

14th Loop the Lake - 8 Kilometer (4.97 miles)

Des Moines, Iowa

April 12, 2014

60s and Cloudy

Results by Cal Murdock

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	FINISHER	TIME	PACE
PLACE	PLACE			
1	1 M35	Vic Morales, 39, Johnston, IA	28:33	5:45
2	1 M30	Timothy Ives, 33, Pleasant Hill, IA	29:26	5:55
3	1 M40	Jack Gladney, 41, Des Moines, IA	29:28	5:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
4	1 W25	Traci Kresser, 28*, Clive, IA	30:17	6:05
5	2 M30	Aaron Wheelock, 33, Des Moines, IA	30:27	6:07
6	3 M30	Darin Schuknecht, 32, Pella, IA	30:31	6:08
7	2 M35	Matthew Wilson, 39, Clive, IA	31:10	6:16
8	4 M30	Scott Johnson, 31, Ames, IA	31:41	6:22
9	3 M35	Ryan Harms, 35, Ankeny, IA	32:07	6:28
10	1 M25	Zewude Kia, 27, Des Moines, Iowa	32:41	6:35
11	1 W30	Stephanie Mortenson, 32*, Windsor Heights, IA	32:43	6:35
12	4 M35	Larry Hunt, 39, Ankeny, IA	32:53	6:37
13	2 M25	Mark Moore, 28, Des Moines, IA	33:14	6:41
14	1 M45	Ben Lounsbury, 49, W. Desmoines, IA	33:23	6:43
15	5 M35	Steve Houg, 39, Urbandale, IA	33:38	6:46
16	2 M45	William Iverson, 46, Iowa City, IA	33:45	6:47
17	1 W40	Carrie Van Quathem, 42*, Urbandale, IA	33:52	6:49
18	2 M40	David Steward, 44, Earlham, IA	34:02	6:51
19	1 M60	Willie Lahart, 60, Newton, IA	34:07	6:52
20	3 M45	Scott Meyer, 49, Pella, IA	34:25	6:55
21	3 M40	Tony Morrison, 43, Newton, IA	34:31	6:57
22	1 M55	Tom McBride, 58, Des Moines, IA	34:38	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
23	1 M20	Anthony Kasprzyk, 23, Southgate, MI	35:21	7:07
24	6 M35	Mark Wisham, 37, Johnston, IA	35:25	7:07
25	2 W40	Erin Bailey, 40*, Des Moines, IA	35:51	7:13
26	4 M40	Scot Nash, 42, Des Moines, IA	36:08	7:16
27	3 M25	Alexander Picard, 26, Ankeny, IA	36:20	7:19
28	4 M45	Lee Hill, 45, Des Moines, IA	36:24	7:19
29	2 W30	Jodi Berman, 32*, Ankeny, IA	36:29	7:20
30	5 M45	Kenneth Karl Overton, 46, Des Moines, IA	36:58	7:26
31	6 M45	Brian Benjamin, 49, Perry, IA	37:00	7:26
32	7 M45	Doug Staudt, 45, Urbandale, IA	37:01	7:27
33	7 M35	Jason Lamping, 37, Johnston, IA	37:19	7:30
34	1 W35	Sara Schwendinger, 37*, Des Moines, IA	37:24	7:31
35	3 W30	Jennifer Sprung, 31*, Perry, IA	37:42	7:35
36	2 W35	Carrie Rausch, 35*, Des Moines, IA	37:43	7:35
37	8 M35	Matthew Squires, 38, Grimes, IA	37:49	7:36
38	4 W30	Trisha Joseph, 34*, West Des Moines, IA	38:01	7:39
39	9 M35	Adam Politzer, 39, Waukee, IA	38:03	7:39
40	10 M35	Adam Van Dike, 39, West Des Moines, IA	38:22	7:43

41	5	W30	Jamie Johnson, 34*, West Des Moines, IA	38:29	7:44
42	2	M60	Roger Heinle, 64, Whiting, IA	38:54	7:50
43	5	M40	Michael Diamondstein, 44, Bala Cynwyd, PA	39:20	7:55
44	8	M45	Dale Christians, 48, Urbandale, IA	39:26	7:56
45	3	M60	Al Hildestad, 64, Des Moines, IA	39:35	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

46	6	W30	Stacia Weber, 34*, Ankeny, IA	39:50	8:01
47	6	M40	Gemechisa Mosa, 40, Grimes, IA	39:58	8:02
48	9	M45	Anthony Penniman, 47, West Des Moines, IA	39:59	8:03
49	2	W25	Samantha Kruse, 27*, Redfield, IA	40:00	8:03
50	7	M40	Mark Hanrahan, 44, Urbandale, IA	40:10	8:05
51	10	M45	Scott Bandy, 49, Indianola, IA	40:24	8:08
52	3	W40	Debbie Hunt, 40*, Ankeny, IA	40:32	8:09
53	11	M45	Mark Overton, 49, Des Moines, IA	40:39	8:11
54	3	W35	Cheryl Dralle, 36*, Urbandale, IA	40:40	8:11
55	1	W45	Laura Belin, 45*, Windsor Heights, IA	41:13	8:18
56	1	M70	John Schneller, 70, West Des Moines, IA	41:24	8:20
57	1	M55	Tricia McClain, 57*, Altoona, IA	41:28	8:21
58	4	M25	Kyle McClain, 25, Altoona, IA	41:29	8:21
59	11	M35	David Schwendinger, 39, Des Moines, IA	41:33	8:22
60	3	W25	Leslie Keilig, 29*, Moravia, IA	41:40	8:23
61	8	M40	Jamie Spores, 41, Urbandale, IA	41:53	8:25
62	1	M50	Travis Kneale, 50, Des Moines, IA	41:57	8:26
63	1	W50	Bobbi Snodgrass, 51*, Indianola, IA	42:02	8:27
64	1	JrM	Eli Steffensen, 13, Des Moines, IA	42:06	8:28
65	9	M40	Scott Sundstrom, 41, Des Moines, IA	42:15	8:30
66	4	M60	John Doherty, 60, West Des Moines, IA	42:19	8:31
67	4	W35	Meghan Schumacker, 39*, Marshalltown, IA	42:21	8:31
68	5	W35	Nang Henderson, 39*, West Des Moines, IA	42:44	8:36
69	1	M60	Maggie Hualand, 62*, Ames, IA	42:49	8:37
70	7	W30	Allison Kohlhaas, 31*, Clive, IA	42:54	8:38
71	10	M40	Jonathan Montpas, 40, Des Moines, IA	42:58	8:39
72	12	M35	Jamie Meis, 39, Des Moines, IA	43:10	8:41
73	1	W20	Courtney Van Wyk, 24*, Newton, IA	43:13	8:42
74	6	W35	Maricruz Mata, 35*, Des Moines, IA	43:32	8:46
75	2	M55	John Vujnovich, 59, Des Moines, IA	43:37	8:46
76	5	M60	Russ Nay, 60, Runnells, IA	43:40	8:47
77	2	W45	Holly Hanson, 45*, Des Moines, IA	43:55	8:50
78	7	W35	Katie Iverson, 39*, Iowa City, IA	44:07	8:53
79	8	W30	Ashley Edwards, 30*, West Des Moines, IA	44:13	8:54
80	4	W40	Tammy Calhoun, 43*, West Des Moines, IA	44:27	8:56
81	12	M45	Larry Smith, 46, Ankeny, IA	44:33	8:58
82	13	M45	Patrick Hammen, 49, Waukee, IA	44:33	8:58
83	8	W35	Tina Nourse, 39*, Dexter, IA	44:35	8:58
84	2	W20	Courtney Holubar, 24*, Windsor Heights, IA	44:41	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

85	3	M55	Kirk Tibbetts, 58, Urbandale, IA	44:50	9:01
86	9	W30	Kelsey Nugent, 31*, Urbandale, IA	44:54	9:02
87	5	W40	Melinda Nye, 40*, Ankeny, IA	44:55	9:02
88	9	W35	Jill Frederick, 35*, Waukee, IA	44:57	9:03
89	10	W30	Lisa Kinzebach, 32*, Waterloo, IA	44:58	9:03
90	6	W40	Amy Zubke, 43*, Dike, IA	44:58	9:03
91	11	W30	Jessica Durand, 32*, Des Moines, IA	45:04	9:04
92	7	W40	Cassie VanArkel, 40*, Urbandale, IA	45:08	9:05
93	13	M35	Danny Cox, 35, Urbandale, IA	45:24	9:08
94	3	W45	K'Ann Brandt, 46*, Ankeny, IA	45:45	9:12
95	2	W50	Ruth Comer, 52*, Chariton, IA	45:55	9:14
96	11	M40	Phillip Stover, 43, Urbandale, IA	45:57	9:15
97	12	W30	Amanda Stover, 32*, Urbandale, IA	45:58	9:15
98	6	M60	Mike Carlson, 62, Winterset, IA	45:59	9:15
99	13	W30	Jennifer Meyer, 30*, Des Moines, IA	46:03	9:16
100	5	M30	Patrick McClain, 31, Pleasant Hill, IA	46:04	9:16
101	4	W45	Amy Fuller-Belding, 47*, Pella, IA	46:16	9:19

102	6	M30	Nate Price, 31, West Des Moines, IA	46:23	9:20
103	1	M65	Robert Sobiech, 67, Des Moines, IA	46:23	9:20
104	14	M45	Zeph Gruis, 49, Des Moines, IA	46:37	9:23
105	5	W45	Beth Adams, 48*, Indianola, IA	46:57	9:27
106	4	W25	Kristen Rude, 29*, Indianola, IA	46:57	9:27
107	14	M35	Lou Ebinger, 38, West Des Moines, IA	47:00	9:27
108	14	W30	Tracy Warren, 32*, Ankeny, IA	47:09	9:29
109	15	W30	Danielle Kelloway, 30*, Grimes, IA	47:09	9:29
110	10	W35	Stacey Agnew, 35*, Des Moines, IA	47:13	9:30
111	3	W50	Laurin Canfield, 50*, Des Moines, IA	47:22	9:32
112	16	W30	Krissy Daniel, 30*, Ankeny, IA	47:24	9:32
113	7	M30	Chad Daniel, 30, Ankeny, IA	47:25	9:32
114	2	W55	Julia Batten, 58*, Carlisle, IA	47:32	9:34
115	8	W40	Christy Gooding, 43*, Urbandale, IA	47:34	9:34
116	4	M55	Marty Kalton, 55, Urbandale, IA	47:36	9:34
117	4	W50	Karen Mroz, 54*, Marshalltown, IA	47:37	9:35
118	3	W55	Paula Dierenfeld, 59*, Johnston, IA	47:38	9:35
119	5	M55	Dennis McNerny, 56, Pleasantville, IA	47:39	9:35
120	2	M65	Richard Newkirk, 65, Ankeny, IA	48:05	9:40
121	6	W45	Kim Christofferson, 45*, Ankeny, IA	48:10	9:41
122	5	W50	Gwen Johnston, 52*, Greenfield, IA	48:12	9:42
123	17	W30	Aimee Kittell, 32*, Urbandale, IA	48:13	9:42
124	15	M45	Robert Smith, 45, Des Moines, IA	48:19	9:43
125	18	W30	Jeni Pulliam, 33*, Des Moines, IA	48:21	9:44
126	12	M40	William Ross, 43, Des Moines, IA	48:29	9:45
127	9	W40	Katie Glatt, 40*, Ankeny, IA	48:36	9:47
128	8	M30	Wes Wilson, 34, Clive, IA	48:44	9:48
129	10	W40	Amy Wagler, 42*, Clear Lake, IA	49:01	9:52
130	11	W35	Amber Maas, 37*, Stuart, IA	49:02	9:52
131	5	W25	Lindsey Suchomel, 29*, West Des Moines, IA	49:05	9:52
132	9	M30	Benjamin VanVleet, 32, Pleasant Hill, IA	49:07	9:53
133	6	W25	Alisha Parmerlee, 28*, Clive, IA	49:14	9:54
134	3	W20	Katie Streif, 24*, Pella, IA	49:22	9:56
135	11	W40	Amy Jo Manning, 41*, Waukee, IA	49:25	9:56
136	7	W25	Sarah Carraher, 25*, Ames, IA	49:26	9:57
137	19	W30	Kimberly Blythe, 34*, West Des Moines, IA	49:33	9:58
138	20	W30	Cari Cunningham, 34*, Urbandale, IA	49:34	9:58
139	21	W30	Stephanie Filer, 31*, Des Moines, IA	49:37	9:59
140	15	M35	Eli Stover, 35, Osceola, IA	49:38	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
141	6	M55	Larry Castillo, 59, Winterset, IA	49:43	10:00
142	12	W35	Courtney Johnson, 37*, Stuart, IA	49:46	10:01
143	12	W40	Cheryl Marks, 43*, Stuart, IA	49:46	10:01
144	10	M30	Joshua Bertocki, 30, Des Moines, IA	49:48	10:01
145	6	W50	Christine Brandenburg, 50*, Urbandale, IA	49:54	10:02
146	13	M40	Sam Rupp, 41, Johnston, IA	49:55	10:03
147	13	W35	Andrea Stone, 35*, Clive, IA	49:57	10:03
148	8	W25	Sarah Clausen, 29*, Des Moines, IA	50:30	10:09
149	16	M35	Ryan Clausen, 35, Des Moines, IA	50:30	10:10
150	14	W35	Kristeena Preston, 35*, Huxley, IA	50:51	10:14
151	15	W35	Susan Lyons, 36*, Pella, IA	50:57	10:15
152	17	M35	Tim Mayfield, 36, West Des Moines, IA	51:03	10:16
153	9	W25	Lauren Rawson, 28*, Des Moines, IA	51:14	10:18
154	10	W25	Nicole Lindsey, 25*, Des Moines, IA	51:14	10:19
155	13	W40	Eva Moritz, 42*, Ankeny, IA	51:15	10:19
156	22	W30	Courtney Bach, 31*, Clive, IA	51:30	10:22
157	4	W55	Jennifer Nekvinda, 56*, Fort Dodge, IA	51:53	10:26
158	16	W35	Beth Ziegmann, 37*, West Des Moines, IA	52:02	10:28
159	2	M50	Scott Dean, 50, Des Moines, IA	52:05	10:29
160	7	W45	Denna Mitchell, 49*, Greenfield, IA	52:06	10:29
161	17	W35	Angela Brown, 35*, Clive, IA	52:13	10:30
162	23	W30	Kelsey Ermels, 30*, Urbandale, IA	52:13	10:30
163	11	W25	Alexis Poduska, 28*, Johnston, IA	52:17	10:31
164	18	W35	Alison Newhouse, 35*, Johnston, IA	52:27	10:33

165	19	W35	Sarah Davis, 36*, Norwalk, IA	52:41	10:36
166	16	M45	Carl Otto, 46, Oskaloosa, IA	52:50	10:38
167	20	W35	Billi Hughes, 37*, Urbandale, IA	52:59	10:40
168	11	M30	Tyler Eason, 31, Ames, IA	53:00	10:40
169	24	W30	Amanda Freel, 30*, Ankeny, IA	53:09	10:42
170	25	W30	Ruth Ann Jackson, 33*, Des Moines, IA	53:14	10:43
171	21	W35	Heather Hunter, 38*, Ankeny, IA	53:20	10:44
172	8	W45	Aimee Carlson, 48*, Bouton, IA	53:31	10:46
173	14	W40	Tracey Stelpflug, 43*, Urbandale, IA	53:35	10:47
174	4	W20	Kylie Sebert, 24*, Spirit Lake, IA	53:42	10:48
175	7	M55	Mark Hansing, 57, Urbandale, IA	53:43	10:48
176	5	M25	Catlin Curry, 29, West Des Moines, IA	53:46	10:49
177	9	W45	Maggie Thompson, 48*, Perry, IA	53:51	10:50
178	15	W40	Teresa Strauss, 43*, Waukee, IA	53:52	10:50
179	10	W45	Dee Dee Janssen, 45*, Ankeny, IA	53:55	10:51
180	3	M50	Michael Boyle, 53, Ankeny, IA	53:56	10:51
181	7	W50	Teri Lohr, 52*, Des Moines, IA	54:04	10:53
182	8	W50	Carla Schimelfenig, 53*, Nevada, IA	54:24	10:57
183	9	W50	Andrea Torry, 52*, Urbandale, IA	54:29	10:58
184	11	W45	Melissa Tierney, 46*, Altoona, IA	54:34	10:59
185	12	W45	Elizabeth Dawley, 48*, Des Moines, IA	54:37	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

186	1	M75	Frank Amos, 80, Ames, IA	54:49	11:02
187	6	M25	Frank Jensen, 29, Grimes, IA	54:52	11:02
188	12	W25	Rachael Baethke, 28*, Ankeny, IA	54:59	11:04
189	16	W40	Shannon Kyle, 44*, Saint Charles, IA	55:14	11:07
190	26	W30	Amy Dotson, 34*, Grimes, IA	55:21	11:08
191	13	W25	Allard Jobson, 26*, Monticello, IA	55:26	11:09
192	5	W20	Megan Hauswirth, 23*, Iowa City, IA	55:27	11:09
193	22	W35	Rachel Flint, 37*, Johnston, IA	55:53	11:15
194	2	W60	Jackie Kilby, 62*, Pella, IA	56:01	11:16
195	12	M30	Ethan Manning, 33, North Liberty, IA	56:06	11:17
196	27	W30	Sarah Long, 30*, Des Moines, IA	56:09	11:18
197	17	W40	Tamara Van Dee, 42*, Ankeny, IA	56:15	11:19
198	28	W30	Karen Wiese, 33*, Ankeny, IA	56:53	11:27
199	18	W40	Cristi Flynn, 42*, Urbandale, IA	57:05	11:29
200	14	W25	Alison Manning, 29*, North Liberty, IA	57:14	11:31
201	19	W40	Jodi Jones, 40*, West Des Moines, IA	57:22	11:32
202	15	W25	Heidi Young, 26*, Des Moines, IA	58:18	11:44
203	13	W45	Renae Johanningmeier, 46*, West Des Moines, IA	58:24	11:45
204	23	W35	Lesley Beerends, 39*, Des Moines, IA	58:45	11:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

205	2	M20	Grant Houser, 20, Des Moines, IA	59:37	12:00
206	10	W50	Leesa Shoemaker, 50*, Polk City, IA	59:43	12:01
207	24	W35	Vanessa Squires, 36*, Grimes, IA	1:00:00	12:04
208	20	W40	Rachel Henry, 44*, Pleasant Hill, IA	1:00:38	12:12
209	25	W35	Missy Mintle, 39*, Grinnell, IA	1:01:18	12:20
210	16	W25	Caitlin Brown, 28*, Des Moines, IA	1:01:28	12:22
211	18	M35	Brandon Brown, 36, Des Moines, IA	1:01:28	12:22
212	29	W30	Halia Brown, 30*, Des Moines, IA	1:01:29	12:22
213	14	W45	Martha Kester, 46*, Des Moines, IA	1:03:42	12:49
214	26	W35	Erin Finley, 35*, Wernersville, PA	1:03:59	12:52
215	17	W25	Sara Bethards, 28*, Chariton, IA	1:04:07	12:54
216	21	W40	Dawn Hannum, 43*, Grimes, IA	1:04:16	12:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
217	15	W45	Carolyn Marsh, 45*, Altoona, IA	1:05:28	13:10
218	30	W30	Melissa Knutson, 33*, Johnston, IA	1:06:22	13:21
219	16	W45	Debora Wyman, 49*, West Des Moines, IA	1:07:20	13:33
220	2	M70	Eugene Brown, 74, Des Moines, IA	1:08:48	13:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

221 18 W25 Kellie McFadden, 29*, Des Moines, IA 1:12:22 14:34
Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

222 3 W60 Joyce Johnson, 60*, Ankeny, IA 1:17:40 15:38
* indicates females

1 finishers among Men Under 20
2 finishers among Men 20 - 24
6 finishers among Men 25 - 29
12 finishers among Men 30 - 34
18 finishers among Men 35 - 39
13 finishers among Men 40 - 44
16 finishers among Men 45 - 49
3 finishers among Men 50 - 54
7 finishers among Men 55 - 59
6 finishers among Men 60 - 64
2 finishers among Men 65 - 69
2 finishers among Men 70 - 74
1 finishers among Men 75 & Up
5 finishers among Women 20 - 24
18 finishers among Women 25 - 29
30 finishers among Women 30 - 34
26 finishers among Women 35 - 39
21 finishers among Women 40 - 44
16 finishers among Women 45 - 49
10 finishers among Women 50 - 54
4 finishers among Women 55 - 59
3 finishers among Women 60 - 64
89 male finishers
133 female finishers
222 total finishers

Return to [home page](#).