

# WHAMM 10 km<sub>2</sub>

Windsor Heights, IA

May 19, 2012

71 degrees, overcast

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	Scottie Cross, 28, Ankeny, IA	35:45	5:45
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>				
2	1 M20	Augtin Tegels, 24, Evensdale, IA	37:27	6:02
3	1 JrM	Olin Carty, 17, Des Moines, IA	38:45	6:14
1	1 W35	Colleen Webb, 35*	41:01	6:36
4	1 M30	Dan Schuknecht, 31, Ankeny, IA	41:11	6:38
2	1 W20	Stacey Peterson, 24*, Des Moines, IA	41:20	6:39
5	1 M55	Bob Thompson, 56, Davenport, IA	41:58	6:45
6	2 M20	Andrew Jorgensen, 23, Ankeny, IA	42:26	6:50
3	1 W30	Stephanie Mortenson, 30*, Urbandale, IA	42:32	6:51
7	1 M40	Curtis Downs, 43, Des Moines, IA	43:00	6:55
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>				
4	2 W30	Kate Wharton, 31*, Johnston, IA	43:37	7:01
8	2 M30	Dan Rundahl, 33, Sheldahl, IA	44:09	7:06
9	2 M25	Kyle Vollstedt, 27, Granger, IA	45:04	7:15
10	3 M25	Mark Moore, 26, Des Moines, IA	46:17	7:27
11	3 M20	Jack Stickfort, 22, Windsor Heights, IA	46:21	7:28
5	2 W35	Rachel Hoger, 37*, Johnston, IA	46:47	7:32
12	1 M35	Ryan Comer`, 35, Carlisle, IA	46:51	7:32
13	1 M45	Dale Christians, 46, Urbandale, IA	47:02	7:34
14	1 M60	Steve Taylor, 60, Monroe, IA	47:10	7:35
15	4 M25	Adam Halls, 25, Farmington, MO	48:50	7:52
16	1 M50	Dean Halls, 52, Indianola, IA	49:03	7:54
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>				
17	2 M60	Al Hildestad, 62, Des Moines, IA	50:00	8:03
18	2 M35	Josh Dolezal, 36, Windsor Heights, IA	50:09	8:04
19	2 M40	Jason Wittmer, 41, Clive, IA	50:16	8:05
20	3 M35	Michael Simpson, 35, Des Moines, IA	50:21	8:06
21	2 JrM	Granger Carty, 15, Des Moines, IA	50:23	8:07
22	3 M40	Keith Jones, 44, Pella, IA	50:25	8:07
6	1 W25	Jennifer Halls, 25*, Farmington, MO	50:35	8:08
23	4 M40	James Shriver, 41, Pella, IA	50:36	8:09
24	5 M25	Sean Nelson, 27, Des Moines, IA	50:39	8:09
25	6 M25	Zack Sammler, 29, Waukee, IA	50:40	8:09
26	4 M35	Justin Law, 38, West Des Moines, IA	50:44	8:10
7	3 W35	Sara Schwendinger, 35*, Des Moines, IA	50:54	8:11
8	4 W35	Beth McDonald, 39*, Prole, IA	51:20	8:16
9	1 W40	Annika Cornelisse, 40*, Des Moines, IA	51:21	8:16
10	5 W35	Heather Reed, 37*, Carlisle, IA	52:11	8:24
27	5 M35	Adam Jerdee, 38, West Des Moines, IA	52:24	8:26
28	6 M35	Jamie Sullivan, 35, Johnston, IA	52:29	8:27
11	1 W55	Kathi Dellaca, 59*, Windsor Heights, IA	52:45	8:29
29	7 M25	Nathan Wagner, 26, Ames, IA	53:05	8:32
12	3 W30	Casee Woodley, 30*, Windsor Heights, IA	53:08	8:33

13	4	W30	Colleen Kuhl, 33*, Urbandale, IA	53:27	8:36
30	2	M45	Thomas Tuttle, 45, West Des Moines, IA	53:28	8:36
31	7	M35	Matt Brick, 39, Urbandale, IA	54:16	8:44
32	5	M40	Kraig Daugherty, 43, Indianola, IA	54:25	8:45
14	2	W40	Karin Eshelman, 42*, Windsor Heights, IA	54:33	8:47
15	2	W55	Debra Croft, 56*, Des Moines, IA	54:40	8:48
33	3	M45	James Arthur, 48, Des Moines, IA	54:40	8:48
34	2	M55	David McClung, 57, Des Moines, IA	54:44	8:48
16	5	W30	Sara Davis, 33*, Des Moines, IA	54:46	8:49
17	1	W50	Nola Seaberg, 50*, Des Moines, IA	54:50	8:49
18	6	W30	Katie Austin, 31*, Des Moines, IA	54:53	8:50
35	8	M35	Izaah Knox, 35, Des Moines, IA	54:58	8:51
36	4	M45	Tom Youngwidrth, 45	55:15	8:53
19	2	W25	Abrielle Podliska, 26*, Ames, IA	55:29	8:56
37	9	M35	Brett Reed, 36, Carlisle, IA	55:51	8:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>					
38	5	M45	Kevin Umphress, 45, Pleasant Hill, IA	56:09	9:02
20	6	W35	Angela Tewfik, 37*, Grimes, IA	56:31	9:06
39	3	M55	John Vujnovich, 57, Des Moines, IA	56:51	9:09
40	4	M20	Jan Leslie, 23, Windsor Heights, IA	57:20	9:13
21	7	W30	Amy Doyle, 31*, Urbandale, IA	57:23	9:14
41	10	M35	Brendan Devine, 39, La Vista, NE	57:42	9:17
42	6	M45	Daniel Berte, 46, Des Moines, IA	57:48	9:18
22	8	W30	Amber Crews, 34*, Clive, IA	57:53	9:19
23	9	W30	Jessica Durand, 30*, Des Moines, IA	57:55	9:19
24	2	W50	Deb Fritz, 53*, Des Moines, IA	58:02	9:20
43	4	M55	John Duffy, 57, West Des Moines, IA	58:03	9:20
25	3	W55	Julia Batten, 56*, Carlisle, IA	58:23	9:24
44	8	M25	Jeffrey Tuttle, 25, Des Moines, IA	58:38	9:26
45	3	M30	Zachary Heggen, 34, Cumming, IA	58:44	9:27
46	11	M35	Eric Kisgen, 37, Des Moines, IA	59:31	9:35
26	7	W35	Kelly Sullivan, 36*, Johnston, IA	59:35	9:35
47	6	M40	Brian Oswald, 42, Waukee, IA	59:38	9:36
27	4	W55	Mona Bleeker, 57*, Steamboat Rock, IA	59:45	9:37
48	9	M25	Ryan Mertens, 29, Windsor Heights, IA	59:50	9:38
49	10	M25	Andrew Mertens, 27, West Des Moines, IA	59:52	9:38
28	3	W25	Jessica Tuttle, 25*, Des Moines, IA	59:54	9:38
50	5	M55	Jon Croft, 57, Des Moines, IA	1:00:12	9:41
29	3	W40	Kate Evans, 40*, Des Moines, IA	1:00:13	9:41
30	4	W25	Elizabeth Lund, 25*, Urbandale, IA	1:00:23	9:43
51	4	M30	Michael Peverill, 33, Ankeny, IA	1:00:37	9:45
31	3	W50	Kim Taylor, 51*, West Des Moines, IA	1:00:43	9:46
52	11	M25	Tony Rabey, 26, Des Moines, IA	1:01:00	9:49
32	1	JrW	Ashley Meldrum, 14*, Cambridge, IA	1:01:26	9:53
53	12	M35	Jason Pulliam, 35, Des Moines, IA	1:01:43	9:56
33	10	W30	Casy Heggen, 31*, Cumming, IA	1:01:53	9:58
34	8	W35	Threase Harms, 37*, Windsor Heights, IA	1:01:56	9:58
35	1	W45	Leslie Podliska, 47*, Ottumwa, IA	1:01:58	9:58
54	3	M60	Richard Newkirk, 63, Ankeny, IA	1:02:02	9:59
55	2	M50	Dennis Judd, 51, Urbandale, IA	1:02:02	9:59
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36	4	W50	Cheryl Judd, 51*, Urbandale, IA	1:02:18	10:01
56	4	M60	Kevin Cooney, 60, Des Moines, IA	1:02:34	10:04
37	11	W30	Sarah Hinrichs, 32*, Grimes, IA	1:02:48	10:06
57	6	M55	Dennis Howard, 58, Des Moines, IA	1:03:02	10:09
38	4	W40	Kathy Schramm, 43*, Clive, IA	1:03:04	10:09
39	2	W45	Rachel Quill, 49*, Clive, IA	1:03:14	10:11
40	2	JrW	Megan Lenox, 14*, Melbourne, IA	1:03:19	10:11
41	2	W20	Lisa Putz, 22*, Roseville, MN	1:03:28	10:13
42	5	W25	Regan Wooldridge, 29*, West Des Moines, IA	1:03:29	10:13
43	6	W25	Lynsey Schwickerath, 29*, Grimes, IA	1:03:33	10:14
44	7	W25	Jana Luttenegger, 25*, West Des Moines, IA	1:04:00	10:18
45	9	W35	Rachel Jackson, 35*, Urbandale, IA	1:04:13	10:20

58	7	M45	Ed Acoymo, 47, Ankeny, IA	1:04:16	10:21
46	10	W35	Jill Hannam, 35*, Des Moines, IA	1:04:55	10:27
47	8	W25	Emily Erickson, 28*, Urbandale, IA	1:05:06	10:29
48	12	W30	Nicole Sikora, 30*, Pleasant Hill, IA	1:05:11	10:29
49	5	W55	Diana Willits, 56*, Windsor Heights, IA	1:05:52	10:36
50	5	W50	Lori Schwartz, 51*, Greenfield, IA	1:05:54	10:36
59	12	M25	Shawn Reidburn, 27, West Des Moines, IA	1:06:00	10:37
51	13	W30	Brandy Poli, 34*, Waukee, IA	1:06:33	10:42
52	9	W25	Ashley Adams, 28*, Des Moines, IA	1:06:45	10:44
53	11	W35	Lindsay Schmitt, 36*, Des Moines, IA	1:07:09	10:48
54	6	W55	Sue Wetsch, 57*, Van Meter, IA	1:07:22	10:50
60	5	M30	Michael Mertens, 31, West Des Moines, IA	1:07:52	10:55
55	3	W20	Katie Hood, 24*, Urbandale, IA	1:07:53	10:55
56	14	W30	Melissa Knutson, 31*, Johnston, IA	1:08:12	10:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>					
57	15	W30	Elizabeth Matney, 34*, Des Moines, IA	1:09:06	11:07
61	3	JrM	Matt Lenox, 16, Melbourne, IA	1:09:23	11:10
62	1	M65	Ruben N. Rullan, 70, Urbandale, IA	1:09:35	11:12
63	7	M40	Paul Damge, 44, Windsor Heights, IA	1:09:44	11:13
58	10	W25	Casey Oberender, 27*, Des Moines, IA	1:09:56	11:15
59	11	W25	Caitrin Wheeler, 27*, Windsor Heights, IA	1:11:09	11:27
60	16	W30	Jeni Pulliam, 31*, Des Moines, IA	1:11:29	11:30
61	3	W45	Annette Allender, 46*, Ankeny, IA	1:11:30	11:30
62	4	W45	Minnette Hearn, 48*, West Des Moines, IA	1:11:31	11:31
63	12	W25	Laci Dykstra, 29*, Pella, IA	1:13:30	11:50
64	17	W30	Kara Smith, 30*, Urbandale, IA	1:13:49	11:53
64	13	M25	Andrew Erickson, 27, Urbandale, IA	1:14:23	11:58
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65	12	W35	Angela Thornton, 39*, Ankeny, IA	1:15:08	12:05
65	8	M40	Eric Conrad, 41, Des Moines, IA	1:15:39	12:10
66	13	W35	Jacki Hayes, 36*, Des Moines, IA	1:15:43	12:11
67	1	W60	Judy Ackerman, 60*, Windsor Heights, IA	1:15:55	12:13
66	8	M45	Scott Ellenwood, 45, Des Moines, IA	1:18:56	12:42
68	7	W55	Deborah Johnson, 55*, Urbandale, IA	1:18:57	12:42
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67	2	M65	Hugh Hammond, 66, Montezuma, IA	1:22:40	13:18
69	6	W50	Alisa Horn, 52*, Johnston, IA	1:24:12	13:33

\* indicates females

3 finishers among Men Under 20

4 finishers among Men 20 - 24

13 finishers among Men 25 - 29

5 finishers among Men 30 - 34

12 finishers among Men 35 - 39

8 finishers among Men 40 - 44

8 finishers among Men 45 - 49

2 finishers among Men 50 - 54

6 finishers among Men 55 - 59

4 finishers among Men 60 - 64

2 finishers among Men 65 & Up

2 finishers among Women Under 20

3 finishers among Women 20 - 24

12 finishers among Women 25 - 29

17 finishers among Women 30 - 34

13 finishers among Women 35 - 39

4 finishers among Women 40 - 44

4 finishers among Women 45 - 49

6 finishers among Women 50 - 54

7 finishers among Women 55 - 59

1 finishers among Women 60 - 64

67 male finishers

69 female finishers

136 total finishers

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