

19th Loop the Lake 8 kilometer**Gray's Lake - Des Moines, IA****April 6, 2019**

50s and Cloudy - perfect

Results by Cal Murdock

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

Last updated April 6, 2019 12:21 PM

CLASS			
PLACE	PLACE	FINISHER	TIME
1	OpM	Austin Tegels, 31, Ankeny, IA	26:42
2	OpM	Toby Moore, 37, Waukee, IA	27:24
3	OpM	Eric H, 42, Urbandale, IA	27:29
1	OpW	Elizabeth Handschy, 27*, North Liberty, IA	28:02
4	1 M40	Vic Morales, 44, Urbandale, IA	28:05
5	2 M40	Rob Semelroth, 44, Des Moines, IA	28:12
6	1 M25	Thomas Hlad, 29, Monroe, IA	28:22
7	3 M40	Jacob Kaemmer, 42, Des Moines, IA	28:37
8	4 M40	Julius Rotich, 44, Des Moines, IA	29:00
9	1 M35	Scott Johnson, 36, Johnston, IA	29:12
10	2 M35	Aaron Wheelock, 38, Des Moines, IA	29:52
11	5 M40	Dan Pinkerton, 43, Urbandale, IA	29:53
12	1 M45	Paxton Bennett, 45, West Des Moines, IA	30:32
2	OpW	Sarah Leinheiser, 19*, Ames, IA	30:47
13	1 M30	Kyle Donovan, 33, Ruther Glen, VA	30:51
14	2 M25	Anthony Meyer, 25, Bettendorf, IA	31:29
15	6 M40	Yuri Fedirko, 41, Des Moines, IA	31:45
16	2 M30	Mark Moore, 33, Clive, IA	31:46
17	GMM	Rick Moore, 58, Urbandale, IA	32:39
18	1 JrM	Elijah Hoffman, 19, Des Moines, IA	33:05
19	3 M30	Andy Bernholtz, 30, Ankeny, IA	33:24

20	1 M20	Colin Piscitello, 22, Des Moines, IA	34:10
21	2 JrM	Cole Bennett, 18, Ogden, IA	34:16
22	3 M35	Russell Campbell-Porter, 35, Mitchellville, IA	34:23
23	3 M25	Adam Henderson, 25, Des Moines, IA	34:31
24	2 M45	David Larson, 47, West Des Moines, IA	34:33
25	4 M30	Doug Bujakowski, 30, Des Moines, IA	34:34
3	OpW	Greta Koppy, 25*, Ames, IA	34:36
26	3 M45	James Thornton, 48, Ankeny, IA	34:38
27	1 M55	Troy Zeleznik, 56, West Des Moines, IA	34:48
28	7 M40	Shawn Smith, 43, Waukee, IA	35:03
29	2 M55	Todd Haugen, 55, Des Moines, IA	35:08
30	4 M35	Kyle Prendergast, 38, Ankeny, IA	35:13
4	MW	Carrie Van Quathem, 46*, Urbandale, IA	35:18
31	8 M40	Mike Cose, 43, Ankeny, IA	36:05
32	1 M65	Willie Lahart, 65, Urbandale, IA	36:17
33	4 M45	Brandon Eckardt, 46, Des Moines, IA	36:29
34	3 M55	Jeff Weeks, 59, Altoona, IA	36:48
35	1 M60	Brian Cooper, 64, Dubuque, IA	37:05
36	5 M30	Andres Gonzalez, 33, Des Moines, IA	37:11
37	6 M30	Patrick Klopfenstein, 31, Urbandale, IA	37:52
5	1 W30	Kassidy Chen, 31*, West Des Moines, IA	38:20
38	5 M35	Luis Montoya, 36, Ankeny, IA	38:32
39	6 M35	Travis Jordan, 36, West Des Moines, IA	38:41
6	2 W30	Melanie Dana, 32*, Grimes, IA	38:47
40	7 M30	Joseph Baker, 30, Des Moines, IA	38:49
7	1 W20	Kerrigan Owens, 22*, Des Moines, IA	39:00
41	8 M30	Trevor Swanson, 34, Indianola, IA	39:01
8	1 W40	Julie Schneider, 42*, Des Moines, IA	39:05
42	7 M35	Nathan Paul, 35, Waukee, IA	39:30
43	5 M45	Brandon Lee, 46, Ankeny, IA	39:40
44	8 M35	Chad Johnson, 37, Ankeny, IA	40:02

45	9 M30	Thomas Schmitt, 33, Des Moines, IA	40:33
9	GMW	Bobbi Snodgrass, 56*, Indianola, IA	41:09
10	1 W45	Traci Stumbo, 49*, Adel, IA	41:19
46	2 M65	Roger Heinle, 69, Whiting, IA	41:29
11	1 W35	Vanessa Gray, 37*, West Des Moines, IA	41:32
47	1 M50	Chris Mayer, 53, Ankeny, IA	42:01
12	2 W45	Beth McDonald, 46*, Prole, IA	42:04
48	4 M25	Joseph Simpson, 27, West Des Moines, IA	42:06
13	2 W35	Jen Fox, 37*, Des Moines, IA	42:07
49	3 M65	Johnny Ytzen, 65, Creston, IA	42:18
50	5 M25	Tyler Craft, 26, Des Moines, IA	42:20
51	9 M35	Michael Gonzalez, 36, Annapolis, MD	42:27
14	2 W40	Lana Snyder, 41*, Des Moines, IA	42:47
15	3 W35	Cindy Lemke, 39*, Ankeny, IA	42:55
16	1 W50	Valerie VerSteeg, 52*, Knoxville, IA	43:00
17	4 W35	Ann Marie Day, 37*, West Des Moines, IA	43:05
52	4 M55	David Kent, 58, Des Moines, IA	43:08
18	3 W45	Angela Knight, 46*, West Des Moines, IA	43:09
19	1 JrW	Jaenelle Bryant, 14*, Des Moines, IA	43:09
20	3 W30	Melanie Bickford, 33*, Roselle, IL	43:10
21	4 W30	Erin Howland, 32*, Clive, IA	43:18
53	6 M25	Jonathan Vasquez, 27, Ottumwa, IA	43:20
54	2 M50	Jeff Gray, 51, West Des Moines, IA	43:22
22	5 W30	Diana Altamirano, 33*, West Des Moines, IA	43:31
55	10 M35	Doug Van Woert, 35, West Des Moines, IA	43:37
23	5 W35	Claire Scholl, 38*, Des Moines, IA	43:39
24	1 W55	Catherine Gonzalez, 59*, Annapolis, MD	43:44
25	6 W30	Katie Brandstatter, 33*, West Des Moines, IA	43:51
56	11 M35	Joe Brandstatter, 36, West Des Moines, IA	43:52
26	4 W45	Angela Hill, 46*, Bend, OR	43:58
27	2 W55	Dale Finnegan, 56*, Waukee, IA	44:00
28	7 W30	Katie Bennett, 30*, Marshalltown, IA	44:03

57	12	M35	James Altamirano, 37, West Des Moines, IA	44:45
29	6	W35	LeAnn Thongvanh, 36*, Des Moines, IA	44:49
58	6	M45	John Harris, 49, Polk City, IA	44:50
30	2	JrW	Lizzy Heerdt, 19*, Mt Pleasant, IA	44:57
59	10	M30	Ben Schradle, 31, Des Moines, IA	45:12
60	4	M65	Jim Pratt, 66, Boone, IA	45:17
31	3	W55	Maureen Kogut, 57*, Glen Burnie, MD	45:31
61	11	M30	Tyler Maxon, 33, Des Moines, IA	45:34
62	13	M35	Derek Knight, 39, West Des Moines, IA	45:47
63	5	M55	Scott Franklin, 59, Urbandale, IA	45:50
64	5	M65	Chuck Clark, 68, Norwalk, IA	46:00
32	8	W30	Alicia DeHoogh, 30*, Clive, IA	46:01
33	3	W40	Sarah O'Brien, 44*, Urbandale, IA	46:07
34	7	W35	Lindsey Smith, 39*, West Des Moines, IA	46:19
35	8	W35	Meghan Foster, 37*, Ankeny, IA	46:25
65	1	M70	Carl Voss, 70, Des Moines, IA	46:36
66	1	M75	Jan Christopher Dilley, 75, Marshalltown, IA	46:41
36	9	W35	Trisha Hittenmiller, 35*, Grimes, IA	46:51
67	7	M45	Shawn Svoboda, 48, Ankeny, IA	46:59
37	4	W40	Jamie Hackett, 42*, Waukee, IA	47:38
38	2	W20	Megan Algreen, 24*, West Des Moines, IA	47:39
39	4	W55	Jean Hemann, 58*, Des Moines, IA	47:44
40	9	W30	Megan Cooper, 33*, Mount Pleasant, IA	47:54
68	8	M45	Patrick Leer, 46, Urbandale, IA	48:00
41	10	W35	Emily Erickson, 35*, Urbandale, IA	48:25
69	9	M40	Dan Duffell, 44, Ankeny, IA	48:36
42	10	W30	Emily Judd, 34*, Des Moines, IA	48:46
70	12	M30	Colby Judd, 32, Des Moines, IA	48:46
43	2	W50	Julia Tentinger, 54*, Norwalk, IA	48:52
44	5	W40	Anne Wright, 40*, Des Moines, IA	48:55
45	11	W30	Valerie Isenberg, 34*, Des Moines, IA	49:05

46	1	W25	Vanessa Hyde, 27*, Des Moines, IA	49:07
47	11	W35	Tiffany Schnell, 38*, Van Meter, IA	49:10
71	13	M30	Solomon Woldelassie, 30	49:18
48	12	W35	Arika Russell, 37*, West Des Moines, IA	50:27
49	6	W40	Kerri-Ann Harrison, 43*, Waukee, IA	50:47
72	9	M45	Andrea Barutta, 49, Waukee, IA	50:48
50	7	W40	Shannon Clark Flesher, 41*, Pleasantville, IA	50:56
51	12	W30	Sarah Bishop, 32*, Clive, IA	50:58
73	2	M75	John Schneller, 75, West Des Moines, IA	51:17
52	13	W35	Heidi Benbo, 37*, Pella, IA	51:18
53	13	W30	Jessica Wear, 32*, Waukee, IA	51:23
54	14	W30	Jen Althoff, 30*, Grimes, IA	51:24
55	5	W55	Linda Johnson, 59*, Cedar Rapids, IA	51:43
56	3	W50	Rachelle Adams, 52*, Earlham, IA	51:52
57	4	W50	Mary Lafferty, 53*, Des Moines, IA	51:52
74	2	M60	Mark Hansing, 62, Urbandale, IA	51:54
58	5	W50	Jodi Barron, 54*, Des Moines, IA	52:07
59	6	W55	Carla Schimelfenig, 58*, Nevada, IA	52:13
75	10	M40	Kyle Brown, 44, Des Moines, IA	52:25
76	14	M35	Michael Seufert, 38, Winterset, IA	52:40
60	14	W35	Emily Sovath, 36*, Grimes, IA	52:46
61	5	W45	Bettina Duerksen, 45*, Des Moines, IA	52:58
77	2	M70	Jim Dunn, 72, Altoona, IA	52:58
62	15	W35	Stephanie Filer, 36*, Des Moines, IA	53:02
63	15	W30	Jessica Halstead, 33*, Truro, IA	53:24
64	6	W45	Jennifer Bonnichsen, 49*, Pleasant Hill, IA	53:32
78	14	M30	Matt Clark, 34, Des Moines, IA	53:33
65	16	W35	Amy Seufert, 36*, Winterset, IA	53:43
66	7	W55	Lisa Schmitt, 58*, Atlantic, IA	53:44
67	2	W25	Beth Omalley, 26*, Ankeny, IA	53:45
68	1	W60	Mary Kay Shannon, 63*, Greenfield, IA	53:46

69	8	W55	Gwen Johnston, 57*, Greenfield, IA	53:47
70	6	W50	Denna Mitchell, 54*, Greenfield, IA	53:52
71	3	W25	Katherine Greenstein, 29*, Des Moines, IA	54:15
72	16	W30	Meredith Wilson, 33*, Ankeny, IA	54:17
79	3	M70	Philip Hodges, 71, Ames, IA	54:44
73	17	W30	Julia Brunner, 30*, Marshalltown, IA	54:52
74	3	W20	Judith Reyes, 23*, Ames, IA	55:08
80	3	M50	David Hughs, 54, Knoxville, IA	55:14
81	7	M25	Nikhileswar R Nagireddy, 28, West Des Moines, IA	55:17
82	10	M45	Jeff Maire, 49, Ankeny, IA	55:37
75	9	W55	Dee Dee Jannsen, 55*, Ankeny, IA	56:20
83	6	M55	Michael Boyle, 58, Ankeny, IA	56:21
76	17	W35	Erin Heeren, 36*, Ankeny, IA	56:30
84	8	M25	Eric Fredrickson, 29, Farnhamville, IA	57:14
77	4	W25	Jennifer Fredrickson, 27*, Farnhamville, IA	57:15
85	11	M45	Scott Stumbo, 49, Adel, IA	57:16
78	10	W55	Jodi Van Der Hart, 57*, Saint Charles, IA	58:15
79	11	W55	Lettie Prell, 58*, Des Moines, IA	59:25
80	5	W25	Erin Tyrrell, 27*, Ankeny, IA	1:00:17
81	18	W35	Aimee Lovan, 39*, Mitchellville, IA	1:00:39
86	9	M25	Dinesh Munukoti, 29, West Des Moines, IA	1:01:19
82	2	W60	Laurie Pooch, 62*, Van Meter, IA	1:01:22
83	7	W45	Robbin Mann, 47*, Urbandale, IA	1:01:29
87	12	M45	Jeff Glass, 49, Urbandale, IA	1:01:30
84	7	W50	Becky Pratt, 54*, Boone, IA	1:02:40
85	8	W45	Kaye Ohnmus, 48*, Urbandale, IA	1:03:00
86	18	W30	Jessica Nelson, 32*, Urbandale, IA	1:03:48
87	19	W35	Mandi Highland, 38*, Des Moines, IA	1:04:30
88	8	W40	Christy Wilson, 41*	1:07:51
88	15	M35	Glenn Fernetti, 39, Keokuk, IA	1:08:36

89	2 M20	Nick Cory, 20, Ankeny, IA	1:08:37
89	9 W45	Teri Cory, 47*, Ankeny, IA	1:08:37
90	10 W45	Angie Thornton, 45*, Ankeny, IA	1:09:31
91	11 W45	Shannon Maddy, 46*, Urbandale, IA	1:11:01
92	20 W35	Laura Medanic, 36*, Norwalk, IA	1:14:00
90	13 M45	Sean Cory, 47, Ankeny, IA	1:14:05
91	3 JrM	Alex Cory, 16, Ankeny, IA	1:14:06

* indicates females

9 finishers among Males (no age given)

3 finishers among Men Under 20

2 finishers among Men 20 - 24

9 finishers among Men 25 - 29

14 finishers among Men 30 - 34

15 finishers among Men 35 - 39

10 finishers among Men 40 - 44

13 finishers among Men 45 - 49

3 finishers among Men 50 - 54

6 finishers among Men 55 - 59

2 finishers among Men 60 - 64

5 finishers among Men 65 - 69

3 finishers among Men 70 - 74

2 finishers among Men 75 & Up

2 finishers among Women Under 20

3 finishers among Women 20 - 24

5 finishers among Women 25 - 29

18 finishers among Women 30 - 34

20 finishers among Women 35 - 39

8 finishers among Women 40 - 44

11 finishers among Women 45 - 49

7 finishers among Women 50 - 54

11 finishers among Women 55 - 59

2 finishers among Women 60 - 64

96 male finishers

87 female finishers

183 total finishers

CLASS			
PLACE	PLACE	FINISHER	TIME
Open Men			
1	1 M30	Austin Tegels, 31, Ankeny, IA	26:42
2	2 M35	Toby Moore, 37, Waukee, IA	27:24
3	3 M40	Eric H, 42, Urbandale, IA	27:29

Open Women			
1	1 W25	Elizabeth Handschy, 27, North Liberty, IA	28:02
2	2 JrW	Sarah Leinheiser, 19, Ames, IA	30:47
3	3 W25	Greta Koppy, 25, Ames, IA	34:36

Masters Men			
3	1 M40	Eric H, 42, Urbandale, IA	27:29

Masters Women			
4	1 W45	Carrie Van Quathem, 46, Urbandale, IA	35:18

Grand Masters Men			
17	1 M55	Rick Moore, 58, Urbandale, IA	32:39

Grand Masters Women			
9	1 W55	Bobbi Snodgrass, 56, Indianola, IA	41:09

CLASS			
PLACE	PLACE	FINISHER	TIME

Men Under 20

18	1	Elijah Hoffman, 19, Des Moines, IA	33:05
21	2	Cole Bennett, 18, Ogden, IA	34:16
91	3	Alex Cory, 16, Ankeny, IA	1:14:06

Men 20 - 24

20	1	Colin Piscitello, 22, Des Moines, IA	34:10
89	2	Nick Cory, 20, Ankeny, IA	1:08:37

Men 25 - 29

6	1	Thomas Hlad, 29, Monroe, IA	28:22
14	2	Anthony Meyer, 25, Bettendorf, IA	31:29
23	3	Adam Henderson, 25, Des Moines, IA	34:31

Men 30 - 34

13	1	Kyle Donovan, 33, Ruther Glen, VA	30:51
16	2	Mark Moore, 33, Clive, IA	31:46
19	3	Andy Bernholtz, 30, Ankeny, IA	33:24

Men 35 - 39

9	1	Scott Johnson, 36, Johnston, IA	29:12
10	2	Aaron Wheelock, 38, Des Moines, IA	29:52
22	3	Russell Campbell-Porter, 35, Mitchellville, IA	34:23

Men 40 - 44

4	1	Vic Morales, 44, Urbandale, IA	28:05
5	2	Rob Semelroth, 44, Des Moines, IA	28:12
7	3	Jacob Kaemmer, 42, Des Moines, IA	28:37

Men 45 - 49

12	1	Paxton Bennett, 45, West Des Moines, IA	30:32
24	2	David Larson, 47, West Des Moines, IA	34:33

26	3	James Thornton, 48, Ankeny, IA	34:38
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Men 50 - 54

47	1	Chris Mayer, 53, Ankeny, IA	42:01
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54	2	Jeff Gray, 51, West Des Moines, IA	43:22
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80	3	David Hughs, 54, Knoxville, IA	55:14
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Men 55 - 59

27	1	Troy Zeleznik, 56, West Des Moines, IA	34:48
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29	2	Todd Haugen, 55, Des Moines, IA	35:08
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34	3	Jeff Weeks, 59, Altoona, IA	36:48
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Men 60 - 64

35	1	Brian Cooper, 64, Dubuque, IA	37:05
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74	2	Mark Hansing, 62, Urbandale, IA	51:54
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Men 65 - 69

32	1	Willie Lahart, 65, Urbandale, IA	36:17
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46	2	Roger Heinle, 69, Whiting, IA	41:29
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49	3	Johnny Ytzen, 65, Creston, IA	42:18
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Men 70 - 74

65	1	Carl Voss, 70, Des Moines, IA	46:36
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77	2	Jim Dunn, 72, Altoona, IA	52:58
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79	3	Philip Hodges, 71, Ames, IA	54:44
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Men 75 & Up

66	1	Jan Christopher Dilley, 75, Marshalltown, IA	46:41
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73	2	John Schneller, 75, West Des Moines, IA	51:17
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CLASS			
PLACE	PLACE	FINISHER	TIME
Women Under 20			
19	1	Jaenelle Bryant, 14, Des Moines, IA	43:09
30	2	Lizzy Heerdt, 19, Mt Pleasant, IA	44:57
Women 20 - 24			
7	1	Kerrigan Owens, 22, Des Moines, IA	39:00
38	2	Megan Algreen, 24, West Des Moines, IA	47:39
74	3	Judith Reyes, 23, Ames, IA	55:08
Women 25 - 29			
46	1	Vanessa Hyde, 27, Des Moines, IA	49:07
67	2	Beth Omalley, 26, Ankeny, IA	53:45
71	3	Katherine Greenstein, 29, Des Moines, IA	54:15
Women 30 - 34			
5	1	Kassidy Chen, 31, West Des Moines, IA	38:20
6	2	Melanie Dana, 32, Grimes, IA	38:47
20	3	Melanie Bickford, 33, Roselle, IL	43:10
Women 35 - 39			
11	1	Vanessa Gray, 37, West Des Moines, IA	41:32
13	2	Jen Fox, 37, Des Moines, IA	42:07
15	3	Cindy Lemke, 39, Ankeny, IA	42:55
Women 40 - 44			
8	1	Julie Schneider, 42, Des Moines, IA	39:05
14	2	Lana Snyder, 41, Des Moines, IA	42:47
33	3	Sarah O'Brien, 44, Urbandale, IA	46:07
Women 45 - 49			

10	1	Traci Stumbo, 49, Adel, IA	41:19
12	2	Beth McDonald, 46, Prole, IA	42:04
18	3	Angela Knight, 46, West Des Moines, IA	43:09

Women 50 - 54

16	1	Valerie VerSteeg, 52, Knoxville, IA	43:00
43	2	Julia Tentinger, 54, Norwalk, IA	48:52
56	3	Rachelle Adams, 52, Earlham, IA	51:52

Women 55 - 59

24	1	Catherine Gonzalez, 59, Annapolis, MD	43:44
27	2	Dale Finnegan, 56, Waukee, IA	44:00
31	3	Maureen Kogut, 57, Glen Burnie, MD	45:31

Women 60 - 64

68	1	Mary Kay Shannon, 63, Greenfield, IA	53:46
82	2	Laurie Pooch, 62, Van Meter, IA	1:01:22

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