



13th Loop the Lake

Des Moines, Iowa

March 23, 2013

20s and Cold

Results by Cal Murdock

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

PLACE	CLASS PLACE	FINISHER	TIME
1	OpM	Nathan White, 29, West Des Moines, IA	25:39
2	OpM	Marty Dalton, 36, Redfield, IA	26:23
3	OpM	Jacob Kaemmer, 36, Des Moines, IA	26:33
4	1 M30	Julius Rotich, 38, Des Moines, IA	26:47
5	2 M30	Eric Cogdill, 32, Ankeny, IA	27:24
6	3 M30	Timothy Ives, 32, Pleasant Hill, IA	28:21
7	4 M30	Peder Skoog, 33, Waukee, IA	28:23
8	OpW	Laura Sigmund, 23*, Waterloo, IA	28:25
9	5 M30	Jack Johnson, 32, West Des Moines, IA	28:55
10	1 M21	Marshall Phares, 23, West Des Moines, IA	29:06
11	2 M21	Sean Severe, 29, Des Moines, IA	29:23
12	6 M30	Corey Jansen, 31, Ankeny, IA	30:01
13	MM	Doug Bickford, 40, Grimes, IA	30:04
14	7 M30	John Neer, 33, Des Moines, IA	30:51
15	OpW	Flannery Cerbin, 26*, Des Moines, IA	30:52
16	3 M21	Brian Petersen, 28, Ankeny, IA	31:28
17	1 M40	Ti Steenhoek, 45, Pleasant Hill, IA	31:32
18	OpW	Hilary Farver, 27*, Des Moines, IA	31:38
19	8 M30	Aaron Wheelock, 32, Des Moines, IA	31:39
20	4 M21	Gavin White, 27, Clive, IA	31:47
21	9 M30	Ryan Harms, 34, Ankeny, IA	32:09
22	1 W30	Stephanie Mortenson, 31*, Windsor Heights, IA	32:10
23	1 W21	Sara Hendrickson, 26*, Des Moines, IA	32:14
24	2 W30	Dana Flogel, 31*, West Des Moines, IA	32:23
25	1 M50	Paul Grinvalds, 54, West Des Moines, IA	32:24
26	10 M30	Gary Jensen, 34, Adel, IA	32:27
27	MW	Carrie Van Quathem, 40*, Urbandale, IA	32:41
28	5 M21	Mark Moore, 27, Des Moines, IA	32:45
29	11 M30	Steve Houg, 37, West Des Moines, IA	32:48
30	2 M50	Scott Winkel, 54, Des Moines, IA	33:03
31	3 M50	Thomas McBride, 57, Des Moines, IA	33:05
32	6 M21	Matthew Kessler, 23, Ames, IA	33:10

33	7	M21	Eric Peterson, 27, Des Moines, IA	33:27
34	12	M30	Justin Hyde, 35, Des Moines, IA	33:36
35	2	M40	David Larson, 41, West Des Moines, IA	33:42
36	4	M50	Scott Boever, 52, Urbandale, IA	34:05
37	3	M40	Matthew Morgan, 42, Ankeny, IA	34:16
38	13	M30	Michael Hotze, 31, Council Bluffs, IA	34:21
39	4	M40	Joe DuPre, 49, Pella, IA	34:26
40	14	M30	Scott Heisler, 37, West Des Moines, IA	34:54
41	1	M60	Curt Hoegh, 61, Clive, IA	35:07
42	5	M40	Darvish Shadravan, 44, Ankeny, IA	35:12
43	6	M40	Scott Meyer, 48, Pella, IA	35:15
44	15	M30	Andrew Salgado, 30, Des Moines, IA	35:19
45	8	M21	Dilon Flanders, 24, Des Moines, IA	35:21
46	7	M40	Ben Lounsbury, 48, West Des Moines, IA	35:23
47	3	W30	Rachel Hoger, 38*, Johnston, IA	35:28
48	4	W30	Alana Stamas, 31*, Des Moines, IA	35:39
49	9	M21	John Anderson, 29, Cedar Falls, IA	36:03
50	5	W30	Erin Jansen, 32*, Ankeny, IA	36:05
51	5	M50	Loyed Hedges, 53, Des Moines, IA	36:21
52	16	M30	Mitch Prashak, 32, Ankeny, IA	36:37
53	8	M40	Scott Greenwood, 45, Des Moines, IA	36:40
54	6	M50	Jeffery Feder, 52, Norwalk, IA	36:45
55	2	W21	Lacey Mitchell, 24*, Indianola, IA	36:46
56	1	W50	Jullia Martinusen, 54*, Des Moines, IA	37:04
57	2	M60	Joe Blunk, 61, Ames, IA	37:07
58	6	W30	Tracy Daugherty, 32*, Ankeny, IA	37:08
59	17	M30	Brent Allen, 32, Johnston, IA	37:29
60	3	M60	David Miller, 61, Urbandale, IA	37:31
61	18	M30	Clint Cummings, 31, Carroll, IA	37:34
62	9	M40	Craig Walter, 46, Ames, IA	37:42
63	10	M40	Jeff Andersen, 45, Grimes, IA	37:48
64	11	M40	Mark Hanrahan, 43	37:52
65	4	M60	Chuck Clark, 62, Carroll, IA	37:54
66	19	M30	Nate Boulton, 32, Des Moines, IA	38:02
67	1	W60	Nancy Hoegh, 60*, Clive, IA	38:13
68	20	M30	Jason Lamping, 36, Johnston, IA	38:16
69	7	W30	Kelly Brown, 32*, Ackworth, IA	38:17
70	7	M50	Steven Wandro, 55, Des Moines, IA	38:23
71	3	W21	Amanda Green, 25*, Des Moines, IA	38:25
72	21	M30	Jason Collins, 30, Des Moines, IA	38:25
73	4	W21	Jamilee Noble, 28*, Johnston, IA	38:26
74	5	M60	Al Hildestad, 62, Des Moines, IA	38:33
75	1	JrW	Cassidy Gornick, 17*, Norwalk, IA	38:38
76	8	W30	Robin Greenlee, 32*, Ames, IA	38:49
77	12	M40	Matt Campbell, 42, Clive, IA	38:53
78	9	W30	Stacia Weber, 33*, Ankeny, IA	39:04
79	6	M60	John Schneller, 69, West Des Moines, IA	39:05
80	13	M40	Jeffrey Harty, 44, West Des Moines, IA	39:26
81	7	M60	Randall Wilson, 63, Des Moines, IA	39:28
82	8	M50	Glen Dippold, 50, Clive, IA	39:29
83	14	M40	Tony Guerra, 40, Ankeny, IA	39:29
84	2	W50	Cindy DePrenger, 52*, Otley, IA	39:30
85	10	W30	Sarah Maxwell, 36*, Des Moines, IA	39:32
86	11	W30	Cheryl Dralle, 35*, Des Moines, IA	39:38
87	12	W30	Susanne Kennedy, 36*, Des Moines, IA	39:40
88	2	JrW	Sarah Larson, 20*, West Des Moines, IA	39:41
89	22	M30	Ross Jensen, 38, Johnston, IA	39:43
90	15	M40	Kevin Sporer, 42, Ankeny, IA	39:59
91	16	M40	Michael Ream, 42, Des Moines, IA	40:04
92	23	M30	Jamin Morgan, 33, Des Moines, IA	40:05
93	1	W40	Kimberly Stewart, 44*, Des Moines, IA	40:14
94	13	W30	Monica Atherton, 31*, Waukee, IA	40:20
95	24	M30	Chad Ross, 39, Des Moines, IA	40:28
96	25	M30	Bretn Marnin, 36, West Des Moines, IA	40:29
97	14	W30	Shelby Cork, 37*, Winterset, IA	40:30

98	9 M50	Steve Lensing, 54, Spencer, IA	40:33
99	10 M21	Benjamin Stambler, 23, West Des Moines, IA	40:40
100	2 W40	Mary Smith, 42*, Des Moines, IA	40:41
101	15 W30	Sue Honkamp, 38*, Des Moines, IA	40:41
102	17 M40	Blair Smith, 42, Des Moines, IA	40:42
103	18 M40	Dan Gornick, 48, Norwalk, IA	40:46
104	10 M50	Gary Fotiu, 56, Earlham, IA	40:53
105	11 M50	David McClung, 57, Des Moines, IA	40:59
106	16 W30	Stacy Cornell, 37*, Indianola, IA	41:10
107	12 M50	Randy Westman, 53, Chariton, IA	41:12
108	3 W50	Nancy Willert, 56*, Nevada, IA	41:23
109	4 W50	Kristi Gwinn, 52*, Des Moines, IA	41:31
110	1 M70	Jim Mathews, 72, Baxter, IA	41:35
111	26 M30	Matt Yetmar, 30, Des Moines, IA	41:38
112	19 M40	Eric Camper, 41, Des Moines, IA	41:41
113	17 W30	Janet Tan, 36*, West Des Moines, IA	41:47
114	27 M30	Jarrood Sheets, 32, Winterset, IA	41:51
115	28 M30	Lee Freeman, 36, Creston, IA	41:54
116	29 M30	Tj McGee, 31, Urbandale, IA	42:08
117	30 M30	Ryan Robbins, 33, Stillwater, OK	42:11
118	18 W30	Ambria Luettjohann, 30*, Urbandale, IA	42:21
119	20 M40	Patrick Rogers, 44, West Des Moines, IA	42:22
120	5 W21	Laura Dillavou, 29*, Grimes, IA	42:22
121	3 W40	Jean Dingeman, 49*, Pella, IA	42:27
122	4 W40	Annika Cornelisse, 41*, Des Moines, IA	42:29
123	6 W21	Nicole Winebrenner, 29*, Des Moines, IA	42:29
124	19 W30	Michelle Vincent, 39*, Slater, IA	42:31
125	13 M50	Michael Boyle, 52, Ankeny, IA	42:32
126	11 M21	Brian Rehm, 27, Des Moines, IA	42:33
127	5 W40	Jodi Runge, 47*, Des Moines, IA	42:37
128	20 W30	Callie Heisler, 31*, West Des Moines, IA	42:37
129	7 W21	Ashley Cox, 29*, West Des Moines, IA	42:38
130	21 M40	Kraig Daugherty, 44, Indianola, IA	42:39
131	14 M50	Patrick Weepie, 52, Altoona, IA	42:50
132	12 M21	Jeffrey Tuttle, 26, Des Moines, IA	42:51
133	6 W40	Sally Weepie, 49*, Altoona, IA	42:55
134	3 JrW	Peyton McClure, 12*, Johnston, IA	42:57
135	22 M40	James Arthur, 48, Des Moines, IA	43:00
136	31 M30	Jon Heim, 32, Carroll, IA	43:03
137	23 M40	Scott Dean, 49, Des Moines, IA	43:06
138	8 M60	Philip Hodges, 65, Ames, IA	43:07
139	13 M21	Nathan Paul, 29, Altoona, IA	43:12
140	7 W40	Theresa McClure, 45*, Johnston, IA	43:14
141	32 M30	Dan Caropreso, 37, West Des Moines, IA	43:30
142	8 W21	Chelsea Bachman, 28*, Omaha, NE	43:33
143	14 M21	Cory Bachman, 28, Omaha, NE	43:34
144	24 M40	David Phillips, 45, Des Moines, IA	43:36
145	33 M30	Nathan Olson, 31, Des Moines, IA	43:36
146	8 W40	Tami Draper, 42*, Des Moines, IA	43:40
147	34 M30	Joel Goetsch, 30, West Des Moines, IA	43:47
148	25 M40	Chris Schmidt, 40, Ankeny, IA	43:56
149	9 W21	Jessica Tuttle, 26*, Des Moines, IA	44:02
150	21 W30	Jen Paullin, 36*, Des Moines, IA	44:14
151	26 M40	Ernest Strate, 41, Clive, IA	44:23
152	35 M30	Michael Riggs, 33, West Des Moines, IA	44:31
153	9 W40	Tammy Jones, 42*, Ankeny, IA	45:03
154	27 M40	John Goedken, 44, Des Moines, IA	45:06
155	22 W30	Heather Hunter, 37*, Ankeny, IA	45:13
156	1 JrM	Nolan Larson, 14, West Des Moines, IA	45:23
157	2 W60	Maggie Haaland, 61*, Ames, IA	45:24
158	36 M30	Jeff Simbric, 38, Waukee, IA	45:25
159	23 W30	Gentry Smith, 36*, Des Moines, IA	45:31
160	10 W21	Vu Vo, 29*, Ankeny, IA	45:36
161	11 W21	Angela Foster, 29*, Ankeny, IA	45:39
162	12 W21	Mollie Lundstrom, 27*, Ankeny, IA	45:40

163	10 W40	Wendy Bryant, 43*, Clive, IA	45:46
164	9 M60	Mark McGrath, 64, Des Moines, IA	45:49
165	28 M40	Gilberto Sosa, 48, Granger, IA	46:02
166	13 W21	Angela Johnson, 22*, Johnston, IA	46:06
167	24 W30	Jessica Durand, 31*, Des Moines, IA	46:15
168	25 W30	Linnsey Huisman, 30*, Waterloo, IA	46:18
169	14 W21	Sivan Ben-David, 21*, West Des Moines, IA	46:24
170	15 W21	Elena Davis, 21*, West Des Moines, IA	46:27
171	4 JrW	Audrey Vacek, 13*, Ankeny, IA	46:28
172	26 W30	Jill Austin, 33*, Ankeny, IA	46:28
173	37 M30	Jeff Austin, 34, Ankeny, IA	46:29
174	27 W30	Angel Shawda, 35*, Urbandale, IA	46:30
175	10 M60	Buzz Hoffman, 65, West Des Moines, IA	46:35
176	5 W50	Paula Dierenfeld, 58*, Johnston, IA	46:45
177	16 W21	Malinda Shultice, 21*, Altoona, IA	46:52
178	17 W21	Rebecca Walsh, 29*, Des Moines, IA	46:54
179	5 JrW	Molly Flood, 13*, Des Moines, IA	47:10
180	6 W50	Ann Hegstrom, 57*, De Soto, IA	47:13
181	38 M30	Scott Coen, 36, Creston, IA	47:16
182	3 M60	Alida Droppert, 64*, 812 University, P, Ia	47:23
183	15 M50	Marty Kalton, 54, Urbandale, IA	47:28
184	29 M40	Matthew Gruis, 48, Des Moines, IA	47:29
185	28 W30	Kim Coen, 38*, Creston, IA	47:37
186	30 M40	Tony Mueller, 40, Boone, IA	47:39
187	15 M21	Dylan Sires, 27, Waterloo, IA	47:41
188	29 W30	Tricia Watts, 39*, Clive, IA	47:52
189	11 W40	Katherine Harrington, 49*, West Des Moines, IA	48:10
190	30 W30	April Aliaga, 34*, Ankeny, IA	48:11
191	18 W21	Angela Padilla, 26*, Ankeny, IA	48:23
192	39 M30	Bill Kuehler, 37, Des Moines, IA	48:25
193	12 W40	Tammy Calhoun, 42*, West Des Moines, IA	48:27
194	13 W40	Denna Mitchell, 48*, Greenfield, IA	48:36
195	7 W50	Gwen Johnston, 50*, Greenfield, IA	48:41
196	40 M30	Jason Pulliam, 36, Des Moines, IA	48:43
197	31 M40	Mike Murphy, 47, Des Moines, IA	48:53
198	6 JrW	Claire Larson, 18*, West Des Moines, IA	48:54
199	14 W40	Kathy Larson, 49*, West Des Moines, IA	48:55
200	32 M40	William Ross, 42, Des Moines, IA	49:01
201	15 W40	Tammie Passet, 47*, Mt Pleasant, IA	49:21
202	41 M30	Khone Keoouthai, 39, Des Moines, IA	49:50
203	42 M30	Scott Stegg, 33, Ankeny, IA	49:51
204	31 W30	Dawn Gries, 32*, Des Moines, IA	50:15
205	19 W21	Shelene Billups, 29*, Altoona, IA	50:51
206	32 W30	Kara Lindsey, 37*, Pleasant Hill, IA	50:51
207	43 M30	Ethan Torres, 35, Ankeny, IA	51:02
208	20 W21	Gail Rotich, 29*, West Des Moines, IA	51:04
209	33 W30	Cindy Gerjets, 35*, Ankeny, IA	51:17
210	34 W30	Kirsten Garland, 32*, Waukee, IA	51:19
211	44 M30	Zack Sammler, 30, Waukee, IA	51:23
212	16 W40	Tara Murphy, 47*, Des Moines, IA	51:29
213	16 M50	David Nylén, 55, West Des Moines, IA	51:37
214	45 M30	Brant Sharp, 34, Des Moines, IA	51:55
215	35 W30	Cari Cunningham, 33*, Urbandale, IA	52:03
216	36 W30	Heidi Sharp, 33*, Des Moines, IA	52:11
217	33 M40	Shawn Bown, 46, Des Moines, IA	52:19
218	37 W30	Genea Sporer, 34*, Ankeny, IA	52:31
219	4 W60	Caryn Westman, 61*, Chariton, IA	52:43
220	21 W21	Chrystal Bower, 29*, Urbandale, IA	52:57
221	38 W30	Jessica Kaemmer, 31*, Des Moines, IA	53:48
222	8 W50	Nancy Betz, 54*, Grimes, IA	53:51
223	9 W50	Deb Baker, 52*, Urbandale, IA	53:51
224	17 M50	Phil Johnson, 59, Hampton, IA	53:56
225	39 W30	Lesley Beerends, 38*, Des Moines, IA	53:57
226	40 W30	Jennifer Bohac, 35*, Des Moines, IA	53:58

227	17	W40	Jody Kiehne, 46*, Urbandale, IA	54:11
228	18	W40	Julie Schwalbe, 47*, Urbandale, IA	54:12
229	10	W50	Cindy Baddeloo, 51*, Clive, IA	54:16
230	19	W40	Sue Olson, 44*, Ankeny, IA	54:19
231	41	W30	Melissa Criswell, 35*, Saint Charles, IA	54:19
232	42	W30	Juliana Tunney, 30*, Des Moines, IA	54:24
233	11	W50	Janet Powell, 50*, Des Moines, IA	54:50
234	20	W40	Teresa Strauss, 42*, Waukee, IA	54:51
235	22	W21	Ashley McElderry, 28*, Des Moines, IA	55:08
236	43	W30	Dia Gross, 38*, Des Moines, IA	55:16
237	44	W30	Sarah Frost, 36*, Stuart, IA	55:16
238	45	W30	Melissa Knutson, 32*, Johnston, IA	55:19
239	12	W50	Tammi Green, 53*, Clive, IA	55:25
240	21	W40	Jennifer Topic, 46*, West Des Moines, IA	56:50
241	23	W21	Shelby Paisley, 27*, Urbandale, IA	57:06
242	16	M21	Joshua Bertocki, 29, Des Moines, IA	57:19
243	22	W40	Lisa Shawler, 46*, Creston, IA	57:43
244	11	M60	George Karr, 63, Iowa City, IA	57:45
245	46	W30	Melissa Mintle, 37*, Grinnell, IA	58:35
246	47	W30	Shila Love-Torres, 30*, Ankeny, IA	58:37
247	7	JrW	Annie Flood, 10*, Des Moines, IA	1:00:44
248	23	W40	Ann Flood, 49*, Des Moines, IA	1:00:59
249	24	W40	Cathy Jordan, 43*, Des Moines, IA	1:01:25
250	46	M30	Stephen McCoy, 36, Altoona, IA	1:01:48
251	48	W30	Nicole Zimmerman, 35*, Ankeny, IA	1:02:34
252	34	M40	Ron Zimmerman, 40, Ankeny, IA	1:02:34
253	12	M60	Ed Siems, 65, Marshalltown, IA	1:02:44
254	13	W50	Vicki E Minor, 54*, Winterset, IA	1:03:35
255	47	M30	David Newton, 33, Des Moines, IA	1:05:35
256	2	M70	Hummer Brown, 73, Des Moines, IA	1:14:10

* indicates females

8 finishers among Males (no age given)

1 finishers among Men Under 21

16 finishers among Men 21 - 29

47 finishers among Men 30 - 39

34 finishers among Men 40 - 49

17 finishers among Men 50 - 59

12 finishers among Men 60 - 69

2 finishers among Men 70 & Up

7 finishers among Women Under 21

23 finishers among Women 21 - 29

48 finishers among Women 30 - 39

24 finishers among Women 40 - 49

13 finishers among Women 50 - 59

4 finishers among Women 60 - 69

137 male finishers

119 female finishers

256 total finishers

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