

Wounded Heros Run 10 km**Camp Dodge, Johnston, IA****Oct. 9, 2010**

63 degrees, sunny

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 M30	Ryan Fye, 32, Clive, IA	35:04	5:38
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
1	1 W30	Allison Rhymer, 35*, Des Moines, IA	39:23	6:20
2	2 M30	Brad Brotherton, 37, polk City, IA	40:39	6:32
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	1 M40	Jeff Feder, 49, Norwalk, IA	44:32	7:10
4	2 M40	Tim Orr, 49, Johnston, IA	44:42	7:12
5	3 M40	Daniel Bergman, 48, Ankeny, IA	45:53	7:23
6	1 M50	Art Reinserton, 57, Slater, IA	46:01	7:24
2	1 W19	Lani Hefel, 25*, Clive, IA	46:32	7:29
7	1 M19	Mirsad Catic, 22, Waterloo, IA	46:51	7:32
3	2 W30	Hogan, 35*	47:41	7:40
4	1 W50	Paula Dierenfeld, 56*, Johnston, IA	48:36	7:49
5	1 W40	Dona Cretors, 40*, Grimes, IA	49:34	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
8	3 M30	Starceviz, 30	49:53	8:02
9	4 M30	Jerry Rexroat, 39, Ankeny, IA	50:14	8:05
10	2 M50	neil olson, 60, boone, IA	50:51	8:11
11	4 M40	Martin Gay, 44, Ankeny, IA	50:53	8:11
12	5 M40	William Gossman, 40, Ankeny, IA	51:48	8:20
6	3 W30	Cindy Carstens, 37*, Panora, IA	51:51	8:21
7	2 W19	Rachel Reis, 29*, Ankeny, IA	53:19	8:35
13	3 M50	Dennis Howard, 56, Des Moines, IA	53:48	8:39
14	6 M40	Patrick Nath, 43, Des Moines, IA	55:23	8:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
8	4 W30	Rebecca Morris, 33*, Ankeny, IA	56:19	9:04
15	5 M30	Grant Waltz, 30, Urbandale, IA	56:59	9:10
16	6 M30	Todd Hughes, 33, Leon, IA	57:03	9:11
9	5 W30	Christie Woodyard, 37*, Altoona, IA	57:11	9:12
10	6 W30	Sherri Murphy, 37*, Clive, IA	57:56	9:19
11	7 W30	Jennifer Daniels, 36*, Des Moines, IA	58:11	9:22
12	8 W30	Sarah Jacobs, 31*, Mt. Pleasant, IA	58:33	9:25
13	2 W40	Caron Osberg, 45*, Urbandale, IA	58:34	9:25
17	7 M30	David Wright, 35, Altoona, IA	58:43	9:27
14	3 W19	Jessica Hansen, 25*, Hudson, IA	58:52	9:28
15	4 W19	Katie Hansen, 19*, Hudson, IA	58:52	9:28
16	3 W40	Monica Blakely, 42*, Granger, IA	1:01:16	9:52
17	5 W19	Kathy Barton, 28*, Ankeny, IA	1:01:17	9:52
18	4 W40	Lisa Dwight, 41*, West Des Moines, IA	1:01:37	9:55

19	9	W30	Melinda Kuennen, 33*, West Des Moines, IA	1:01:53	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
20	10	W30	Meanie Rivas, 34*, Des Moines, IA	1:02:18	10:01
21	11	W30	Tiffanie Snyder, 34*, Des Moines, IA	1:03:41	10:15
22	12	W30	Cindi Allrich, 37*, West Des Moines, IA	1:07:32	10:52
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
18	2	M19	Matthew McVey, 26, West Des Moines, IA	1:11:30	11:30
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
23	5	W40	Mandi Aldrich, 40*, Clive, IA	1:35:25	15:21
* indicates females					
2 finishers among Men 19 - 29					
7 finishers among Men 30 - 39					
6 finishers among Men 40 - 49					
3 finishers among Men 50 & Up					
5 finishers among Women 19 - 29					
12 finishers among Women 30 - 39					
5 finishers among Women 40 - 49					
1 finishers among Women 50 & Up					
18 male finishers					
23 female finishers					
41 total finishers					

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