

WHAMM 10 km

Windsor Heights, IA

May 21, 2011

64 degrees, rain

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	Seth Webinger, 25, Ames, IA	39:31	6:22
2	1 M15	Olin Carty, 16, Des Moines, IA	40:03	6:27
3	1 M40	Jason Wentworth, 40, Urbandale, IA	40:09	6:28
4	1 M50	Jim Quigley, 53, Johnston, IA	40:46	6:34
5	1 M45	Rob Beaver, 47, Johnston, IA	41:02	6:36
6	2 M45	Troy Zeleznik, 48, West Des Moines, IA	41:59	6:45
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				
7	1 M19	Jack Stickfort, 21, Windsor Heights, IA	45:52	7:23
8	1 M35	Mike Penningroth, 39, Urbandale, IA	46:01	7:24
9	2 M40	scott greenwood, 43, Des Moines, IA	46:15	7:26
10	1 M55	Joe Blunk, 59, Ames, IA	47:01	7:34
11	1 M30	Nathan Davis, 32, Des Moines, IA	48:10	7:45
1	1 W25	Ashley Maher-Widen, 29*, Windsor Heights, IA	49:04	7:54
2	1 W50	Nancy Willert, 54*, Nevada, IA	49:07	7:54
3	1 W35	Beth McDonald, 38*, prole, IA	49:09	7:55
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				
12	1 M60	Al Hildestad, 61, Des Moines, IA	50:39	8:09
13	2 M50	larry spray II, 50, dallas center, IA	50:40	8:09
14	2 M25	Lance Johnston, 27, Ankeny, IA	50:50	8:11
15	3 M25	Tim Moran, 28, Story City, IA	50:50	8:11
16	2 M19	Marcus Severson, 24, West Des Moines, IA	51:14	8:15
17	1 JrM	Granger Carty, 14, Des Moines, IA	51:17	8:15
18	3 M50	Dennis Judd, 50, Urbandale, IA	51:29	8:17
19	3 M45	James Arthur, 47, Des Moines, IA	51:49	8:20
4	2 W35	Annika Cornelisse, 39*, Des Moines, IA	51:53	8:21
5	1 W30	Colleen Kuhl, 32*, West Des Moines, IA	52:14	8:24
6	1 W40	Karin Eshelman, 41*, Windsor Heights, IA	52:55	8:31
20	2 M30	Brian Reser, 31, Urbandale, IA	53:17	8:34
21	3 M30	Adam Austin, 31, Des Moines, IA	53:30	8:36
22	2 M35	Wade Den Hartog, 37, Johnston, IA	53:53	8:40
23	4 M30	Charles Graham, 33, West Des Moines, IA	53:55	8:40
24	3 M40	joe konrady, 41, Des Moines, IA	53:56	8:41
7	2 W30	Katie Austin, 30*, Des Moines, IA	54:19	8:44
8	2 W25	Hollie Green, 29*, Windsor Heights, IA	54:43	8:48
9	3 W35	Rachel Hoger, 36*, Johnston, IA	55:16	8:54
25	4 M25	Tim Kurth, 29, Urbandale, IA	55:34	8:56
26	4 M45	Scott Dean, 47, Des Moines, IA	55:49	8:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top				

27	3	M19	Ian Leslie, 22, Windsor Heights, IA	56:07	9:02
28	2	M55	Kevin Cunningham, 59, Des Moines, IA	56:44	9:08
10	3	W25	Jessica Durand, 29*, Des Moines, IA	57:26	9:15
11	4	W35	Tiffany Kragnes, 38*, West Des Moines, IA	58:22	9:24
29	4	M40	John Gray, 44, Waukee, IA	58:39	9:26
12	4	W25	Mallory Spray, 25*, dallas center, IA	58:44	9:27
13	3	W30	Sarah Hinrichs, 31*, Grimes, IA	59:02	9:30
30	5	M40	Tom Youngswirth, 44, Windsor Heights, IA	59:09	9:31
31	5	M25	Ted Brimeyer, 25, Johnston, IA	59:22	9:33
14	5	W25	Elyse Brimeyer, 26*, Johnston, IA	59:23	9:33
32	3	M55	David Mcclung, 56, Des Moines, IA	59:50	9:38
15	1	W19	Allison Gill, 24*, Des Moines, IA	1:00:25	9:43
16	6	W25	Emily Dreher, 28*, West Des Moines, IA	1:00:33	9:45
17	2	W40	Wendy Bryant, 41*, Clive, IA	1:00:36	9:45
18	2	W19	Elizabeth Lund, 24*, Urbandale, IA	1:00:39	9:46
19	3	W40	Becky Veach, 42*, Des Moines, IA	1:00:40	9:46
33	4	M50	Brett Bradfield, 50, Polk City, IA	1:00:51	9:48
34	2	M60	Neil Olson, 61, Boone, IA	1:01:20	9:52
20	7	W25	Eileen Kurth, 28*, Urbandale, IA	1:01:25	9:53
21	8	W25	Eileen Teigen, 28*, Urbandale, IA	1:01:25	9:53
35	2	JrM	Blake Underwood, 9, Wdm, IA	1:02:03	9:59
36	3	M35	Adam Jerdee, 38, West Des Moines, IA	1:02:03	9:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top					
22	2	W50	Janet Malmberg, 51*, Windsor Heights, IA	1:03:00	10:08
37	5	M30	Nathan Stewart, 32, Des Moines, IA	1:03:45	10:15
23	3	W19	Chelsea Parrott, 23*, Des Moines, IA	1:03:47	10:16
38	4	M35	Tom Kehoe, 37, Windsor Heights, IA	1:03:52	10:17
24	9	W25	Kelly Schifsky, 25*, Des Moines, IA	1:03:53	10:17
39	1	M65	Larry Reed Sr, 72, Ankeny, IA	1:03:54	10:17
40	5	M35	Matt Shaw, 35, West Des Moines, IA	1:04:18	10:21
41	2	M15	Graham Brock, 15, West Des Moines, IA	1:05:29	10:32
42	5	M45	Robb Spearman, 46, West Des Moines, IA	1:05:33	10:33
25	10	W25	Regan Wooldridge, 28*, Des Moines, IA	1:05:38	10:34
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top					
26	11	W25	Caitrin Wheeler, 26*, Windsor Heights, IA	1:08:32	11:02
27	1	W45	Joleen Stephenson, 49*, Des Moines, IA	1:09:24	11:10
28	4	W30	Rachel Bougher, 33*, West Des Moines, IA	1:09:29	11:11
43	6	M30	Tim Huff, 32, Des Moines, IA	1:13:51	11:53
44	6	M40	Rob Ridnour, 40, Grimes, IA	1:13:52	11:53
29	1	W55	Judy Ackerman, 59*, Windsor Heights, IA	1:14:05	11:55
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 Top					
30	5	W35	Angie Thornton, 38*, Ankeny, IA	1:15:31	12:09
31	3	W50	Kim Bougher, 50*, West Des Moines, IA	1:16:30	12:19
45	4	M55	Willam Jess, 58, West Des Moines, IA	1:16:31	12:19

* indicates females

2 finishers among Men Under 15
 2 finishers among Men 15 - 18
 3 finishers among Men 19 - 24
 5 finishers among Men 25 - 29
 6 finishers among Men 30 - 34
 5 finishers among Men 35 - 39
 6 finishers among Men 40 - 44
 5 finishers among Men 45 - 49
 4 finishers among Men 50 - 54
 4 finishers among Men 55 - 59
 2 finishers among Men 60 - 64
 1 finishers among Men 65 & Up
 3 finishers among Women 19 - 24
 11 finishers among Women 25 - 29
 4 finishers among Women 30 - 34
 5 finishers among Women 35 - 39

3 finishers among Women 40 - 44
1 finishers among Women 45 - 49
3 finishers among Women 50 - 54
1 finishers among Women 55 - 59
45 male finishers
31 female finishers
76 total finishers

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