

## 28th Run for the Roses 10K (6.214 miles)

Ames, IA

Oct. 5, 2014

50 at the start and cloudy

Results by Cal Murdock

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	Jackson Griffith, 20, Ames, IA	37:48	6:05
2	1 M30	Timothy Reilly, 31, Des Moines, IA	38:39	6:13
3	1 JrM	Mitchell Zaplatosch, 19, Ames, IA	41:01	6:36
4	2 M30	Hsinwei Chen, 30, Ames, IA	42:09	6:47
5	2 M20	Logan Marada, 20, Ames, IA	42:35	6:51
6	3 M20	John Blust, 20, Ames, IA	42:46	6:53
7	1 M25	Eduardo Trujillo-Rivera, 28, Ames, IA	42:54	6:54
8	3 M30	Greg Cregeen, 31, Ames, IA	43:07	6:56
9	1 M45	Brian Benjamin, 49, Perry, IA	43:09	6:57
Pace: <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
10	1 M50	Todd Haugen, 51, Des Moines, IA	44:04	7:05
11	2 M45	Tyrone Wheatley, 45, Bethesda, IA	44:46	7:12
12	1 M35	Joseph Zambreno, 35, Ankeny, IA	44:51	7:13
13	4 M20	Ben Lamers, 21, Ames, IA	44:57	7:14
1	1 W30	Julie Sander, 32*, Ankeny, IA	45:20	7:18
2	1 W20	Lorena Temple, 21*, Ames, IA	45:37	7:20
14	4 M30	Mike Davis, 31, Ames, IA	45:52	7:23
3	2 W20	Emily Feldkamp, 24*, Ames, IA	46:00	7:24
15	2 M25	John Mongar, 27, Ames, IA	46:27	7:28
16	2 M35	Eric Esser, 36, Ames, IA	46:28	7:29
4	3 W20	Melanie Grangaard, 23*, Waconia, MN	46:40	7:31
17	5 M20	Justin Zwolski, 23, Ames, IA	46:50	7:32
18	3 M25	Andrew Sage, 29, Ames, IA	47:11	7:36
19	6 M20	John Nagel, 21, Ames, IA	47:21	7:37
20	3 M35	Adam Foley, 35, Ames, IA	47:33	7:39
5	1 W40	Jill Majeres, 44*, West Des Moines, IA	47:51	7:42
21	1 M65	Richard Martin, 65, Ames, IA	47:58	7:43
22	2 JrM	Joseph Koelbl, 18, Ames, IA	48:01	7:43
6	1 JrW	Emily Mantor, 18*, Wells, MN	48:02	7:44
7	4 W20	Ashley Moyna, 22*, Elkader, IA	49:19	7:56
23	7 M20	Tanner Lewis, 21, Ames, IA	49:22	7:57
24	3 JrM	Aaron Forest, 19, Ames, IA	49:22	7:57
25	2 M50	Mike Purcell, 52, Ames, IA	49:24	7:57
26	2 M65	Sam Fisher, 65, Boone, IA	49:30	7:58
Pace: <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
8	1 W35	Mitchell McGonigal, 38*, Hubbard, IA	49:40	8:00
27	4 JrM	Dylan Majeres, 12, West Des Moines, IA	49:50	8:01
28	3 M65	Joel Beane, 67, Marshalltown, IA	50:19	8:06
9	2 W35	Pam Short, 37*, Adel, IA	50:31	8:08
29	1 M60	Art Reinertson, 61, Slater, IA	50:39	8:09

10	1	W55	Patty Croonquist, 56*, Fort Dodge, IA	50:46	8:10
30	1	M40	Shawn Allan, 41, Urbandale, IA	50:46	8:10
11	1	W50	Martha Batzner, 50*, Rochester, MN	51:04	8:13
31	3	M50	Nick Hangiandreou, 52, Rochester, MN	51:05	8:13
12	5	W20	Macy Mears, 20*, Ames, IA	51:11	8:14
13	6	W20	Chelsea Parks, 22*, Ames, IA	51:31	8:17
32	8	M20	Benjamin Meier, 21, Ames, IA	51:33	8:18
33	4	M25	Mitchell Rosburg, 26, Arlington, IA	51:40	8:19
14	3	W35	Jessica Allen, 39*, Ames, IA	51:41	8:19
34	5	M30	Benjamin Quanbeck, 31, Ankeny, IA	51:44	8:19
15	1	W45	Susan Fritzell, 49*, Ames, IA	51:55	8:21
16	7	W20	Anna Slavina, 24*, Ames, IA	51:57	8:22
35	9	M20	Jeff Robson, 20, Ames, IA	51:58	8:22
17	2	W40	Dana Schmitt, 43*, Ames, IA	52:16	8:25
18			Anna Bahnson*, Ames, IA	52:47	8:30
19	2	W50	Pamela Pomerenk, 54*, Boone, IA	53:01	8:32
20	1	W25	Nicole Lauzon, 28*, Le Mars, IA	53:05	8:32
36	4	M35	Phillip Jones, 37, Ames, IA	53:28	8:36
21	3	W40	Jodi Moore, 41*, Urbandale, IA	53:43	8:39
37	1	M55	Kim Proescholdt, 58, Marshalltown, IA	53:55	8:41
38	6	M30	Senlin Chen, 32, Ames, IA	54:24	8:45
39	2	M55	Michael Lee, 55, Ames, IA	54:36	8:47
22	2	W30	Amy Friedlander, 33*, Des Moines, IA	54:51	8:49
40	7	M30	Luke Steimel, 34, Des Moines, IA	54:55	8:50
23	8	W20	Haley Strass, 23*, Ames, IA	54:55	8:50
24	3	W50	Cheryl Uhlmeyer, 51*, Ames, IA	54:56	8:50
25	2	JrW	Madison Bodholdt, 18*, Ames, IA	54:57	8:51
26	9	W20	Emma Runquist, 20*, Ames, IA	55:03	8:51
27	4	W35	Jenni Stevenson, 35*, Ames, IA	55:05	8:52
28	5	W35	Amy Toth, 35*, Ames, IA	55:07	8:52
29	3	W30	Jessica Morgan, 31*, Boone, IA	55:09	8:52
41	10	M20	Donovan Doyle, 22, Ames, IA	55:20	8:54
30	4	W40	Sonia Harold, 41*, Ames, IA	55:24	8:55
42	11	M20	Luke Wagner, 21, Orchard, IA	55:25	8:55
31	4	W30	Jill Hardy, 33*, Ames, IA	55:35	8:57
43	3	M55	Greg Elonen, 57, Superior, WI	55:37	8:57
44	2	M40	Matt Hargrafen, 40, Ames, IA	55:44	8:58
32	5	W30	Adriana Lisman, 33*, Ames, IA	55:50	8:59
33	2	W45	Kris Franken, 47*, Ames, IA	55:52	8:59
Pace: <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
45	3	M45	Sid Bodholdt, 46, Fort Dodge, IA	55:55	9:00
46	12	M20	Christopher Waters, 24, Ames, IA	56:03	9:01
47	2	M60	Steven Pecenka, 64, Ames, IA	56:05	9:01
34	2	W25	Elizabeth TenBrook, 29*, Ames, IA	56:08	9:02
35	3	JrW	Lea Philipp, 15*, Urbandale, IA	56:10	9:02
36	10	W20	Rachel Greenberg, 22*, Iowa City, IA	56:22	9:04
48	5	M25	Dane Nealson, 28, Ames, IA	56:23	9:04
49	6	M25	Steven Mischel, 27, Ankeny, IA	56:31	9:06
37	3	W25	Karissa Peyer, 28*, Ames, IA	56:52	9:09
50	5	JrM	Chet Chapin, 19, Ames, IA	56:57	9:10
51	4	M65	John Bowler, 67, Ames, IA	56:59	9:10
38	3	W45	Nicola Bowler, 45*, Ames, IA	57:00	9:10
39	6	W30	Jessica Durand, 33*, Des Moines, IA	57:31	9:15
40	4	JrW	Rachel Zimmerman, 19*, Ames, IA	57:35	9:16
52	4	M55	Doug Jacobson, 56, Ames, IA	57:49	9:18
41	7	W30	Jill Crosser, 33*, Ames, IA	58:03	9:20
42	4	W50	Kathleen Mullin, 54*, Ames, IA	58:24	9:24
43	5	W50	Liz Cosner, 51*, Urbandale, IA	58:26	9:24
44	4	W45	Jamie Sundet, 45*, Urbandale, IA	58:28	9:24
45	5	W40	Julia Gauthier, 41*, Urbandale, IA	59:44	9:37
46	8	W30	Nikki Laug, 33*, Ames, IA	59:48	9:37
53	5	M35	Matt Durand, 35, Des Moines, IA	59:52	9:38
54	13	M20	Jorden Studer, 20, Ames, IA	1:00:34	9:45
55	5	M65	John Cunnally, 66, Ames, IA	1:01:12	9:51

47	6	W50	Robin Proescholdt, 54*, Marshalltown, IA	1:01:13	9:51
48	9	W30	Danielle Lauzon, 30*, Panora, IA	1:01:26	9:53
49	11	W20	Eimear O'Keefe, 20*, Ames, IA	1:01:26	9:53
50	12	W20	CV@leste Botton, 20*, Ames, IA	1:01:27	9:53
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56	3	M60	Doug Ryan, 61, Webster City, IA	1:02:38	10:05
51	5	JrW	Sadie Lewman, 18*, Ames, IA	1:03:27	10:13
52	5	W45	Trina Dunham, 48*, Hiawatha, IA	1:04:19	10:21
57	5	M55	Alan Fukushima, 59, Ames, IA	1:05:09	10:29
53	2	W55	Julie Venner, 56*, Boone, IA	1:05:36	10:33
54	6	W35	Lauralee Baker, 38*, Boone, IA	1:05:37	10:33
58	4	M45	Manimaran Govindarasu, 46, Ames, IA	1:06:20	10:40
55	6	W40	Soko Starobin, 44*, Ames, KS	1:06:30	10:42
56	6	W45	Diane Jones, 49*, White Bear Lake, MN	1:06:51	10:45
57	4	W25	Brittany Crandall, 26*, Ames, IA	1:06:57	10:46
58	7	W35	Melea Licht, 35*, Roland, IA	1:07:22	10:50
59	7	W50	Joyce Hagley, 52*, Ames, IA	1:07:23	10:50
60	5	W25	Valerie Weiser, 26*, Dubuque, IA	1:08:02	10:57
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61	13	W20	Rebecca Kauble, 24*, Ankeny, IA	1:08:31	11:02
62	10	W30	Rachel Young, 34*, Nevada, IA	1:10:57	11:25
63	11	W30	Brooke Knop, 34*, Nevada, IA	1:10:59	11:25
64	8	W35	Angie Tscherter, 38*, Nevada, IA	1:11:05	11:26
59	5	M45	Jonathan Chambers, 49, Ames, IA	1:11:15	11:28
65	14	W20	Lauran Chambers, 20*, Ames, IA	1:11:15	11:28
66	6	W25	Stephanie Quanbeck, 29*, Ankeny, IA	1:12:38	11:41
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60	1	M75	Jim Cornette, 79, Ames, IA	1:15:05	12:05
67	8	W50	Julie Mikkelson, 50*, Oswego, IL	1:20:34	12:58
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68	9	W35	Emily Heaton, 36*, Ames, IA	1:21:05	13:03
69	7	W25	Sarah Van Loocke, 29*, Huxley, IA	1:21:05	13:03
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70	7	W45	Deborah Coleman, 47*, Fenton, MO	1:31:44	14:46
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61	2	M75	Hummer Brown, 75, Des Moines, IA	1:37:20	15:40

\* indicates females

5 finishers among Men Under 20

13 finishers among Men 20 - 24

6 finishers among Men 25 - 29

7 finishers among Men 30 - 34

5 finishers among Men 35 - 39

2 finishers among Men 40 - 44

5 finishers among Men 45 - 49

3 finishers among Men 50 - 54

5 finishers among Men 55 - 59

3 finishers among Men 60 - 64

5 finishers among Men 65 - 69

2 finishers among Men 75 - 79

5 finishers among Women Under 20

14 finishers among Women 20 - 24

7 finishers among Women 25 - 29

11 finishers among Women 30 - 34

9 finishers among Women 35 - 39

6 finishers among Women 40 - 44

7 finishers among Women 45 - 49

8 finishers among Women 50 - 54

2 finishers among Women 55 - 59

1 finishers among Females (no age given)

61 male finishers

70 female finishers  
131 total finishers

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