



Overall Winner Robyn Friedman & Male Winner Nathan White

WHAMM '07 10 km

Windsor Heights, IA

May 19, 2007

61 degrees 56% humidity

Results by Michael Franke

[5K results here](#)

**If you weren't there to pick up your award contact Denise or Kevin at MDA office @
515-453-9489**

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	W30 Robyn Friedman, 34*, Lambs Grove, IA	36:03	5:48
1	1	M19 Nathan White, 23, Des Moines, IA	36:23	5:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
2	1	M35 Joe Marshall, 39, Granger, IA	37:47	6:05
3	2	M35 Brian Friedman, 35, Lambs Grove, IA	39:00	6:17
4	1	M50 Bob Layton, 51, Urbandale, IA	39:50	6:25
5	1	M40 Troy Zeleznik, 44, West Des Moines, IA	40:14	6:28

6	3	M35 Brian Palmer, 38, Des Moines, IA	41:37	6:42
7	1	M30 Dave Olsen, 34, West Des Moines, IA	42:13	6:48
8	1	M25 Rich Miller, 28, West Des Moines, IA	42:32	6:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
9	2	M40 Chris Kannapel, 44, Windsor Hghts, IA	44:06	7:06
10	4	M35 Roger Selesky, 37, Ankeny, IA	44:42	7:12
11	2	M25 Chad Marchant, 28, Ankeny, IA	46:04	7:25
12	3	M25 Michael Odonnell, 28, West Des Moines, IA	46:05	7:25
13	4	M25 Daniel Evans, 26, Windsor Hghts, IA	46:07	7:25
14	1	M45 Mike Casady, 46, Urbandale, IA	46:15	7:27
15	1	M55 Chuck Clark, 56, Carroll, IA	46:20	7:27
16	5	M35 Mark Kuennen, 39, Ankeny, IA	48:00	7:43
2	1	W40 Ellen Middleswart, 41*, Urbandale, IA	48:28	7:48
17	2	M45 Dave Holzinger, 48, Des Moines, IA	48:43	7:50
18	2	M55 Joel Bean, 59, Urbandale, IA	48:47	7:51
19	3	M55 Ta Meyer, 55, Johnston, IA	49:00	7:53
20	2	M30 Dan Adams, 31, Des Moines, IA	49:02	7:53
21	6	M35 Nick Tornabane, 38, Waukee, IA	49:11	7:55
22	7	M35 Brad Myers, 35, Knoxville, IA	49:22	7:57
3	1	W45 Becky Nichols, 46*, Des Moines, IA	49:28	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
23	8	M35 Jeff Wieland, 37, Johnston, IA	50:13	8:05
4	2	W30 Carla Kuzynowski, 31*, Ankeny, IA	50:16	8:05
5	1	W25 Angela Schwichtenberg, 26*, Des Moines, IA	50:30	8:08
24	2	M50 David McClung, 52, Des Moines, IA	50:36	8:08
6	2	W25 Cheryl Dralle, 29*, Des Moines, IA	51:44	8:19
25	5	M25 Bradley Hanchak, 29, Des Moines, IA	52:18	8:25
26	6	M25 Mike Marasco, 29, Des Moines, IA	52:58	8:31
27	9	M35 Todd Siefkas, 36, Clive, IA	53:01	8:32
28	2	M19 Tyler Romine, 22, West Des Moines, IA	53:02	8:32
29	3	M45 Don Little, 48, Des Moines, IA	53:33	8:37
30	3	M40 Shawn Bown, 40, Des Moines, IA	53:49	8:40
7	3	W25 Lisa Simon, 27*, West Des Moines, IA	53:52	8:40
31	7	M25 Tyler Adams, 28, Ankeny, IA	54:16	8:44
32	3	M30 Wade Den Hartog, 33, Des Moines, IA	54:17	8:44
8	4	W25 Casey Fett, 27*, Ankeny, IA	54:22	8:45
9	1	W35 Amy Heinz, 35*, Des Moines, IA	54:56	8:50
33	4	M40 Tom Youngwirth, 40, Windsor Hghts, IA	55:11	8:53
10	2	W35 Deb Gallagher, 35*, Grimes, IA	55:39	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
34	5	M40 Mark Meyer, 42, Waukee, IA	56:03	9:01
11	1	W50 Paula Dierenfeld, 52*, Johnston, IA	56:32	9:06
35	4	M45 Guy Dougherty, 47, Urbandale, IA	56:45	9:08
36	10	M35 David Chicken, 39, Waukee, IA	56:56	9:10
37	8	M25 Joey Jones, 25, Ankeny, IA	57:06	9:11
38	3	M19 Rob Faber, 23, Ankeny, IA	57:06	9:11
39	4	M30 Randy Hea, 32, West Des Moines, IA	58:00	9:20
40	5	M45 Jim Makey, 49, Logan, IA	58:02	9:20
12	3	W35 Karen Chicken, 39*, Waukee, IA	58:38	9:26
13	5	W25 Mary-Kate Gales, 28*, Desmoines, IA	58:45	9:27
14	4	W35 Marsha Coleman, 35*, Urbandale, IA	59:03	9:30
15	3	W30 Lisa LeTourneau, 34*, West Des Moines, IA	59:50	9:38
16	6	W25 Christina Laughery, 25*, West Des Moines, IA	1:00:28	9:44
17	5	W35 Anna Hudson, 39*, West Des Moines, IA	1:00:30	9:44
18	6	W35 Jennifer Callahan, 35*, West Des Moines, IA	1:01:25	9:53
41	1	M65 Larry Reed, Sr, 68, Ankeny, IA	1:01:26	9:53
19	1	W19 Eileen Kurth, 24*, Windsor Hghts, IA	1:01:54	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
42	3	M50 Pete Hutchison, 53, Urbandale, IA	1:02:06	10:00

43	4	M55 Jim Willits, 55, Windsor Hghts, IA	1:02:07	10:00
20	7	W35 James Bachman, 38*, Des Moines, IA	1:02:11	10:00
21	4	W30 Gentry Gillespie, 30*, Des Moines, IA	1:02:12	10:01
22	2	W40 Sherri Finney, 40*, Waukee, IA	1:02:14	10:01
23	8	W35 Rae Edwards, 36*, Clive, IA	1:02:15	10:01
24	2	W45 Diana Willits, 49*, Windsor Hghts, IA	1:02:30	10:03
25	3	W40 Julie Schwalbe, 41*, Des Moines, IA	1:02:31	10:04
26	7	W25 Mary Tesdall, 27*, Urbandale, IA	1:03:57	10:17
27	2	W19 Jessica Dicks, 24*, Pleasant Hill, IA	1:03:57	10:17
28	8	W25 Meghan Teigen, 25*, Windsor Hghts, IA	1:07:45	10:54
44	9	M25 Cj Schrunk, 29, West Des Moines, IA	1:07:46	10:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				

29	1	W55 Judy Ackerman, 55*, Windsor Hghts, IA	1:09:29	11:11
30	4	W40 Cathy Evans, 43*, Urbandale, IA	1:10:29	11:21
31	3	W45 Brenda Brink, 49*, Huxley, IA	1:12:45	11:42
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				

45	1	M15 Casey Ascharman, 15, Johnston, IA	1:20:14	12:55
32	1	JrW Molly Martin, 10*, Johnston, IA	1:20:14	12:55
33	3	W19 Beth Anne Reese, 23*, Johnston, IA	1:20:14	12:55

"*" indicates females

1 finishers among Men 15 - 18
 3 finishers among Men 19 - 24
 9 finishers among Men 25 - 29
 4 finishers among Men 30 - 34
 10 finishers among Men 35 - 39
 5 finishers among Men 40 - 44
 5 finishers among Men 45 - 49
 3 finishers among Men 50 - 54
 4 finishers among Men 55 - 59
 1 finishers among Men 65 & Up
 1 finishers among Women 14 & Under
 3 finishers among Women 19 - 24
 8 finishers among Women 25 - 29
 4 finishers among Women 30 - 34
 8 finishers among Women 35 - 39
 4 finishers among Women 40 - 44
 3 finishers among Women 45 - 49
 1 finishers among Women 50 - 54
 1 finishers among Women 55 - 59
 45 male finishers
 33 female finishers
 78 total finishers

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