Friendly Sons of St. Patrick 10 km

West Des Moines, IA

March 15, 2006

50 degrees, 39% humidity

Results by Michael Franke

2 Mile results here

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

PLACE	CLASS PLACE		FINISHER	TIME
1	1	M20	Marty Dalton, 29, Stuart, IA	31:45
2	1	M30	Craig Walton, 31, Des Moines, IA	35:21
3	2	M30	Brad Wall, 37, Ankeny, IA	35:25
4	3	M30	Patrick Rily, 32, Des Moines, IA	35:56
5	4	M30	Joe Marshall, 37, Granger, Ia	36:07
6	1	M40	Tim Knott, 44, Waukee, IA	36:58
1	1	W30	Lisa Marshall, 37*, Granger, IA	37:03
7	5	M30	Paul Lovell, 38, Cresco, IA	37:05
8	2	M40	Andrew Simmons, 41, West Amana, IA	37:46
9	1	M50	3Sticks McBride, 50, Des Moines, IA	37:52
10	2	M20	Alex White, 25, West Des Moines, IA	37:56
2	1	W20	Erin Swain, 23*, Kansas City, MO	38:04
11	3	M40	Troy Zeleznik, 43, West Des Moines, IA	38:58
12	6	M30	Jason Halfpap, 30, Urbandale, IA	39:12
13	7	M30	John Anthofer, 33, Urbandale, IA	39:22
14	8	M30	Donald Wells, 38, Des Moines, IA	39:32
15	9	M30	Mike Rieks, 38, Urbandale, IA	39:55
3	2	W20	Colleen Webb, 28*, Des Moines, IA	40:04
16	4	M40	Dale Knoshaug, 44, Des Moines, IA	40:07
17	2	M50	Raul Deanda, 54, Urbandale, IA	40:13
18	5	M40	Doug Eppard, 40, Johnston, IA	40:21
4	3	W20	Kelley Johnson, 23*, Kansas City, MO	40:22
19	1	JrM	Mitch Wink, 12, West Des Moines, IA	40:32
20	10	M30	Matthew Zepeda, 32, Waukee, IA	40:48
21	3	M50	Dave Fitz, 51, Ames, IA	40:51
22	6	M40	Bob Lotz, 43, North Liberty, IA	40:57
5	4	W20	Ashley Culp, 21*, Usafa, CO	41:07
23	2	JrM	Derek Keast, 15, Altoona, IA	41:34
24	11	M30	Elmir Karajica, 32, West Des Moines, IA	41:46
25	7	M40	David Christens, 46, West Des Moines, IA	41:51
26	12	M30	Michael Gasperi, 38, Johnston, IA	42:11
27	13	M30	John Urban, 38, Johnston, IA	42:18
28	4	M50	Chuck Clark, 55, Carroll, IA	43:05
29	8	M40	Tom Heuer, 48, Des Moines, IA	43:18
30	14	M30	John Lajoie, 38, Ankeny, IA	43:23
31	3	M20	Brian Ruggle, 20, Newton, IA	43:26
32	5	M50	Greg Madison, 50, Ankeny, IA	43:30
33	9	M40	Dan Gustafson, 43, West Des Moines, IA	43:31
34	10	M40	Kent Kelderman, 46, Clive, IA	43:32
35	11	M40	Don Cumings, 44, Ankeny, IA	43:49
36	4	M20	Benjamin Nunnikhoven, 27, Pella, IA	44:05

37	15	M30	Shawn Corbin, 34, Clive, IA	44:09
38	16	M30	Chris Burgess, 38, Urbandale, IA	44:28
39	5	M20	Mark Jacquez, 27, Overland Park, KS	44:39
40	6	M20	Nate Geurkink, 28, Des Moines, IA	44:42
41	17	M30	Brian Krueger, 35, Urbandale, IA	44:50
6	5	W20	Elizabeth Raygor, 22*, Windsor Heights, IA	45:00
7	2	W30	Tina McDonald, 34*, Waukee, IA	45:05
42	12	M40	Greg Ferry, 45, Johnston, IA	45:06
8	3	W30	Kelly Knight, 34*, 51534	45:18
43	7	M20	Philip Randall, 26, West Des Moines, IA	45:19
44	18	M30	Chris Galligan, 36, Clive, IA	45:28
45	13	M40	Chuck Fritz, 41, Clive, IA	45:28
46	3	JrM	Jacob Heddinger, 14, West Des Moines, IA	45:36
9	1	JrW	Jordan Williams, 16*, Glenwood, IA	45:37
47	8	M20	Dustin Olsem, 24, Ankeny, IA	45:42
10	6	W20	Kelli Kilgore, 27*, West Des Moines, IA	45:52
11	7	W20	Liz Shaver, 27*, West Des Moines, IA	45:59
48	14	M40	Jay Fisher, 41, Pleasant Hill, IA	46:01
49	6	M50	Bob Overstreet, 55, Des Moines, IA	46:27
50	7	M50	Andrew Hazer, 56, Columbia, IA	46:30
51	8	M50	Joe Keefer, 59, Des Moines, IA	46:33
52	19	M30	Jason Hahn, 35, Des Moines, IA	46:44
53	9	M50	Roy Ney, 57, Des Moines, IA	46:46
12	8	W20	Tiffany Moore, 22*, Ames, IA	46:51
54	9	M20	Nicholas Wilwert, 26, Davenport, IA	47:03
13	4	W30	Keri Frommelt, 35*, Ankeny, IA	47:06
55	10	M50	Paul Ruggle, 51, Newton, IA	47:06
56	15	M40	Joe Akers, 40, Des Moines, IA	47:13
14	2	JrW	McKelle Lacher, 16*, Menlo, IA	47:17
57	16	M40	Wayne Lacher, 44, Menlo, IA	47:17
58	11	M50	John Meyer, 50, West Des Moines, IA	47:18
15	1	W40	Jan Porto, 42*, West Des Moines, IA	47:21
59	20	M30	Andrew Shipley, 39, West Des Moines, IA	47:35
16	5	W30	Joanne Parker, 38*, Panora, IA	47:42
60	17	M40	David Heddinger, 45, West Des Moines, IA	47:44
17	6	W30	Laurie Baker, 33*, Waukee, IA	47:46
61	12	M50	Mark Borseth, 50, Johnston, IA	47:48
18	3	JrW	Christina Rieks, 15*, Alden, IA	47:53
62	18	M40	Jeff Latterell, 40, West Des Moines, IA	47:59
19	7	W30	Lisa Wink, 39*, West Des Moines, IA	48:01
20	8	W30	Angie Heim, 30*, West Des Moines, IA	48:03
63	10	M20	Derek McChurch, 25, Des Moines, IA	48:03
64	21	M30	Carl Noftsger, 32, Altoona, IA	48:10
65	11	M20	Michael Novotney, 28, Milwaukee, WI	48:12
66	19	M40	Mark Johnston, 49, West Des Moines, IA	48:14
67	22	M30	Casey Smith, 34, West Des Moines, IA	48:18
21	9	W20	Karen Rolwes, 23*, Ames, IA	48:20
22	9	W30	Jean Furler, 36*, Indianola, IA	48:23
68	23	M30	Dan Koestner, 36, Grimes, IA	48:28
69	20	M40	Robert Parker, 47, Johnston, IA	48:30
70	24	M30	John Turpen, 37, Waukee, IA	48:32
71	13	M50	Mike Clayton, 50, Ames, IA	48:37
23	10	W30	Stacy Farr, 34*, West Des Moines, IA	48:47
72	21	M40	Bob Larson, 43, Jefferson, IA	49:01
73	25	M30	Tom Novotney, 30, Rockwell, IA	49:09
24	1	W50	Jane Wickman, 52*, Kellogg, IA	49:12
74	14	M50	Alan Gross, 51, Des Moines, IA	49:13
25	2	W50	Nancy Harvey, 52*, Ankeny, IA	49:19
26	11	W30	Sara Bucknam, 31*, Mason City, IA	49:24
27	10	W20	Emily Brooker, 20*, Jefferson, IA	49:25
28	12	W30	Nicole Novotney, 32*, Denver, CO	49:27
29	11	W20	Teresa Novotney, 22*, Hermitage, TN	49:30
75	22	M40	Tim Lefler, 40, West Des Moines, IA	49:33
76	23	M40	Lou Scallon, 47, Ames, IA	49:39
30	13	W30	Shelley Bricker, 31*, Des Moines, IA	49:49

77	26	M30	Rob Hansen, 34, Des Moines, IA	49:57
78	27	M30	Tracy Draeger, 34, Des Moines, IA	49:59
79	24	M40	Douglas Johnston, 45, Des Moines, IA	50:03
31	14	W30	Ami Bolles, 33*, Waukee, IA	50:12
80	28	M30	James Lunders, 37, Urbandale, IA	50:18
32	15	W30	Lisa Hovey, 34*, Urbandale, IA	50:18
81	25	M40	Gregg West, 47, Ames, IA	50:22
82	12	M20	Michael O'Donnell, 27, West Des Moines, IA	50:27
83	26	M40	Jerry Ruggle, 44, Perry, IA	50:28
84	13	M20	Tim McCulloh, 25, West Des Moines, IA	50:36
85	15	M50	Bob Weieneth, 54, Webster City, IA	50:38
86	27	M40	David Thayer, 41, Urbandale, IA	50:46
33	16	W30	Kelly Pratt, 37*, Urbandale, IA	50:46
87	29	M30	John Fitzsimmons, 37, Ankeny, IA	51:05
88	28	M40	George Howe, 49, West Des Moines, IA	51:14
34	2	W40	Carol Litscher, 45*, West Des Moines, IA	51:36
35	12	W20	Jessica Fink, 23*, Urbandale, IA	51:42
89	29	M40	John Roan, 49, West Des Moines, IA	51:44
36	3	W40	Nadine Sechovec, 43*, West Des Moines, IA	51:46
90	30	M30	Matthew Paul, 37, Des Moines, IA	51:53
91	31	M30	Joel Rinderknecht, 31, Waukee, IA	51:57
37	17	W30	Melissa Hoskins, 34*, Mt. Pleasant, IA	51:58
92	32	M30	Robert Burnett, 35, Norwalk, IA	51:59
93	30	M40	James Hayes, 45, Des Moines, IA	52:02
38	13	W20	Cheryl Dralle, 28*, Des Moines, IA	52:05
39	14	W20	Jennifer Reiter, 26*, Urbandale, IA	52:16
94	31	M40	Doug Keast, 48, Altoona, IA	52:26
95	33	M30	Sean Frommelt, 36, Ankeny, IA	52:33
40	15	W20	Megan Boettcher, 25*, Ankeny, IA	52:43
41	4	W40	Nancy Willert, 49*, Nevada, IA	53:02
96	16	M50	Joe Blunk, 54, Ames, IA	53:02
97	32	M40	John Holversten, 46, Blairsburg, IA	53:03
98	34	M30	Rob Klinkner, 38, West Des Moines, IA	53:07
99	35	M30	Brad Willie, 38, Urbandale, IA	53:13
42	18	W30	Michele Thalacker, 38*, Baxter, IA	53:15
100	36	M30	Joe Emans, 39, West Des Moines, IA	53:23
43	4	JrW	Becca Bott, 13*, Clive, IA	53:24
44	19	W30	Jennifer Veak, 32*, Des Moines, IA	53:28
45	5	W40	Linda Koele, 47*, Urbandale, IA	53:34
101	37	M30	Jeff Loney, 33, Des Moines, IA	53:35
46	16	W20	Michelle Capobianco, 27*, Urbandale, IA	53:36
102	17	M50	Bill Lorenz, 58, Carlisle, IA	53:53
103	38	M30	Scott Sumpter, 39, Ankeny, IA	54:08
104	18	M50	Ronald Mowers, 57, Ames, IA	54:18
105	33	M40	Russ Laczniak, 49, Ames, IA	54:19
47	6	W40	Sue Holden, 41*, Des Moines, IA	54:20
106	19	M50	Bob Meimann, 50, Nevada, IA	54:33
107	14	M20	Joseph Brandstatter, 23, Urbandale, IA	54:41
108	1	M60	Don Muff, 69, Ames, IA	54:53
109	34	M40	Roger Wilson, 49, West Des Moines, IA	54:55
48	7	W40	Pam Gallagher, 42*, Ankeny, IA	54:58
110	35	M40	Duncan Gallagher, 46, Ankeny, IA	54:59
49	17	W20	Kasey Donnelly, 25*, West Des Moines, IA	55:01
50	20	W30	Brooke Lovelace, 35*, Des Moines, IA	55:02
111	39	M30	Phil Hundling, 31, Newton, IA	55:02
112	36	M40	Andrew Kahl, 41, Des Moines, IA	55:07
113	2	M60	John Beamer, 66, Des Moines, IA	55:12
51	18	W20	Angela Avery, 26*, West Des Moines, IA	55:13
52	3	W50	Paula Dierenfeld, 51*, Johnston, IA	55:15
53	19	W20	Jessica Chandler, 29*, Windsor Heights, IA	55:19
54	20	W20	Jessica Keehn, 27*, Ankeny, IA	55:20
55	4	W50	Susan Duoblys, 51*, Des Moines, IA	55:26
56	21	W20	A Fahey-Vornberg, 26*, Des Moines, IA	55:29
57	8	W40	Joyce Jessen, 45*, Colfax, IA	55:35
114	4	JrM	Max Newbury, 14, Greenfield, IA	55:45

58	9	W40	Tina Newbury, 42*, Greenfield, IA	55:53
59	10	W40	Denna Mitchell, 41*, Greenfield, IA	55:54
60	22	W20	Rachel Helle, 23*, Des Moines, IA	55:58
61	21	W30	Debi Loffredo, 39*, West Des Moines, IA	56:05
115	20	M50	Brent Cooper, 51, Urbandale, IA	56:13
116	37	M40	Terry Bennigsdorf, 46, Altoona, IA	56:21
62	5	W50	Elaine Lindaman, 51*, Carlisle, IA	56:22
117	21	M50	Stuart Lehr, 56, West Des Moines, IA	56:30
63	23	W20	Lindsay Gall, 24*, Osceola, IA	56:31
118	22	M50	Patrick Hoye, 53, West Des Moines, IA	56:32
64	11	W40	Sandy Roan, 49*, West Des Moines, IA	56:39
65	22	W30	Tony Lovejoy, 33*, Waukee, IA	56:40
66	24	W20	Kari Bassett, 29*, Des Moines, IA	56:45
119	3	M60	David Ersland, 61, Humboldt, IA	56:46
120	15	M20	Sean Smith, 29, Iowa City, IA	56:48
121	5	JrM	Sam Bott, 8, Clive, IA	56:54
122	40	M30	Eric Kozak, 32, West Des Moines, IA	57:01
67	23	W30	Kari Draeger, 31*, Des Moines, IA	57:07
68	24	W30	Heidi Markla, 30*, Des Moines, IA	57:08
69	25	W30	Robin Rethamel, 33*, Dora Springs, IA	57:08
123	38	M40	Steve Shifflett, 47, Ames, IA	57:19
70	25	W20	Emilie Newbury, 22*, Greenfield, IA	57:23
124	39	M40	Daniel Chargo, 46, Toledo, IA	57:26
71	12	W40	Judy Diedrichs, 44*, Des Moines, IA	57:28
125	40	M40	Greg Allen, 46, Des Moines, IA	57:30
72	26	W30	Debra Scorpiniti, 38*, West Des Moines, IA	57:31
73	27	W30	Heather Behrends, 37*, West Des Moines, IA	57:37
74	26	W20	Karna Burzlaff, 29*, Ames, IA	57:39
126	6	JrM	Charlie Stroud, 19, Des Moines, IA	57:51
75	27	W20	Molly Gill, 24*, Des Moines, IA	57:53
127	41	M30	Thad Newman, 30, Urbandale, IA	57:58
76	13	W40	Nancy Standley, 49*, Urbandale, IA	57:59
128	16	M20	Daniel Evans Jr, 25, Waukee, IA	58:06
129	7	JrM	Nick Newbury, 17, Greenfield, IA	58:24
77	5	JrW	Patrese Montgomery, 17*, Greenfield, IA	58:24
78	28	W30	Kaylene Bast, 39*, Urbandale, IA	58:25
130	23	M50	Donald Cox, 51, West Des Moines, IA	58:26
79	14	W40	Sue Elliot, 48*, Ankeny, IA	58:29
131	24	M50	Marty Dunn, 53, Des Moines, IA	58:34
80	15	W40	Connie Petersen, 41*, Elkhart, IA	58:55
81	29	W30	Heather Rinderknecht, 33*, Waukee, IA	58:56
82	28	W20	Amanda Doran, 26*, Yale, IA	58:57
132	42	M30	Bill Maly, 34, Cedar Rapids, IA	58:59
133	41	M40	Andrew Stroud, 48, Des Moines, IA	59:00
83	29	W20	Lori Meyers, 28*, West Des Moines, IA	59:03
84	16	W40	Julie Younger, 47*, Ankeny, IA	59:08
134	42	M40	Greg Younger, 48, Ankeny, IA	59:10
135	43	M30	Jeff Schug, 34, Johnston, IA	59:21
85	17	W40	Deb Miller, 49*, Perry, IA	59:29
86	18	W40	Michelle Cavanaugh, 46*, Des Moines, IA	59:31
136	43	M40	Gary Young, 46, Johnston, IA	59:33
87	30	W30	Rhonda Bustad, 35*, Dallas Center, IA	59:39
88	31	W30	Rheba Wilmes, 35*, St. Charles, IA	59:39
137	25	M50	Ed Larsen, 50, Urbandale, IA	59:45
138	26	M50	Steve Wacht, 56, Indianola, IA	59:47
89	6	JrW	Laura Meimann, 19*, Nevada, IA	59:49
90	30	W20	Andrea Bagby, 27*, Des Moines, IA	1:00:13
91	19	W40	Julie Comes, 40*, Grimes, IA	1:00:17
92	7	JrW	Megan Jans, 19*, Maxwell, IA	1:00:24
139	44	M40	Mitch Spencer, 45, Bondurant, IA	1:00:24
93	20	W40	Annette Varley, 49*, Menlo, IA	1:00:24
140	27	M50	Gerald Dewald, 56, West Des Moines, IA	1:00:29
94	32	W30	Kim Oxenford, 34*, Des Moines, IA	1:00:38
95	21	W40	Susan Andrews, 42*, Des Moines, IA	1:00:48
96	33	W30	April Butler, 31*, Waukee, IA	1:00:58

97	34	W30	Beth Jebens, 31*, Des Moines, IA	1:00:58
98	31	W20	Heidi Wych, 28*, Johnston, IA	1:01:04
99	35	W30	Andrea Vanderlinden, 38*, Des Moines, IA	1:01:26
100	6	W50	Mary Kay Shannon, 50*, Greenfield, IA	1:01:45
141	28	M50	Doug Wicks, 56, Story City, IA	1:01:46
142	45	M40	Steve Ponsetto, 47, Ankeny, IA	1:01:48
143	46	M40	Douglas Hetherington, 45, Des Moines, IA	1:02:07
101	32	W20	Jessica Mack, 24*, West Des Moines, IA	1:02:14
102	7	W50	Liz Meimann, 51*, Nevada, IA	1:02:25
103	22	W40	Joy Long, 41*, Urbandale, IA	1:02:30
144	47	M40	Michael Harper, 45, West Des Moines, IA	1:02:34
145	4	M60	Jack Matthews, 62, Stuart, IA	1:02:46
104	23	W40	Kim Tylor, 46*, West Des Moines, IA	1:03:10
105	24	W40	Nancy Hefner, 49*, Grimes, IA	1:03:16
106	8	JrW	Catherine Chargo, 19*, Toledo, IA	1:03:18
107	25	W40	Susan Spencer, 46*, Moravia, IA	1:03:20
108	36	W30	Jennifer Damge, 34*, Des Moines, IA	1:03:21
109	37	W30	Shannon Maddy, 33*, Des Moines, IA	1:03:24
110	38	W30	Mary Topf, 37*, Des Moines, IA	1:03:24
146	44	M30	Ted Bolles, 35, Waukee, IA	1:03:25
111	8	W50	Sharon Novinger, 50*, Collins, IA	1:03:33
112	39	W30	Jodi Waddell, 37*, Adel, IA	1:03:47
113	40	W30	Larui Sundo, 34*, Clive, IA	1:03:50
114	26	W40	Debra Lindgren, 45*, West Des Moines, IA	1:03:51
147	17	M20	Erich Vokes, 24, Des Moines, IA	1:03:53
148	29	M50	Jim Davis, 51, West Des Moines, IA	1:08:11
115	41	W30	Bridgette Marchand, 30*, Windsor Heights, IA	1:09:00
116	33	W20	Mary Fosseen, 25*, Cedar Falls, IA	1:09:02
117	34	W20	Krista Heenan, 24*, Johnston, IA	1:09:03
118	42	W30	Darcy Strolnski, 31*, Ankeny, IA	1:09:05
119	9	W50	Jan Lovett, 54*, Granger, IA	1:09:31
120	10	W50	Kathleen Ricker, 59*, Des Moines, IA	1:09:32
149	5	M60	Tom Buroker, 64, Des Moines, IA	1:09:32
150	6	M60	Michael Kent, 60, Des Moines, IA	1:09:33
151	48	M40	Alan Brawner, 40, Clive, IA	1:09:34
152	30	M50	Scott Dennis, 53, Urbandale, IA	1:09:35
121	43	W30	Kristine Brankis, 37*, Ankeny, IA	1:09:36
122	27	W40	Michelle Jans, 42*, Maxwell, IA	1:09:37
123	44	W30	Diane Dinan, 39*, Urbandale, IA	1:09:46
124	35	W20	Mary Demers, 24*, Des Moines, IA	1:10:58
125	45	W30	Sarah Murphy, 30*, Fairway, KS	1:10:58
153	45	M30	Eric Kisgen, 31, Des Moines, IA	1:11:11
154	8	JrM	Carl Stroud, 16, Des Moines, IA	1:12:52
126	11	W50	Luanne Dezwarte, 52*, Knoxville, IA	1:13:40
127	28	W40	Rhonda Ballon, 46*, Knoxville, IA	1:13:42
155	7	M60	Bob Johansen, 66, Ankeny, IA	1:14:25
128	29	W40	Leanne Buell, 43*, West Des Moines, IA	1:16:52
129	46	W30	Jamie Schug, 33*, Johnston, IA	1:19:05
156	18	M20	Joseph Mowers, 26, Des Moines, IA	1:20:13
130	12	W50	Margaret Epplin, 56*, Ames, IA	1:20:14
131	30	W40	Kathy Laczniak, 47*, Ames, IA	1:20:14
157	31	M50	Steve Davis, 54, Des Moines, IA	1:21:52
132	13	W50	Martha Davis, 55*, Des Moines, IA	1:21:52
133	47	W30	Bridgette Fitzsimmons, 35*, Ankeny, IA	
134	48	W30	Wendy Marckmann, 32*, West Des Moines, IA	

"*" indicates females
8 finishers among Men 19 & Under
18 finishers among Men 20 - 29
45 finishers among Men 30 - 39
48 finishers among Men 40 - 49
31 finishers among Men 50 - 59
7 finishers among Men 60 & Up
8 finishers among Women 19 & Under
35 finishers among Women 20 - 29

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48 finishers among Women 30 - 39
30 finishers among Women 40 - 49
13 finishers among Women 50 - 59
157 male finishers
134 female finishers
291 total finishers
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