

4th Loop the Lake (or Stadium) - 8K

West Des Moines, Iowa

May 29, 2004

70 degrees & summer like

Results by Cal Murdock

[2 Mile participants listed 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.

"*" indicates females

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1	1	M25 Julius Rotich, 28, West Des Moines, IA	24:39	4:58
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
2	1	M40 Mike Carney, 41, Des Moines, IA	27:32	5:32
3	2	M25 Eric Hollander, 27, Des Moines, IA	28:08	5:40
4	1	M45 Tim Nagel, 46, Clarion, IA	29:13	5:53
5	1	M30 Patrick Riley, 31, Des Moines, IA	29:24	5:55
6	2	M30 Michael Robinson, 31, Ankeny, IA	29:39	5:58
1	1	W30 Robyn Friedman, 31*, Lambs Grove, IA	29:46	5:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
7	2	M45 Tom McBride, 48, Des Moines, IA	30:56	6:13
8	1	JrM Joel Rasmussen, 17, Goldfield, IA	31:18	6:18
9	2	JrM Dan Novelli, 19, Urbandale, IA	31:44	6:23
10	3	M25 John McKlveen, 27, Evanston, IL	31:48	6:24
11	2	M40 Stewart Baldner, 43, Dallas Center, IA	32:00	6:26
12	3	M40 Scott Boever, 43, Des Moines, IA	32:04	6:27
13	3	JrM Adam Rasmussen, 16, Goldfield, IA	32:14	6:29
14	4	M25 Conrad Hanson, 28, Urbandale, IA	32:43	6:35
2	2	W30 Brenda Doubek, 34*, Baxter, IA	32:51	6:37
15	4	M40 Jeff Feder, 43, Des Moines, IA	33:20	6:42
16	1	M35 Don Robinson, 35, Ankeny, IA	33:31	6:45
17	1	M60 Ronald McKay, 61, Chariton, IA	33:36	6:46
18	1	M50 Chuck Clark, 53, Carroll, IA	33:51	6:49
19	2	M35 Lee Hill, 35, Des Moines, IA	34:11	6:53
20	1	M55 Roy Ney, 55, Des Moines, IA	34:36	6:58
21	2	M50 Steve Taylor, 52, Des Moines, IA	34:44	6:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
22	3	M35 Jason Zdunich, 35, Des Moines, IA	35:06	7:04
23	3	M50 Roger Heinle, 54, Whiting, IA	35:12	7:05
24	5	M25 J Scott Ingersoll, 26, Ankeny, IA	35:17	7:06
25	5	M40 Steve Denucci, 41, Clive, IA	35:25	7:07
26	4	M50 Bobby Dickerson, 50, Des Moines, IA	36:07	7:16
27	4	M35 Steve Black, 37, West Des Moines, IA	36:17	7:18
28	6	M40 Andy Roat, 42, Des Moines, IA	36:23	7:19
29	3	M45 Jonathan Wendel, 49, Ames, IA	36:29	7:20
3	3	W30 Wendy Hanson, 31*, Urbandale, IA	36:32	7:21
30	5	M35 Jeff Bevis, 35, Johnston, IA	36:36	7:22
31	2	M55 John Terry, 55, West Des Moines, IA	36:39	7:22
32	2	M60 Craig Clark, 60, Mason City, IA	36:41	7:23
33	3	M30 Philip Behrends, 31, Des Moines, IA	36:41	7:23

4	1	W40 Heather Stilborn, 41*, Clive, IA	36:52	7:25
34	3	M60 Bill Johnson, 64, Colfax, IA	36:56	7:26
35	6	M25 Bevis Stew, 29, Altoona, IA	36:58	7:26
36	4	M45 Gary Scholten, 46, Johnston, IA	37:02	7:27
37	4	M30 James Laughlin, 30, Des Moines, IA	37:05	7:28
38	5	M50 Alan Gross, 50, Des Moines, IA	37:17	7:30
	5	W30 Lori Vermie, 33*, Bondurant, IA	37:17	7:30
	6	W30 Amy Mulhern, 32*, Des Moines, IA	37:19	7:30
39	7	M25 Jason Laughlin, 29, Chicago, IL	37:25	7:32
40	5	M30 Aaron Charling, 31, Los Angeles, CA	37:52	7:37
41	3	M55 Reuben Douglas, 55, Denver, IA	38:02	7:39
42	6	M30 Kris Van Der Kamp, 32, Ankeny, IA	38:05	7:40
43	5	M45 Tom Broadbooks, 48, Ankeny, IA	38:13	7:41
44	1	M20 Andrew Schott, 24, West Des Moines, IA	38:58	7:50
	7	W35 Kim Schenck, 38*, Colorado Springs, CO	39:33	7:57
	8	JrW Becca Bott, 11*, Clive, IA	39:34	7:58
45	6	M45 John Howard, 45, Pella, IA	39:42	7:59
46	4	M55 Terry Jacobsen, 56, Osceola, IA	39:43	7:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
47	6	M35 James Jacobsen, 38, Winterset, IA	39:48	8:00
48	6	M50 Michael McEnroe, 52, West Des Moines, IA	39:50	8:01
	9	W25 Elizabeth Shaver, 25*, West Des Moines, IA	39:52	8:01
49	7	M45 Duane Meyer, 46, Waukee, IA	39:54	8:02
50	8	M45 John Meyer, 48, West Des Moines, IA	40:02	8:03
10	1	W20 Tiffany Ingersoll, 24*, Ankeny, IA	40:13	8:05
51	1	M70 Jerry L Triplett, 70, Winterset, IA	40:16	8:06
52	9	M45 David Skidmore, 46, Des Moines, IA	40:36	8:10
53	7	M30 Dave Glenn, 33, Mc Callsburg, IA	40:57	8:14
11	2	W20 Candace Jones, 22*, Ames, IA	41:03	8:16
54	7	M40 Jim Devries, 41, West Des Moines, IA	41:05	8:16
55	7	M35 Kevin Christensen, 38, Des Moines, IA	41:14	8:18
12	2	W40 Cheryl Mendenhall, 42*, Des Moines, IA	41:17	8:18
56	2	M20 Steve Good, 22, Ames, IA	41:18	8:19
57	8	M35 Ronald TeKippe, 37, Earlham, IA	41:24	8:20
58	8	M40 Tim McKinney, 40, St Charles, IA	41:29	8:21
13	2	W25 Cheryl Dralle, 26*, Des Moines, IA	41:32	8:21
59	10	M45 Dennis Rustad, 48, Des Moines, IA	41:34	8:22
60	11	M45 Mike Zuendel, 49, Des Moines, IA	41:37	8:22
61	5	M55 Jim Lowe, 58, Des Moines, IA	41:38	8:22
14	2	W35 Kathie Reis, 36*, Urbandale, IA	41:46	8:24
15	6	W30 Stephanie Longnecker, 32*, Clive, IA	41:46	8:24
62	8	M30 David Lagrange, 34, Winterset, IA	41:51	8:25
63	12	M45 Darwin Schmig, 46, Des Moines, IA	41:55	8:26
16	3	W35 Lucia Van Maanen, 38*, Leighton, IA	42:01	8:27
17	7	W30 Tori Glade, 30*, West Des Moines, IA	42:02	8:27
64	7	M50 Karl Yuska, 52, Urbandale, IA	42:04	8:28
65	9	M30 Erik Roys, 33, Jewell, IA	42:21	8:31
66	8	M50 Gerald Dewald, 54, West Des Moines, IA	42:26	8:32
67	3	M20 Michael Puskas, 21, West Des Moines, IA	42:32	8:33
68	10	M30 Robert Burnett, 33, Des Moines, IA	42:51	8:37
18	3	W25 Jodi Krupp, 27*, West Des Moines, IA	42:56	8:38
19	3	W20 Emily Scholten, 20*, Johnston, IA	43:06	8:40
20	4	W20 Geneva Moore, 24*, Ankeny, IA	43:13	8:42
21	4	W25 Stephanie Smith, 27*, Ankeny, IA	43:17	8:42
69	4	JrM Jesse Van Maanen, 14, Leighton, IA	43:24	8:44
22	8	W30 Heather Brunk, 32*, Johnston, IA	43:26	8:44
23	9	W30 Jill Monson, 34*, Ankeny, IA	43:32	8:45
24	4	W35 Lisa Rempe, 36*, Clive, IA	43:33	8:46
25	3	W40 Lisa Rasmussen, 40*, Goldfield, IA	43:34	8:46
26	10	W30 Natasha Kucherenko, 34*, West Des Moines, IA	43:34	8:46
27	4	W40 Kathy Larson, 40*, West Des Moines, IA	43:37	8:46
28	5	W35 Tave Porto, 37*, West Des Moines, IA	43:37	8:46
29	11	W30 Stephanie Wishman, 33*, Clive, IA	43:37	8:47

30	12	W30 Lori Graff-Hammelman, 33*, Clive, IA	43:38	8:47
70	9	M35 Scott Pries, 35, Ankeny, IA	43:41	8:47
71	9	M40 Martin Ikeda, 41, Urbandale, IA	43:41	8:47
72	10	M40 Kevin Rasmussen, 42, Goldfield, IA	43:45	8:48
73	11	M40 Renee Sommers, 41, Des Moines, IA	43:48	8:49
74	9	M50 Glen Ogilia, 52, Des Moines, IA	43:50	8:49
31	13	W30 Rachelle Peterson, 34*, Carlisle, IA	43:55	8:50
32	5	W40 Donna Ramsey, 44*, Des Moines, IA	43:56	8:50
75	12	M40 James Ramsey, 41, Des Moines, IA	43:57	8:50
33	6	W35 Denise Richardson, 38*, Urbandale, IA	43:57	8:51
34	14	W30 Julie Heinen, 33*, Ames, IA	44:05	8:52
76	13	M40 Greg Huyser, 43, Indianola, IA	44:12	8:53
77	13	M45 Steve Newlander, 48, West Des Moines, IA	44:35	8:58
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				

35	15	W30 Lisa Klinkufus, 31*, Ankeny, IA	44:54	9:02
36	5	W25 Mary Meskimen, 27*, West Des Moines, IA	44:58	9:03
37	16	W30 Molly Pirtle, 32*, Des Moines, IA	44:59	9:03
38	1	W45 Debby Wheeler, 49*, Des Moines, IA	45:07	9:05
39	6	W25 Lisa Clark, 27*, Jefferson, IA	45:20	9:07
40	17	W30 Amy Gates, 34*, Urbandale, IA	45:23	9:08
41	7	W35 Laurie McKinney, 39*, St Charles, IA	45:28	9:09
78	11	M30 Michael McDaniel, 34, Des Moines, IA	45:28	9:09
42	7	W25 Chrissy Shelledy, 26*, Norwalk, IA	45:32	9:10
43	8	W35 Meredith Konz, 36*, Des Moines, IA	45:32	9:10
79	10	M35 Bob Levinstein, 38, Des Moines, IA	45:33	9:10
44	8	W25 Staci Scholten, 25*, Ankeny, IA	45:37	9:11
45	9	W25 Amanda Lehman, 26*, Urbandale, IA	45:38	9:11
46	18	W30 Paula Isaacson, 33*, Grayslake, IL	45:48	9:13
47	19	W30 Leah Hill, 33*, Ankeny, IA	45:48	9:13
48	6	W40 Teresa Selberg, 44*, Urbandale, IA	46:03	9:16
49	10	W25 Tammy Steenhoek, 28*, Prairie City, IA	46:09	9:17
80	12	M30 Brian Hostetter, 31, Ankeny, IA	46:15	9:18
50	9	W35 Brinda Taylor, 38*, Ankeny, IA	46:26	9:21
81	13	M30 Jon Chase, 32, West Des Moines, IA	46:40	9:23
82	10	M50 Kenny Grandstaff, 54, Des Moines, IA	46:43	9:24
83	4	M20 Doug Johnson, 24, West Des Moines, IA	47:00	9:27
51	10	W35 Lanette LeCroy, 39*, Des Moines, IA	47:06	9:28
52	20	W30 Susanna Kavadas, 30*, Ankeny, IA	47:17	9:31
53	21	W30 Christy Hofferber, 31*, Waukee, IA	47:19	9:31
84	14	M30 Matthew Watters, 30, Ankeny, IA	47:23	9:32
54	11	W25 Kimberly Chapman, 26*, Van Meter, IA	47:26	9:33
85	4	M60 Jack Matthews, 60, Stuart, IA	47:28	9:33
86	5	JrM Adam Stueckrath, 12, Windsor Hgts , IA	47:34	9:34
87	15	M30 Richard Bangma, 33, Pella, IA	47:34	9:34
55	22	W30 Paula Wagner, 34*, Urbandale, IA	47:57	9:39
56	12	W25 Sarah Pearson, 26*, West Des Moines, IA	48:16	9:43
57	23	W30 Marie Puskas, 30*, West Des Moines, IA	48:16	9:43
88	11	M50 Steve Wacht, 54, Indianola, IA	48:17	9:43
89	11	M35 Matthew Paul, 35, Des Moines, IA	48:29	9:45
90	12	M35 Scott Wilson, 38, Ankeny, IA	48:37	9:47
58	1	W50 Luanne Dezwarte, 50*, Knoxville, IA	49:18	9:55
59	13	W25 Teresa Balduchi, 27*, Des Moines, IA	49:23	9:56
91	14	M40 Robert Harlan, 42, Des Moines, IA	49:26	9:57
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				

60	24	W30 Alice Pareti, 33*, Ankeny, IA	50:04	10:04
61	1	W55 Dee Wittmack, 57*, Urbandale, IA	50:05	10:05
62	14	W25 Abbi Schutte, 25*, Urbandale, IA	50:08	10:05
63	2	W45 Sandy Gracey, 48*, Des Moines, IA	50:11	10:06
92	15	M40 Mark Graham, 43, Des Moines, IA	50:31	10:10
64	7	W40 Sonja Gonzalez, 40*, Clive, IA	51:11	10:18
93	16	M40 Jesse Gonzalez, 43, Clive, IA	51:16	10:19
65	15	W25 Kimberly Shelledy, 27*, West Des Moines, IA	51:39	10:23
66	11	W35 Lori Celsi, 35*, Des Moines, IA	52:05	10:29

94	5	M60 Bob Johansen, 64, Ankeny, IA	52:11	10:30
67	25	W30 Jennifer Eubanks, 32*, Des Moines, IA	52:18	10:31
95	6	JrM Joe Bott, 10, Clive, IA	52:21	10:32
68	26	W30 Chris McDaniel, 32*, Bondurant, IA	53:22	10:44
69	12	W35 Vicki Bott, 39*, Clive, IA	53:31	10:46
70	8	W40 Linda Jensen, 42*, Des Moines, IA	53:50	10:50
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
71	27	W30 Marcy Brightwell, 30*, Urbandale, IA	56:23	11:21
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
72	3	W45 Sandy Ostby, 48*, Hastings, MN	1:01:55	12:27
73	9	W40 Connie Van Kirk, 43*, Olathe, KS	1:01:56	12:28
74	1	W70 Jeanne Murphy, 70*, Hastings, MN	1:01:58	12:28
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
96	13	M35 Dwight Hubbard, 37, Waukee, IA	1:06:36	13:24

6 finishers among Men 19 & Under
 4 finishers among Men 20 - 24
 7 finishers among Men 25 - 29
 15 finishers among Men 30 - 34
 13 finishers among Men 35 - 39
 16 finishers among Men 40 - 44
 13 finishers among Men 45 - 49
 11 finishers among Men 50 - 54
 5 finishers among Men 55 - 59
 5 finishers among Men 60 - 64
 1 finishers among Men 70 & Up
 1 finishers among Women 19 & Under
 4 finishers among Women 20 - 24
 15 finishers among Women 25 - 29
 27 finishers among Women 30 - 34
 12 finishers among Women 35 - 39
 9 finishers among Women 40 - 44
 3 finishers among Women 45 - 49
 1 finishers among Women 50 - 54
 1 finishers among Women 55 - 59
 1 finishers among Women 70 & Up
 96 male finishers
 74 female finishers
 170 total finishers

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