K results](#)[5K results](#)[10K Wheelchair](#)

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

10 km**Last updated Aug. 26, 2017 1:10 PM**

PLACE	CLASS PLACE	FINISHER	TIME
1	1 M30	Gregg Hennigan, 39, West Des Moines, IA	36:55
2	1 M40	Patrick Phelan, 40, Des Moines, IA	41:44
3	2 M40	Jason Hahn, 46, Des Moines, IA	42:13
4	2 M30	Neil Heithoff, 31, Des Moines, IA	43:55
5	3 M30	Aaron Riley, 36, Cedar Falls, IA	45:06
6	4 M30	Ross Aronson, 38, Ankeny, IA	47:19
7	3 M40	Josh Eash, 44, Minneapolis, MN	48:23
8	4 M40	Ezra Eash, 41	48:23
1	1 W20	Kasia Spyrka, 22*, Des Moines, IA	48:24
2	1 W30	Carrie Schwake, 34*, Ankeny, IA	49:37
3		Desiray Larson*, Popejoy, IA	51:03
9	5 M40	Travis Jungling, 40, Urbandale, IA	52:11
10	1 M50	David Hedding, 57, Des Moines, IA	52:30
4	2 W20	Chelsey Johnk, 28*, West Des Moines, IA	52:50
5	2 W30	Lacey Beenken, 30*, Bancroft, IA	53:06
6	1 W50	Lana DeGroot, 56*, Oskaloosa, IA	53:51
7	3 W30	Leah Bruxvoort, 34*, New Sharon, IA	53:55
11	5 M30	Lucas De Groot, 32, Oskaloosa, IA	54:22
12	2 M50	Randall Brandhorst, 57, Ankeny, IA	56:20
13	3 M50	Randy Brass, 55, Des Moines, IA	56:23
14	1 M60	Johnny Ytzen, 63, Creston, IA	56:47
8	4 W30	Graciela Orantes, 30*, Ames, IA	57:15
15	6 M40	Joseph Myers, 44, Leavenworth, KS	57:15
16	1 M20	Kurt Flood, 25, Des Moines, IA	57:16
9	2 W50	Joann De Haan, 55*, Urbandale, IA	57:42
10	1 W40	Lisa Schwarte, 46*, West Des Moines, IA	58:01
17		John Dawley, Marshalltown, IA	58:20
18	7 M40	Michael Furness, 46, Grinnell, IA	58:55
19	2 M20	Rene Martinez, 29, Des Moines, IA	59:14
20	2 M60	David Swenson, 62, Ames, IA	59:32
11	1 W60	Madelene Corliss, 62*, Des Moines, IA	59:54
12	5 W30	Amy Page, 37*, Boone, IA	1:00:12
21	4 M50	Dan Severson, 50, Ankeny, IA	1:00:37
13	3 W20	Shannon Coulson, 24*, Bondurant, IA	1:00:45
22	1 M70	Larry Reed, 78, Ankeny, IA	1:00:50
14	2 W40	Stephanie Stonder, 50*, Des Moines, IA	1:03:28
15	6 W30	Lisa Barcelo, 39*, Des Moines, IA	1:03:31
16	4 W20	Daria Simpson, 25*, Pella, IA	1:04:00
17	7 W30	Stephanie Neer, 39*, Des Moines, IA	1:04:17
18	5 W20	Abby Neill, 24*, Norwalk, IA	1:06:38
19	6 W20	Megan McCall, 27*, Pella, IA	1:09:37
20	3 W40	Carrie De Van, 41*, Boone, IA	1:11:16

23	3	M60	David Eash, 64, Solon, IA	1:12:28
24	4	M60	Larry Castillo, 63, Winterset, IA	1:12:33
25	5	M60	Conroy Smith, 62, Des Moines, IA	1:20:09
21	3	W40	Marian Stimson, 40*, Johnston, IA	1:22:51
22	8	W30	Stephanie Coy, 34*, Johnston, IA	1:22:51
26	8	M40	Michael Ramirez, 40, West Des Moines, IA	1:25:31

* indicates females

1 finishers among Males (no age given)
 2 finishers among Men 20 - 29
 5 finishers among Men 30 - 39
 8 finishers among Men 40 - 49
 4 finishers among Men 50 - 59
 5 finishers among Men 60 - 69
 1 finishers among Men 70 & Up
 6 finishers among Women 20 - 29
 8 finishers among Women 30 - 39
 4 finishers among Women 40 - 49
 2 finishers among Women 50 - 59
 1 finishers among Women 60 - 69
 1 finishers among Females (no age given)
 26 male finishers
 22 female finishers
 48 total finishers

PLACE	CLASS	FINISHER	TIME
Open Men			
1	1 M30	Gregg Hennigan, 39, West Des Moines, IA	36:55

Open Women			
1	1 W20	Kasia Spyrka, 22, Des Moines, IA	48:24

PLACE	CLASS	FINISHER	TIME
Men 20 - 29			
16	1	Kurt Flood, 25, Des Moines, IA	57:16
19	2	Rene Martinez, 29, Des Moines, IA	59:14
Men 30 - 39			
1	1	Gregg Hennigan, 39, West Des Moines, IA	36:55
4	2	Neil Heithoff, 31, Des Moines, IA	43:55
5	3	Aaron Riley, 36, Cedar Falls, IA	45:06
Men 40 - 49			
2	1	Patrick Phelan, 40, Des Moines, IA	41:44
3	2	Jason Hahn, 46, Des Moines, IA	42:13
7	3	Josh Eash, 44, Minneapolis, MN	48:23
Men 50 - 59			
10	1	David Hedding, 57, Des Moines, IA	52:30
12	2	Randall Brandhorst, 57, Ankeny, IA	56:20
13	3	Randy Brass, 55, Des Moines, IA	56:23
Men 60 - 69			
14	1	Johnny Ytzen, 63, Creston, IA	56:47
20	2	David Swenson, 62, Ames, IA	59:32
23	3	David Eash, 64, Solon, IA	1:12:28