

Have A Heart 2017 results.htmTEXTpppp(??uf??uf?????)

5th Have A Heart 5 km**Raccoon River Park, West Des Moines, IA****June 25, 2017**

59 degrees, sunny

Results by Michael Franke

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

Last updated June 25, 2017 11:14 AM

| PLACE | CLASS PLACE | FINISHER | TIME |
|-------|-------------|---|-------|
| 1 | 1 M20 | Patrick Davis, 29, Urbandale, IA | 16:56 |
| 2 | 1 M40 | Patrick Riley, 44, Des Moines, IA | 17:00 |
| 3 | 1 JrM | Jon Flaws, 16, Carlisle, IA | 18:29 |
| 4 | 1 M30 | Mark Moore, 31, Clive, IA | 19:11 |
| 1 | 1 W30 | Sara Hendrickson, 30*, Altoona, IA | 19:56 |
| 5 | 2 JrM | Chirstopher Martin, 14, West Des Moines, IA | 20:47 |
| 6 | 2 M30 | John Brees, 36, West Des Moines, IA | 21:00 |
| 7 | 2 M20 | Steven Canizales, 25, Des Moines, IA | 22:41 |
| 8 | 2 M40 | Bill Hunter, 42, Des Moines, IA | 23:37 |
| 9 | 3 JrM | Ian Gredell, 11, West Des Moines, IA | 24:33 |
| 10 | 1 M50 | Dave Yuska, 51, Grimes, IA | 25:04 |
| 2 | 1 W20 | Norma Canizales, 23*, Des Moines, IA | 25:38 |
| 3 | 1 W40 | Nikki Thies, 41*, West Des Moines, IA | 25:58 |
| 4 | 1 JrW | Sofia Manzano, 14*, West Des Moines, IA | 26:22 |
| 5 | 2 W30 | Kristy Volesky, 36*, Polk City, IA | 26:57 |
| 11 | 4 JrM | Zachary Schwarte, 11, West Des Moines, IA | 27:32 |
| 12 | 5 JrM | Jerand Chase, 9, West Des Moines, IA | 27:38 |
| 6 | 1 W50 | Janelle Holmes, 53*, Des Moines, IA | 27:41 |
| 7 | 2 JrW | Kate Kelly, 13*, West Des Moines, IA | 27:54 |
| 13 | 3 M40 | Rocky Sposato, 43, Des Moines, IA | 28:21 |
| 8 | 2 W40 | Kendra Kelly, 45*, West Des Moines, IA | 28:23 |
| 9 | 3 W30 | Shannon Crownover, 39*, Clive, IA | 28:24 |
| 14 | 6 JrM | Andrew Crownover, 10, Clive, IA | 28:25 |
| 15 | 7 JrM | Riley McElroy, 13, West Des Moines, IA | 28:27 |
| 10 | 3 W40 | Danielle Pippert, 45*, Johnston, IA | 28:28 |
| 11 | 3 JrW | Jordyn Loder, 14*, West Des Moines, IA | 28:31 |
| 16 | 4 M40 | Patrick Young, 40, West Des Moines, IA | 28:32 |
| 12 | 4 JrW | Catherine Reggs, 14*, Windsor Heights, IA | 28:34 |
| 17 | 3 M30 | Jeremiah Chase, 37, Des Moines, IA | 28:38 |
| 18 | 2 M50 | Matt Dolan, 50, West Des Moines, IA | 28:42 |
| 13 | 4 W40 | Todd Hoskins, 44*, West Des Moines, IA | 28:49 |
| 19 | 3 M50 | Rod Warren, 53, Clive, IA | 28:51 |
| 20 | 4 M50 | Tim Cook, 56, West Des Moines, IA | 29:27 |
| 14 | 4 W30 | Josie Schrad, 36*, Des Moines, IA | 30:06 |
| 15 | 5 W40 | Michele Loder, 42*, West Des Moines, IA | 30:14 |
| 21 | 5 M40 | Jason Loder, 43, West Des Moines, IA | 30:16 |
| 16 | 6 W40 | Lisa Schwarte, 46*, West Des Moines, IA | 30:26 |
| 17 | 5 W30 | Kelly Petersen, 39*, Norwalk, IA | 30:30 |
| 18 | 2 W20 | Tori Hale, 27*, Ankeny, IA | 30:32 |
| 19 | 3 W20 | Courtney Warren, 22*, Clive, IA | 30:37 |
| 20 | 6 W30 | Sarah Bull, 38*, Norwalk, IA | 31:03 |
| 22 | 6 M40 | Bryce Linkvis, 49, West Des Moines, IA | 31:11 |
| 21 | 5 JrW | Lexi Thies, 14*, West Des Moines, IA | 31:14 |
| 22 | 7 W30 | Christine Olerich, 38*, Norwalk, IA | 32:59 |
| 23 | 8 JrM | Aj Sposato, 9, Des Moines, IA | 33:26 |
| 23 | 8 W30 | Dawn Sposato, 39*, Des Moines, IA | 33:37 |
| 24 | 9 W30 | Shelley Leiser, 31*, Clive, IA | 35:46 |
| 24 | 7 M40 | Jeff Frederick, 47, Des Moines, IA | 35:48 |
| 25 | 6 JrW | Gabriel Thies, 8*, West Des Moines, IA | 37:34 |
| 25 | 8 M40 | Brian Thies, 42, West Des Moines, IA | 37:35 |
| 26 | 7 JrW | Maddie McElroy, 12*, West Des Moines, IA | 38:05 |
| 27 | 8 JrW | Sammy Loder, 12*, West Des Moines, IA | 38:06 |
| 28 | 7 W40 | Deborah Gredell, 45*, West Des Moines, IA | 38:51 |
| 29 | 10 W30 | Elizabeth Wulf, 34*, West Des Moines, IA | 38:52 |
| 26 | 9 JrM | Mason Thies, 11, West Des Moines, IA | 39:08 |
| 30 | 2 W50 | Lisa Scheppmann, 52*, West Des Moines, IA | 39:10 |
| 31 | 1 W60 | Fonda Hall, 65*, West Des Moines, IA | 39:14 |
| 32 | 2 W60 | Diane Clark, 64*, West Des Moines, IA | 39:30 |
| 33 | 9 JrW | Lajren McCoy, 9*, Des Moines, IA | 39:56 |
| 34 | 11 W30 | Amy McCoy, 38*, Des Moines, IA | 40:07 |
| 35 | 12 W30 | Amanda Woods, 37*, Johnston, IA | 41:25 |
| 27 | 4 M30 | Ryan Woods, 38, Johnston, IA | 41:26 |

| | | | |
|----|--------|--|---------|
| 36 | 10 JrW | Caitlin Webb, 12*, Des Moines, IA | 46:16 |
| 37 | 4 W20 | Samantha Banzhaf, 28*, Ankeny, IA | 53:08 |
| 38 | 13 W30 | McKenzie Elmquist, 31*, Ankeny, IA | 53:10 |
| 39 | 14 W30 | Jenna Cline, 31*, Adel, IA | 53:11 |
| 40 | 11 JrW | MacKenna Woods, 8*, Johnston, IA | 55:14 |
| 41 | 12 JrW | Alliison Gonyo, 10*, West Des Moines, IA | 55:16 |
| 42 | 5 W20 | Britney Flaws, 29*, Pleasantville, IA | 55:27 |
| 43 | 3 W50 | Colleen Flaws, 56*, Pleasantville, IA | 55:29 |
| 28 | 5 M30 | Justin Flaws, 33, Des Moines, IA | 55:30 |
| 29 | 5 M50 | Jay Flaws, 58, Carlisle, IA | 55:33 |
| 30 | 6 M30 | Jordan Flaws, 30, Pleasantville, IA | 55:33 |
| 44 | 13 JrW | Sloane Brees, 7*, West Des Moines, IA | 55:34 |
| 31 | 1 M60 | Ernest Brees, 67, Polk City, IA | 57:43 |
| 32 | 2 M60 | Marty McCoy, 62, Toledo, IA | 57:46 |
| 33 | 10 JrM | Adler Brees, 5, West Des Moines, IA | 58:35 |
| 45 | 15 W30 | Annie Brees, 34*, West Des Moines, IA | 58:36 |
| 34 | | #91 | 58:37 |
| 46 | 4 W50 | Gail Yuska, 53*, Council Bluffs, IA | 1:01:06 |
| 47 | 14 JrW | Olivia App, 13*, Sheridan, IA | 1:01:15 |
| 48 | 16 W30 | Brandy App, 39*, Sheridan, IA | 1:01:16 |

* indicates females

1 finishers among Males (no age given)

10 finishers among Men Under 20

2 finishers among Men 20 - 29

6 finishers among Men 30 - 39

8 finishers among Men 40 - 49

5 finishers among Men 50 - 59

2 finishers among Men 60 & Up

14 finishers among Women Under 20

5 finishers among Women 20 - 29

16 finishers among Women 30 - 39

7 finishers among Women 40 - 49

4 finishers among Women 50 - 59

2 finishers among Women 60 & Up

34 male finishers

48 female finishers

82 total finishers

| PLACE | CLASS PLACE | FINISHER | TIME |
|------------------------|-------------|---|-------|
| Open Men | | | |
| 1 | 1 M20 | Patrick Davis, 29, Urbandale, IA | 16:56 |
| 2 | 2 M40 | Patrick Riley, 44, Des Moines, IA | 17:00 |
| 3 | 3 JrM | Jon Flaws, 16, Carlisle, IA | 18:29 |
| 4 | 4 M30 | Mark Moore, 31, Clive, IA | 19:11 |
| Open Women | | | |
| 1 | 1 W30 | Sara Hendrickson, 30, Altoona, IA | 19:56 |
| 2 | 2 W20 | Norma Canizales, 23, Des Moines, IA | 25:38 |
| 3 | 3 W40 | Nikki Thies, 41, West Des Moines, IA | 25:58 |
| 4 | 4 JrW | Sofia Manzano, 14, West Des Moines, IA | 26:22 |
| PLACE | CLASS PLACE | FINISHER | TIME |
| Men Under 20 | | | |
| 3 | 1 | Jon Flaws, 16, Carlisle, IA | 18:29 |
| 5 | 2 | Christopher Martin, 14, West Des Moines, IA | 20:47 |
| 9 | 3 | Ian Gredell, 11, West Des Moines, IA | 24:33 |
| Men 20 - 29 | | | |
| 1 | 1 | Patrick Davis, 29, Urbandale, IA | 16:56 |
| 7 | 2 | Steven Canizales, 25, Des Moines, IA | 22:41 |
| Men 30 - 39 | | | |
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| 6 | 2 | John Brees, 36, West Des Moines, IA | 21:00 |
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| Men 40 - 49 | | | |
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| Men 60 & Up | | | |
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| Women Under 20 | | | |
| 4 | 1 | Sofia Manzano, 14, West Des Moines, IA | 26:22 |
| 7 | 2 | Kate Kelly, 13, West Des Moines, IA | 27:54 |
| 11 | 3 | Jordyn Loder, 14, West Des Moines, IA | 28:31 |
| Women 20 - 29 | | | |
| 2 | 1 | Norma Canizales, 23, Des Moines, IA | 25:38 |
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| Women 30 - 39 | | | |
| 1 | 1 | Sara Hendrickson, 30, Altoona, IA | 19:56 |
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| Women 40 - 49 | | | |
| 3 | 1 | Nikki Thies, 41, West Des Moines, IA | 25:58 |
| 8 | 2 | Kendra Kelly, 45, West Des Moines, IA | 28:23 |
| 10 | 3 | Danielle Pippert, 45, Johnston, IA | 28:28 |
| Women 50 - 59 | | | |
| 6 | 1 | Janelle Holmes, 53, Des Moines, IA | 27:41 |
| 30 | 2 | Lisa Scheppmann, 52, West Des Moines, IA | 39:10 |
| 43 | 3 | Colleen Flaws, 56, Pleasantville, IA | 55:29 |
| Women 60 & Up | | | |
| 31 | 1 | Fonda Hall, 65, West Des Moines, IA | 39:14 |
| 32 | 2 | Diane Clark, 64, West Des Moines, IA | 39:30 |

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