

29th Run for the Roses 10 Kilometer

Ames, Iowa

Oct. 11, 2015

60s and Sunny

Results by Cal Murdock

5K results [here](#)

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Last updated Oct. 11, 2015 2:37 PM

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	OpM	Kiel Uhl, 28, Des Moines, IA	38:05	6:08
2	1 M14	Anthony Kinley, 19	38:10	6:08
3	1 M20	Jackson Griffith, 21	39:22	6:20
1	OpW	Lisa Uhl, 28*, Des Moines, IA	39:41	6:23
4	1 M35	Jacob Kaemmer, 38, Des Moines, IA	39:42	6:23
5	2 M20	Alex Christensen, 20, Ames, IA	41:02	6:36
6	3 M20	Mitchell Zaplatosch, 20, Ames, IA	41:02	6:36
7	4 M20	David Gardner, 21, Marion, IA	41:29	6:40
8	1 M30	Hans Layman, 32, Johnston, IA	42:06	6:46
2	1 W20	Meg Tully, 20*, Ames, IA	42:53	6:54
9	2 M14	Jonah Tibbits, 19, Ames, IA	43:01	6:55
10	3 M14	Mitchell Nelsen, 17, Audubon, IA	43:23	6:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
3	2 W20	Jordan Larson, 20*, Ames, IA	43:30	7:00
4	1 W14	Zoe Sirotiak, 19*, Ames, IA	44:07	7:06
11	2 M30	Greg Cregeen, 32, Perry, IA	44:10	7:06
12	3 M30	Joe Boveia, 34, Ames, IA	44:21	7:08
5	2 W14	Payton Leonard, 18*, Ames, IA	45:16	7:17
13	5 M20	John Blust, 21, Ames, IA	45:41	7:21
6	3 W14	Megan Slattery, 19*, Ames, IA	46:28	7:29
14	6 M20	William Smith, 21, Ames, IA	46:35	7:30
15	7 M20	Dylan Roth, 20, Ames, IA	46:36	7:30
16	2 M35	Fernando Miguez, 38, Ames, IA	46:38	7:30
7	3 W20	Lorene Temple, 22*, Ames, IA	46:49	7:32
17	8 M20	Justin Zwolski, 24, Ames, IA	46:56	7:33
18	4 M14	Collin Hertzner, 19, Forest City, IA	47:01	7:34
19	9 M20	Jared Kadolph, 23, Zearing, IA	47:13	7:36
20	1 M25	Jacob Pleasants, 26, Ames, IA	47:33	7:39
8	1 W40	Rachel Hoger, 40*, Johnston, IA	47:37	7:40
9	1 W35	Kelly Brown, 35*, Ackworth, IA	47:39	7:40
10	1 W45	Jill Majeres, 45*, West Des Moines, IA	48:06	7:44
21	5 M14	Joey Koelbl, 19, Ames, IA	48:18	7:46
11	1 W60	Kathleen Wendel, 60*, Ames, IA	48:20	7:47
22	1 M55	Allen Miller, 58, Ames, IA	49:04	7:54
23	1 M65	Richard Martin, 66, Ames, IA	49:10	7:55
12	1 W25	Anna Slavina, 25*, Ames, IA	49:19	7:56
24	4 M30	Andrew Sage, 30, Ames, IA	49:27	7:57
25	1 JrM	Dylan Majeres, 13, West Des Moines, IA	49:38	7:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

13	4	W20	Anna Haugen, 20*, Ames, IA	50:23	8:06
26	1	M60	Jonathon Wendel, 60, Ames, IA	50:24	8:07
27	10	M20	Brendon Geils, 20, Elgin, IL	50:55	8:12
28	3	M35	Jason Dunn`, 35, Ames, IA	50:56	8:12
29	6	M14	Wyatt Meyer, 19, Ames, IA	51:12	8:14
14	1	W30	Keelin Leahy, 32*, Ames, IA	51:20	8:16
15	4	W14	Madison Bodholdt, 19*, Ames, IA	51:24	8:16
30	11	M20	Timothy McDeague, 20, Ames, IA	51:26	8:17
31	2	M60	Arthur Reinertson, 62, Slater, IA	51:35	8:18
16	5	W14	Autumn Busta, 18*, Ames, IA	51:36	8:18
32	1	M45	Byron Brehm-Stecher, 49, Ames, IA	51:38	8:18
17	1	W55	Patty Croonquist, 57*, Fort Dodge, IA	51:50	8:20
18	6	W14	Elizabeth Welu, 19*, Ames, IA	51:52	8:21
19	5	W20	Marissa Fellenz, 22*, Ames, IA	51:56	8:21
20	2	W45	Alison Robertson, 46*, Ames, IA	51:58	8:22
33	12	M20	Aaron Forest, 20, Ames, IA	52:00	8:22
21	7	W14	Brooke Almasi, 19*, Ames, IA	52:04	8:23
22	6	W20	Natalie Ketchen, 20*, Ames, IA	52:10	8:24
34	13	M20	Matthew Williams, 20, Ames, IA	52:13	8:24
23	7	W20	Emily Epperson, 22*, Ames, IA	52:15	8:24
24	8	W14	Zoe Pritchard, 18*, Ames, IA	52:39	8:28
35	14	M20	Christopher Stoker, 20, Ames, IA	52:39	8:28
36	1	M50	Scott Walker, 51, Ames, IA	53:10	8:33
37	2	M65	Art Barton, 66, Ames, IA	53:21	8:35
25	8	W20	Katie Mozingo, 24*, Ames, IA	53:56	8:41
38	3	M60	James Pritchard, 61, Ames, IA	54:05	8:42
26	2	W40	Jessica Allen, 40*, Ames, IA	54:16	8:44
39	2	M50	Mike Purcell, 53, Ames, IA	54:24	8:45
27	2	W30	Jessica Morgan, 32*, Boone, IA	54:36	8:47
28	2	W55	Pamela Pomerenk, 55*, Boone, KS	54:48	8:49
40	3	M65	Steven Pecenka, 65, Ames, IA	55:02	8:51
41	2	M55	Kim Proescholdt, 59, Marshalltown, IA	55:45	8:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
29	2	W25	Madison Mallicoat, 25*, Boone, IA	55:54	9:00
30	3	W45	Nicola Bowler, 46*, Ames, IA	56:04	9:01
42	4	M35	Damon Jackson, 39, Des Moines, IA	56:21	9:04
43	4	M65	Joel Beane, 68, Marshalltown, IA	56:33	9:06
44	15	M20	Nic Barrett, 21, Ames, IA	56:52	9:09
45	2	M45	Sid Bodholdt, 47, Ames, IA	56:56	9:10
31	3	W25	Sarah Erwin, 28*, Ames, IA	56:56	9:10
32	4	W25	Debbie Aller, 26*, Ames, IA	57:00	9:10
46	1	M40	Andy Mizerak, 40, Ames, IA	57:16	9:13
47	16	M20	Jeffrey Robson, 21, Ames, IA	57:31	9:15
33	9	W14	Camille Jackson, 14*, Ames, IA	57:38	9:16
34	3	W40	Denise Turk, 42*, Ames, IA	57:42	9:17
48	2	M25	Jorge Ramirez, 28, Altoona, IA	58:08	9:21
35	5	W25	Victoria Egley, 27*, Altoona, IA	58:09	9:21
36	9	W20	Emma Runquist, 21*, Ames, IA	58:12	9:22
37	1	W50	Liz Cosner, 52*, Urbandale, IA	58:40	9:26
38	4	W45	Melanie Loecke, 46*, Urbandale, IA	58:42	9:27
49	5	M35	Tim Erickson, 36, Grimes, IA	58:49	9:28
50	17	M20	Richard Hess, 21, Eden Prairie, MN	58:59	9:29
51	18	M20	Andrew Tiffery, 21, Ames, IA	59:06	9:31
39	6	W25	Laila Puntel, 29*, Ames, IA	59:17	9:32
40	10	W20	Julia Huber, 22*, Eden Prairie, MN	59:36	9:35
41	11	W20	Hailey Holland, 22*, Ames, IA	59:36	9:35
42	12	W20	Courtney Steege, 20*, Ames, IA	1:00:07	9:40
43	3	W30	Jean Heensen, 34*, Ames, IA	1:00:12	9:41
44	13	W20	Rachel Hagg, 20*, Ames, IA	1:00:15	9:42
52	19	M20	Tyler Jensen, 22, Ames, IA	1:00:15	9:42
53	3	M25	Justin Mull, 26, Des Moines, IA	1:00:22	9:43
54	1	M75	James Matthews, 75, Baxter, IA	1:00:47	9:47
45	4	W40	Amy Vincent, 44*, Nevada, IA	1:00:53	9:48
55	2	M40	Keith Hamilton, 43, Nevada, IA	1:00:53	9:48

46	14	W20	Ella Feldman, 20*, Ames, IA	1:01:01	9:49
47	4	W30	Mindy Toth, 33*, Ames, IA	1:01:08	9:50
48	7	W25	Julie Holscher, 27*, Huxley, IA	1:01:21	9:52
56	5	M30	Jon Holscher, 30, Huxley, IA	1:01:22	9:52
49	8	W25	Jillian Karnofski, 25*, Des Moines, IA	1:01:32	9:54
50	9	W25	Sarah Pedersen, 25*, Ames, IA	1:01:33	9:54
57	3	M45	Joe Thompson, 45, Ames, IA	1:01:34	9:54
51	2	W35	Amy Page, 35*, Boone, IA	1:01:39	9:55
58	3	M50	Scott Barker, 52, Council Bluffs, IA	1:01:41	9:56
52	15	W20	Yaxuan Sun, 24*, Ames, IA	1:01:44	9:56
53	10	W25	Wei Zhang, 28*, Ames, IA	1:01:44	9:56
54	10	W14	Stephanie McMillan, 19*, Ames, IA	1:01:46	9:56
55	3	W35	Angie Bacon, 35*, Boone, IA	1:01:50	9:57
56	11	W14	Sarah Faith Carson, 14*, Ackley, IA	1:01:56	9:58
57	16	W20	Lauren Mancuso, 24*, Des Moines, IA	1:01:59	9:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

59	4	M60	Doug Ryan, 62, Webster City, IA	1:02:10	10:00
58	4	W35	Sarah Covington, 35*, Mt. Vernon, IA	1:02:13	10:01
59	5	W40	Julia Gauthier, 42*, Urbandale, IA	1:02:31	10:03
60	5	W35	Becca Anderson, 38*, Boone, IA	1:02:44	10:06
61	6	W35	Emily Heaton, 37*, Ames, IA	1:03:03	10:09
62	5	W30	Courtney Huber, 34*, Ankeny, IA	1:03:39	10:14
63	3	W55	Robin Proescholdt, 55*, Marshalltown, IA	1:03:40	10:15
64	17	W20	Carlie Lavin, 22*	1:03:55	10:17
65	5	W45	Betty Carson, 47*, Ackley, IA	1:04:02	10:18
66	11	W25	Josie Nelsen, 25*, Chicago, IL	1:04:09	10:19
67	6	W40	Andrea Mattingly, 42*, Boone, IA	1:04:35	10:24
68	18	W20	Lauran Chambers, 21*, Ames, IA	1:04:47	10:25
69	19	W20	Paige Wardell, 20*, Ames, IA	1:04:49	10:26
70	2	W50	Diane Jones, 50*, White Bear Lake, MN	1:06:06	10:38
60	6	M30	Shea Nelson, 30, Ankeny, IA	1:06:18	10:40
71	20	W20	Sarah Streigel, 20*, Ames, IA	1:06:24	10:41
72	3	W50	Asrun Kristmundsdottir, 51*, Ames, IA	1:06:52	10:46
73	4	W55	Claire Andreasen, 58*, Ames, IA	1:07:12	10:49
74	7	W35	Amy Toth, 36*, Ames, Iowa, Ia	1:07:24	10:51
75	21	W20	Chelsey Sturtz, 21*, Boone, IA	1:07:45	10:54
61	3	M55	James Pedersen, 56, Oshhosh, WI	1:07:49	10:55
76	12	W25	Stephanie Moellers, 28*, Ames, IA	1:08:00	10:57
77	12	W14	Courtney Mull, 19*, Des Moines, IA	1:08:16	10:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

78	6	W30	Carolina Bermudez, 30*, Ames, IA	1:08:54	11:05
79	7	W40	Angela Tewfik, 41*, Grimes, IA	1:08:54	11:05
80	22	W20	Hannah Harfst, 20*, Ames, IA	1:09:44	11:13
81	13	W14	Cassidy Longnecker, 19*, Ames, IA	1:09:48	11:14
82	23	W20	Megan Lane, 21*, Ames, IA	1:09:58	11:16
83	8	W40	Carrie DeVan, 40*, Boone, IA	1:12:28	11:40
84	14	W14	Camille Griffith, 19*, Ames, IA	1:12:37	11:41
62	4	M45	Manimaran Govindarasu, 47, Ames, IA	1:13:01	11:45
85	24	W20	Emily Nelsen, 20*, Ames, IA	1:13:05	11:46
86	25	W20	Dara Miller, 22*, Ames, IA	1:13:25	11:49
87	13	W25	Nicole Nelson, 28*, Ankeny, IA	1:13:32	11:50
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

88	26	W20	Mackenzie White, 21*, Ames, IA	1:14:32	12:00
63	4	M55	Doug Jacobson, 57, Ames, IA	1:14:53	12:03
89	27	W20	Amelia Medici, 21*, Johnston, IA	1:15:08	12:05
64	20	M20	Ryan Klas, 23, Johnston, IA	1:15:08	12:05
90	14	W25	Brea Johnston, 26*, Cedar Rapids, IA	1:15:52	12:12
65	7	M30	Billy Boulden, 31, Ames, IA	1:16:03	12:14
66	5	M60	Alan Fukushima, 60, Ames, IA	1:16:43	12:21
67	6	M60	Conroy Smith, 60, Des Moines, IA	1:18:26	12:37
91	28	W20	Lauren Rowan, 21*, Ames, IA	1:18:32	12:38
92	9	W40	Luciana Roberts, 42*, Marshalltown, IA	1:20:08	12:54

93 15 W25 Marie Bourguignon, 26*, Ames, IA 1:20:43 12:59
 Pace: [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

94 16 W25 Samantha Hudson, 25*, Newport News, VA 1:27:30 14:05
 95 10 W40 Gina Navratil, 43*, Ames, IA 1:27:30 14:05

* indicates females

2 finishers among Males (no age given)

1 finishers among Men Under 14

6 finishers among Men 14 - 19

20 finishers among Men 20 - 24

3 finishers among Men 25 - 29

7 finishers among Men 30 - 34

5 finishers among Men 35 - 39

2 finishers among Men 40 - 44

4 finishers among Men 45 - 49

3 finishers among Men 50 - 54

4 finishers among Men 55 - 59

6 finishers among Men 60 - 64

4 finishers among Men 65 - 69

1 finishers among Men 75 - 79

14 finishers among Women 14 - 19

28 finishers among Women 20 - 24

16 finishers among Women 25 - 29

6 finishers among Women 30 - 34

7 finishers among Women 35 - 39

10 finishers among Women 40 - 44

5 finishers among Women 45 - 49

3 finishers among Women 50 - 54

4 finishers among Women 55 - 59

1 finishers among Women 60 - 64

68 male finishers

94 female finishers

162 total finishers

Age Groups

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Open Men				
1	1 M25	Kiel Uhl, 28, Des Moines, IA	38:05	6:08
Open Women				
1	1 W25	Lisa Uhl, 28, Des Moines, IA	39:41	6:23

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men Under 14				
25	1	Dylan Majeres, 13, West Des Moines, IA	49:38	7:59
Men 14 - 19				
2	1	Anthony Kinley, 19	38:10	6:08
9	2	Jonah Tibbits, 19, Ames, IA	43:01	6:55
10	3	Mitchell Nelsen, 17, Audubon, IA	43:23	6:59
Men 20 - 24				
3	1	Jackson Griffith, 21	39:22	6:20
5	2	Alex Christensen, 20, Ames, IA	41:02	6:36
6	3	Mitchell Zaplatosch, 20, Ames, IA	41:02	6:36

Men 25 - 29

20	1	Jacob Pleasants, 26, Ames, IA	47:33	7:39
48	2	Jorge Ramirez, 28, Altoona, IA	58:08	9:21
53	3	Justin Mull, 26, Des Moines, IA	1:00:22	9:43

Men 30 - 34

8	1	Hans Layman, 32, Johnston, IA	42:06	6:46
11	2	Greg Cregeen, 32, Perry, IA	44:10	7:06
12	3	Joe Boveia, 34, Ames, IA	44:21	7:08

Men 35 - 39

4	1	Jacob Kaemmer, 38, Des Moines, IA	39:42	6:23
16	2	Fernando Miguez, 38, Ames, IA	46:38	7:30
28	3	Jason Dunn`, 35, Ames, IA	50:56	8:12

Men 40 - 44

46	1	Andy Mizerak, 40, Ames, IA	57:16	9:13
55	2	Keith Hamilton, 43, Nevada, IA	1:00:53	9:48

Men 45 - 49

32	1	Byron Brehm-Stecher, 49, Ames, IA	51:38	8:18
45	2	Sid Bodholdt, 47, Ames, IA	56:56	9:10
57	3	Joe Thompson, 45, Ames, IA	1:01:34	9:54

Men 50 - 54

36	1	Scott Walker, 51, Ames, IA	53:10	8:33
39	2	Mike Purcell, 53, Ames, IA	54:24	8:45
58	3	Scott Barker, 52, Council Bluffs, IA	1:01:41	9:56

Men 55 - 59

22	1	Allen Miller, 58, Ames, IA	49:04	7:54
41	2	Kim Proescholdt, 59, Marshalltown, IA	55:45	8:58
61	3	James Pedersen, 56, Oshhosh, WI	1:07:49	10:55

Men 60 - 64

26	1	Jonathon Wendel, 60, Ames, IA	50:24	8:07
31	2	Arthur Reinertson, 62, Slater, IA	51:35	8:18
38	3	James Pritchard, 61, Ames, IA	54:05	8:42

Men 65 - 69

23	1	Richard Martin, 66, Ames, IA	49:10	7:55
37	2	Art Barton, 66, Ames, IA	53:21	8:35
40	3	Steven Pecenka, 65, Ames, IA	55:02	8:51

Men 75 - 79

54	1	James Matthews, 75, Baxter, IA	1:00:47	9:47
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PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women 14 - 19

4	1	Zoe Sirotiak, 19, Ames, IA	44:07	7:06
5	2	Payton Leonard, 18, Ames, IA	45:16	7:17
6	3	Megan Slattery, 19, Ames, IA	46:28	7:29

Women 20 - 24

2	1	Meg Tully, 20, Ames, IA	42:53	6:54
3	2	Jordan Larson, 20, Ames, IA	43:30	7:00
7	3	Lorene Temple, 22, Ames, IA	46:49	7:32

Women 25 - 29

12	1	Anna Slavina, 25, Ames, IA	49:19	7:56
29	2	Madison Mallicoat, 25, Boone, IA	55:54	9:00
31	3	Sarah Erwin, 28, Ames, IA	56:56	9:10

Women 30 - 34

14	1	Keelin Leahy, 32, Ames, IA	51:20	8:16
27	2	Jessica Morgan, 32, Boone, IA	54:36	8:47
43	3	Jean Heensen, 34, Ames, IA	1:00:12	9:41

Women 35 - 39

9	1	Kelly Brown, 35, Ackworth, IA	47:39	7:40
51	2	Amy Page, 35, Boone, IA	1:01:39	9:55
55	3	Angie Bacon, 35, Boone, IA	1:01:50	9:57

Women 40 - 44

8	1	Rachel Hoger, 40, Johnston, IA	47:37	7:40
26	2	Jessica Allen, 40, Ames, IA	54:16	8:44
34	3	Denise Turk, 42, Ames, IA	57:42	9:17

Women 45 - 49

10	1	Jill Majeres, 45, West Des Moines, IA	48:06	7:44
20	2	Alison Robertson, 46, Ames, IA	51:58	8:22
30	3	Nicola Bowler, 46, Ames, IA	56:04	9:01

Women 50 - 54

37	1	Liz Cosner, 52, Urbandale, IA	58:40	9:26
70	2	Diane Jones, 50, White Bear Lake, MN	1:06:06	10:38
72	3	Asrun Kristmundsdottir, 51, Ames, IA	1:06:52	10:46

Women 55 - 59

17	1	Patty Croonquist, 57, Fort Dodge, IA	51:50	8:20
28	2	Pamela Pomerenk, 55, Boone, KS	54:48	8:49
63	3	Robin Proescholdt, 55, Marshalltown, IA	1:03:40	10:15

Women 60 - 64

11	1	Kathleen Wendel, 60, Ames, IA	48:20	7:47
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