

WHAMM 10 Kilometer

Windsor Heights, IA

May 16, 2009

50s, cool & windy

Results by Cal Murdock

[5K results here](#)

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

PLACE	CLASS PLACE	FINISHER	TIME
1	1 M25	Tj Tollakson, 28, Des Moines	38:11
2	1 M40	Loran Storts, 44, Clive	38:43
3	2 M25	Lance Randolph, 29, Indianola	40:25
4	1 M45	Troy Zeleznik, 46, West Des Moines	40:31
5	1 JrM	Adam Stuechrath, 17, Windsor Heights	42:42
6	3 M25	Cory Grant, 29, Ankeny	42:44
7	4 M25	Joe McGargill, 27, West Des Moines	42:59
8	5 M25	Josh Otis, 25, West Des Moines	44:42
9	1 M19	Tyler Roming, 24, Norwalk, IA	45:44
10	1 M35	Kevin Miller, 39, Ankeny	45:48
1	1 W25	Jenny Mueller, 26*, Rochester	45:56
11	2 M35	David Larson, 37, West Des Moines	46:44
12	6 M25	Lance Johnson, 25, Ankeny	48:05
2	1 W45	Heather Stilhorn, 46*, Des Moines	48:49
13	2 M40	Paul Fisher, 43, West Des Moines	48:52
14	7 M25	Grant Waltz, 28, Urbandale	49:17
15	1 M65	John Schneller, 65, West Des Moines	49:33
3	2 W45	Bobbi Snodgrass, 47*, Indianola	50:05
4	1 W30	Jamie Seiler, 32*, West Des Moines	51:05
16	1 M55	T A Meyer, 57, Johnston	51:12
17	3 M40	Pat Byrne, 40, West Des Moines	53:41
5	1 W50	Julia Batten, 53*, Carlisle	53:50
18	2 M45	Larry Spray II, 48, Dallas Center	54:22
6	1 W19	Lacey Mitchell, 21*, Indianola	54:33
7	2 W25	Mary Tesdell, 29*, Urbandale	54:37
19	3 M35	Kevin Mosher, 39, Windsor Heights	55:12
8	3 W25	Tracy Van Zante, 26*, Urbandale	56:19
9	4 W25	Darci Pratt, 26*, West Des Moines	56:25
10	1 JrW	Hannah Snodgrass, 11*, Indianola	56:25
20	8 M25	Justin Crippen, 26, Carlisle	56:29
11	1 W35	Karin Eshelman, 39*, Windsor Heights	56:56
21	4 M35	Pete Fix, 39, Indianola	57:27
12	5 W25	Erica Rufine, 26*, West Des Moines	57:29
13	2 W30	Gentry Smith, 32*, Des Moines	57:38
14	1 W40	Laura Horstmann, 40*, Des Moines	57:42
22	4 M40	Tom Youngwirth, 42, Windsor Heights	57:43
15	2 W40	Ann Hudson, 40*, West Des Moines	57:49
23	1 M50	John Duffy, 54, West Des Moines	57:59
24	1 M30	Nate Stewart, 30, Des Moines	58:06
25	2 M30	John Tucker, 34, Palmyra, IA	58:06
16	6 W25	Megan Teigen, 27*, Des Moines	58:34
17	2 W19	Heather Sedrel, 24*, Waukee	58:46
18	3 W19	Mary Swanson, 22*, Windsor Heights	58:47

19	7	W25 Eileen Kurth, 26*, Windsor Heights	59:15
26	9	M25 Tim Kurth, 27, Windsor Heights	59:15
27	2	M19 Larry Spray III, 24, Grimes	59:17
20	4	W19 Mallory Sommers, 23*, Grimes	59:17
28	2	M55 Larry Vavroch, 59, Des Moines	59:54
21	3	W30 Emily Cataldi, 31*, Urbandale	59:58
29	5	M40 Ed Acoymo, 44, Ankeny	59:58
22	4	W30 Jennifer Geringer, 30*, West Des Moines	59:59
23	5	W30 Chrissy Freed, 31*, West Des Moines	1:00:10
24	8	W25 Liz Bowen, 27*, Des Moines	1:01:13
30	10	M25 Joe Dreuppel, 26, Urbandale	1:01:15
31	2	M50 Tom Kehoe, 52, Windsor Heights	1:01:33
32	3	M45 Rick Horstmann, 49, Des Moines	1:01:48
25	2	W50 Diana Willits, 51*, Windsor Heights	1:02:44
26	3	W40 Kathy Schramm, 40*, Clive	1:04:48
27	6	W30 Melinda Kuennen, 32*, West Des Moines	1:04:49
28	9	W25 Amy Heggen, 28*, Urbandale	1:05:52
29	7	W30 Alissa Rauser, 30*, Austin	1:05:54
30	2	W35 Karla Griggs, 39*, Pleasant Hill	1:05:55
31	4	W40 Sue Olson, 40*, Ankeny	1:07:56
33	4	M45 Tom Franklin, 49, West Des Moines	1:07:57
32	8	W30 Robin Wastenev, 34*, Des Moines	1:07:57
33	3	W35 Jessica Omara, 36*, Windsor Heights	1:09:31
34	1	W55 Judy Ackerman, 57*, Windsor Heights	1:11:52

"*" indicates females

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

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