

WHAMM 10 km

Windsor Heights, IA

May 15, 2010

54 degrees, partly cloudy

Results by [Michael Franke](#)

[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 M25	Skyler Nishiem, 25	33:24	5:22
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
2	1 M19	Brian Werner, 23	37:55	6:06
3	1 M35	Jason Wentworth, 39, Urbandale, IA	39:42	6:23
4	2 M25	Dan Schuknecht, 29, Ankeny, IA	40:00	6:26
5	1 M45	Troy Zeleznik, 47, West Des Moines, IA	40:00	6:26
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
6	3 M25	Marc Soltis, 26	45:24	7:18
1	1 W25	Stephanie Mortenson, 28*	46:14	7:26
7	1 M30	Jeff Cunningham, 32, Granger, IA	46:23	7:28
8	2 M19	Jack Stickfort, 20, Windsor Heights, IA	47:01	7:34
9	4 M25	Grant Mitchell, 29	47:10	7:35
10	2 M35	Tony Brown, 35	48:36	7:49
11	1 M60	Al Hildestad, 60	48:51	7:52
12	2 M45	Terry Franz, 48, West Des Moines, IA	49:17	7:56
2	1 W45	Brenda Tyler, 47*	49:23	7:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
13	1 M40	Karl Overton, 42, Des Moines, IA	50:06	8:04
14	5 M25	Tyler Romine, 25	50:19	8:06
15	6 M25	Andy Ireland, 25, West Des Moines, IA	50:26	8:07
16	3 M45	James Arthur, 46, Des Moines, IA	50:43	8:10
17	1 M55	T A. Meyer, 58, Johnston, IA	51:13	8:15
3	1 JrW	Carly Rusek, 16*, Windsor Heights, IA	51:25	8:16
4	2 W25	Natalie Wieskamp, 26*, Johnston, IA	52:58	8:31
18	4 M45	Thomas Hunter, 45	53:23	8:35
19	2 M30	David Dixon, 34, Altoona, IA	54:20	8:45
20	3 M30	Adam Austin, 30, Des Moines, IA	54:29	8:46
5	1 W40	Karin Eshelman, 40*, Windsor Heights, IA	54:48	8:49
21	4 M30	Kyle Ament, 32	54:49	8:49
22	7 M25	Christopher Moorhead, 26, Grimes, IA	55:25	8:55
6	3 W25	Jamie Newel, 25*, Grimes, IA	55:51	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
7	1 W30	Alissa Rauser, 31*, Austin, MN	56:12	9:03
8	1 W35	Rachel Hoger, 35*, Johnston, IA	57:07	9:11
9	2 W30	Nikki Thies, 33*, West Des Moines, IA	57:48	9:18
10	4 W25	Erica Ruffing, 27*	57:51	9:19
11	3 W30	Bonita Bontrager, 31*, Des Moines, IA	57:53	9:19
12	4 W30	Sara Spain, 31*, Des Moines, IA	57:59	9:20

13	5	W30	Merissa Noel, 34*	58:05	9:21
14	2	W45	Ruth Comer, 48*, Chariton, IA	58:11	9:22
15	6	W30	Katie Ochanpaugh, 30*, Cumming, IA	59:30	9:34
23	5	M30	Charlie Ochanpaugh, 31, Cumming, IA	59:30	9:34
24	2	M40	Tom Youngwirth, 43, Windsor Heights, IA	59:44	9:37
16	3	W45	Penny Frey, 47*, Earlham, IA	1:00:05	9:40
17	4	W45	Teresa Algren, 47*, Earlham, IA	1:00:06	9:40
18	1	W19	Mallory Sommers, 24*	1:00:27	9:44
25	2	M60	Neil Olson, 60	1:00:29	9:44
19	7	W30	Sarah Hinrichs, 30*, Grimes, IA	1:00:31	9:44
20	2	W19	Leah Riesselman, 24*	1:00:48	9:47
21	1	W50	Diana Willits, 52*, Windsor Heights, IA	1:02:03	9:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

22	5	W25	hollie green, 28*, Windsor Heights, IA	1:02:43	10:06
23	6	W25	Meghan Teigen, 28*	1:03:16	10:11
26	1	M65	Larry Reed Sr., 71, Des Moines, IA	1:03:26	10:12
24	2	W50	Janet malmberg, 50*, Windsor Heights, IA	1:05:14	10:30
25	8	W30	Melinda Kuennen, 33*, West Des Moines, IA		

1:06:44 10:44

26	1	W60	Rose Mary Pratt, 62*	1:07:20	10:50
27	3	W19	Alex Ackerman, 21*	1:07:22	10:50
27	3	M40	Jeff Garrison, 42, West Des Moines, IA	1:07:55	10:56

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28	2	W40	Angie Vos, 43*, Granger, IA	1:08:58	11:06
29	3	W40	Monica Blakley, 41*, Granger, IA	1:08:58	11:06
30	7	W25	Carrie Brannen, 26*, Windsor Heights, IA	1:12:42	11:42
28	8	M25	Tyler Kruse, 26, Windsor Heights, IA	1:12:42	11:42
31	1	W55	Judy Ackerman, 58*, Windsor Heights, IA	1:12:56	11:44
32	9	W30	Jen Holtkamp, 33*, Johnston, IA	1:13:09	11:46
33	10	W30	Jamee McNair, 34*, Ankeny, IA	1:13:10	11:46

* indicates females

2 finishers among Men 19 - 24
8 finishers among Men 25 - 29
5 finishers among Men 30 - 34
2 finishers among Men 35 - 39
3 finishers among Men 40 - 44
4 finishers among Men 45 - 49
1 finishers among Men 55 - 59
2 finishers among Men 60 - 64
1 finishers among Men 65 & Up
1 finishers among Women Under 19
3 finishers among Women 19 - 24
7 finishers among Women 25 - 29
10 finishers among Women 30 - 34
1 finishers among Women 35 - 39
3 finishers among Women 40 - 44
4 finishers among Women 45 - 49
2 finishers among Women 50 - 54
1 finishers among Women 55 - 59
1 finishers among Women 60 - 64
28 male finishers
33 female finishers
61 total finishers

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