

Taste of Hope 5K
 July 28, 2018
 Lutheran Church of Hope, WDM

Overall Place	Sex Place	Div Place	Division	Last Name	First Name	City	Time
1	1		M15	Cronin	Kenny		17:28.5
2	2		MJr	Muller	Cade		18:04.2
3	3		M40	Rathje	Jon	Ankeny	18:36.7
4	4	1	M20	Housholder	Danny	Ames	18:49.6
5	1		F15	Heikes	Bella		19:27.0
6	5	1	MJr	Foreman	Lucas		19:32.1
7	6	1	M15	Lucht	Nick	Ankeny	19:39.0
8	7	1	M40	Lawry	Nate	Ankeny	19:43.3
9	8	2	M40	Larson	David	WDM	20:47.0
10	9	3	M40	Burrell	Wesley	Urbandale	21:00.0
11	10	2	MJr	Rathje	Christian	Ankeny	21:11.4
12	11	3	MJr	Larson	Andrew	WDM	21:20.0
13	12	1	M50	Rodriguez	Osvaldo	Perry	21:21.8
14	13	4	MJr	Croatt	Kellan	Urbandale	21:39.0
15	14	4	M40	Wilson	Wes		21:57.2
16	2		F30	Iburg	Heather		22:08.6
17	15	2	M15	Welch	Ryland		22:12.0
18	3		FJr	Kelly	Claire	Van Meter	22:12.2
19	16	3	M15	Markey	Sam	Urbandale	22:12.5
20	17	1	M30	Dreckman	Jason	WDM	22:27.9
21	18	5	MJr	Rathje	Justice	Ankeny	22:53.1
22	19	2	M30	Ries	Adam	Urbandale	22:53.8
23	4	1	FJr	Webb	Isabella	WDM	22:54.1
24	20	5	M40	Nash	Jeremy	Urbandale	22:57.0
25	21	6	M40	Guerra	Tony	Ankeny	23:01.2
26	22	2	M20	Shalkowski	Marc	Des Moines	23:05.5
27	23	3	M30	Innis	Josh	WDM	23:07.6
28	24	2	M50	Stahl	Jon	Urbandale	23:15.1
29	5	2	FJr	Kelly	Mary	Van Meter	23:19.2
30	25	7	M40	Wachter	Derek		23:22.7
31	26	6	MJr	Crane	Charlie		23:24.6
32	27	3	M50	Dippold	Glen	Clive	23:31.8
33	28	7	MJr	Merhar	Tyler		23:36.7
34	29	8	M40	Hart	James	WDM	24:01.7
35	6	3	FJr	Isenhardt	Emma		24:12.3
36	30	4	M50	Wilson	Steve		24:18.8
37	31	9	M40	Lee	Brandon	Johnston	24:19.4
38	32	4	M15	Pierce	Brooklyn	Urbandale	24:26.0
39	33	8	MJr	Hughell	Jacob	Urbandale	24:48.2
40	34	10	M40	Kehoe	Josh		24:55.6
41	7	1	F15	Seashore	Brooke		25:00.6
42	35	11	M40	Urness	Tim	Johnston	25:18.7
43	36	9	MJr	Hayes	Luke		25:38.6
44	8	1	F30	Ries	Megan	Des Moines	25:45.5
45	37	5	M50	Berger	Steve	Clive	25:59.8
46	9	4	FJr	Welch	Rachel		26:06.2
47	38	4	M30	Zimmerman	Kevin	Muskego	26:39.2
48	39	10	MJr	Lambert	Evan	Johnston	26:40.7
49	10	2	F30	Jacobs	Breanne	Clive	26:42.6
50	40	5	M30	Combs	Jared		26:43.0
51	41	6	M30	Fyfe	Brian		26:43.4
52	11	3	F30	Gear	Gina	Urbandale	26:49.6
53	42	6	M50	Mills	Brad	Waukee	26:51.1
54	12	2	F15	Derby	Alexis	WDM	27:06.2
55	13	1	F50	Holmes	Janelle	Adel	27:07.2
56	43	11	MJr	Forney	Jacob	WDM	27:36.4

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57	44	12	M40	Schulte	Ryan		27:37.1
58	14	5	FJr	Schulte	Macy	Waukee	27:37.8
59	45	13	M40	Pierce	Brandon	Urbandale	27:38.4
60	15	1	F60	Lowe	Suzy		27:40.3
61	16	6	FJr	Croatt	Romey	Urbandale	27:53.3
62	17	4	F30	Palmer	Heidi	Adel	28:15.2
63	18	5	F30	Croatt	Abbey	Urbandale	28:15.8
64	19	6	F30	Hastings	Kelsey	Des Moines	28:18.3
65	46	12	MJr	Crutchley	Ryan	Urbandale	28:20.6
66	20	7	F30	Crutchley	Stacey	Urbandale	28:21.0
67	21	8	F30	Lowe	Katherine		28:21.9
68	22	3	F15	Lindberg	Jenna	Waukee	28:22.3
69	47	14	M40	Welch	Jason		28:22.9
70	48	13	MJr	Van Bruggen	Nolan		28:54.6
71	23	4	F15	Forney	Kaitlyn	WDM	28:56.9
72	49	14	MJr	Kennedy	Evan	Clive	28:57.5
73	24	1	F40	Miller	Brandi	Des Moines	28:58.2
74	50	7	M50	Lindberg	Jim	Waukee	29:04.5
75	25	1	F20	Eash	Rachel	Ankeny	29:11.5
76	26	2	F20	Courtney	Kaitlin		29:19.8
77	27	9	F30	Mathes	Heidi	WDM	29:20.9
78	51	3	M20	Tysseling	Aaron	Johnston	29:25.3
79	28	3	F20	Tysseling	Megan	Johnston	29:25.6
80	52	15	MJr	Webb	Carter	WDM	29:25.7
81	53	16	MJr	Rivenburgh	Will		29:33.3
82	29	10	F30	Maine	Brooke	Urbandale	29:37.0
83	54	7	M30	Maine	Scott	Urbandale	29:37.5
84	30	7	FJr	Pieper	Ali	Urbandale	29:41.5
85	31	11	F30	Humston	Anna	WDM	29:55.2
86	32	8	FJr	McCann	Sadie	WDM	29:58.5
87	33	12	F30	McCann	Maggie	WDM	29:59.2
88	34	9	FJr	Danner	Rita	WDM	30:17.8
89	35	10	FJr	Courtney	Kaylee		30:18.4
90	36	2	F40	Danner	Ann	WDM	30:19.7
91	37	13	F30	Newgard	Mary	Urbandale	30:20.2
92	38	11	FJr	Newgard	Allison	Urbandale	30:20.6
93	55	8	M30	Newgard	Bill	Urbandale	30:21.0
94	56	17	MJr	Knudsen	Gavin		30:26.5
95	57	18	MJr	Stahl	Brandon	Urbandale	30:35.9
96	58	19	MJr	Derby	Andrew	WDM	30:41.4
97	39	2	F60	Hoveland	Shirley	Des Moines	30:42.0
98	59	20	MJr	Wey	Adam	Johnston	30:53.1
99	40	3	F40	Merhar-Welch	Michelle		31:00.4
100	60	15	M40	Skeate	John	Clive	31:19.1
101	41	14	F30	Hokel	Renee		31:25.9
102	61	9	M30	Van Bruggen	Dave	Clive	31:28.8
103	42	2	F50	Messerli	Diane	Grimes	31:29.4
104	62	8	M50	Messerli	Dave	Grimes	31:33.1
105	63	9	M50	Seashore	Keith		31:45.6
106	43	4	F40	DeWitt	Tina	Waukee	31:45.3
107	44	3	F50	Crane	Rachel	WDM	31:45.9
108	45	5	F40	Rivenburgh	Liz	Waukee	31:54.4
109	46	12	FJr	DeWitt	Madison	Waukee	32:04.5
110	47	15	F30	Ritchhart	Stephanie		32:26.6
111	64	21	MJr	Lundquist	Jack	Urbandale	32:43.4
112	48	13	FJr	Stahl	Katie	Urbandale	32:48.5

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Overall Place	Sex Place	Div Place	Division	Last Name	First Name	City	Time
113	49	16	F30	Lundquist	Stacey	Urbandale	32:50.7
114	50	5	F15	McKibben	Emily	WDM	32:53.1
115	51	4	F20	Pierce	McKenna		33:02.3
116	65	10	M30	Mosbach	Tim	Urbandale	33:10.5
117	66	22	MJr	Jorgensen	Connor	Grimes	33:20.3
118	67	23	MJr	Jorgensen	Carsten	Grimes	33:20.9
119	52	14	FJr	Schulte	Kate	Waukee	33:25.7
120	68	16	M40	Jorgensen	Chad	Grimes	33:26.3
121	53	17	F30	Rinderknecht	Stacie	WDM	33:41.3
122	69	11	M30	Rinderknecht	Scott	WDM	33:42.6
123	54	6	F40	Pierce	Deb	Waukee	35:32.5
124	55	7	F40	Lee	Jennifer	Ankeny	35:33.5
125	70	24	MJr	Kehoe	Alex		35:35.0
126	56	8	F40	Knudsen	Michelle		35:37.6
127	57	9	F40	Lambert	Wendy	Ankeny	35:38.1
128	71	25	Mjr	Baumann	Colby	WDM	35:53.9
129	58	18	F30	Baumann	Teresa	WDM	36:02.2
130	72	17	M40	Forney	John	WDM	36:34.8
131	59	15	FJr	Abbey	Hannah		37:28.4
132	73	18	M40	Abbey	Evan	Urbandale	37:28.9
133	60	6	F15	Merhar	Melanie		38:11.2
134	74	26	MJr	Urness	Matthew		38:27.0
135	61	10	F40	Wilson	Amy		38:41.1
136	62	16	FJr	Nelson	Alayna	WDM	38:54.3
137	75	27	MJr	Richey	Ben	WDM	38:57.5
138	63	11	F40	Burger	Jennifer	WDM	38:58.0
139	76	28	MJr	Schwertfeger	Trey		39:27.9
140	77	19	M40	Schwertfeger	Jeremy		39:28.5
141	64	3	F60	Kiewel	Lori	Clive	39:38.8
142	65	19	F30	Rathje	Jen	Ankeny	39:47.2
143	66	17	FJr	Boisen	Luella	Montrose, CO	41:22.4
144	67	18	FJr	Boisen	Billie	Montrose, CO	41:23.0
145	68	19	FJr	Van Bruggen	Delaney		42:54.3
146	78	20	M40	Stahl	Craig		42:54.9
147	69	20	F30	Van Bruggen	Brooke		42:56.0
148	70	4	F60	Hunter	Joni	WDM	43:03.4
149	79	1	M60	Burton	Jim	WDM	43:03.9
150	80	21	M40	Fritz	Justin		43:11.8
151	71	7	F15	Fritz	Katie		43:12.3
152	72	21	F30	Donnelly	Kasey	WDM	44:41.8
153	73	20	FJr	Donnelly	Olivia	WDM	44:42.4
154	81	12	M30	Byars	Matt		44:47.3
155	82	5	M15	Welch	Ronin		45:07.0
156	83	10	M50	Bovee	Ron	Earlham	45:08.7
157	74	12	F40	Bovee	Denise	Earlham	45:09.6
158	84	29	MJr	Roach	Brendan	WDM	45:18.3
159	75	13	F40	Roach	Carrie	WDM	45:28.6
160	85	22	M40	Schug	Ryan	Ankeny	45:37.8
161	76	5	F60	Schug	Linda	Ankeny	45:39.0
162	77	21	FJr	Lambert	Elise	Johnston	46:02.7
163	86	23	M40	Luetje	Rob	Des Moines	46:07.2
164	78	6	F60	Kennedy	Norine	WDM	46:34.3
165	87	2	M60	Van Dam	Doug	Clive	50:11.7
166	79	7	F60	Reed	Susie	Des Moines	50:56.5
167	80	14	F40	Mosdal	Wendy	Polk City	51:00.4
168	81	15	F40	Engelen	Kristie		51:00.7

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169	82	5	F20	Humphrey	Blake	Polk City	53:19.1
170	83	16	F40	Mikkelsen	Shandy	WDM	53:20.1
171	84	22	F30	Williams	Kelsey	Waukee	53:20.9
172	85	23	F30	Jackson	Jenn	Grimes	53:27.9
173	86	17	F40	Russell	Julie		53:28.4
174	87	18	F40	Stokka	Kelli	Urbandale	53:31.8
175	88	8	F60	Stokka	Karlene	Urbandale	53:32.3
176	89	24	F30	Bushman	Amanda	Urbandale	53:32.9
177	88	24	M40	Jones	Dave		53:36.3
178	90			Samualson	Steph		53:37.4

Finisher Summary

MJr	30	Total Male	89
M15	6	Total Female	89
M20	3		
M30	12		
M40	25	Total Runners	178
M50	10		
M60+	2		
No age	1		

FJr	22
F15	8
F20	5
F30	25
F40	18
F50	3
F60+	8

Top Males Overall

1	Cronin	Kenny	17:28.5
2	Muller	Cade	18:04.2
3	Rathje	Jon	18:36.7

Top Females Overall

1	Heikes	Bella	19:27.0
2	Iburg	Heather	22:08.6
3	Kelly	Claire	22:12.2

Age Group Awards

FJr	Webb	Isabella	22:54.1
	Kelly	Mary	23:19.2
F15	Seashore	Brooke	25:00.6
	Derby	Alexis	27:06.2
F20	Eash	Rachel	29:11.5
	Courtney	Kaitlin	29:19.8
F30	Ries	Megan	25:45.5
	Jacobs	Breanne	26:42.6
F40	Miller	Brandi	28:58.2
	Danner	Ann	30:19.7

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Overall Place	Sex Place	Div Place	Division	Last Name	First Name	City	Time
F50			Holmes	Janelle	27:07.2		
			Messerli	Diane	31:29.4		
F60			Lowe	Suzy	27:40.3		
			Hoveland	Shirley	30:42.0		
MJr			Foreman	Lucas	19:32.1		
			Rathje	Christian	21:11.4		
M15			Lucht	Nick	19:39.0		
			Welch	Ryland	22:12.0		
M20			Housholder	Danny	18:49.6		
			Shalkowski	Marc	23:05.5		
M30			Dreckman	Jason	22:27.9		
			Ries	Adam	22:53.8		
M40			Lawry	Nate	19:43.3		
			Larson	David	20:47.0		
M50			Rodriquez	Oswaldo	21:21.8		
			Stahl	Jon	23:15.1		
M60			Bovee	Ron	45:08.7		
			Burton	Jim	43:03.9		

Youth Run Results (.75 Miles)

Overall Place	Sex	Last Name	First Name	Time
1	M	Cathcart	Jaxson	4:54.7
2	M	Wilson	Jake	5:02.9
3	M	Houston	Gabe	5:04.2
4	M	Ladd	Alton	5:06.1
5	F	DeWitt	Kalynn	5:33.4
6	F	Schwartz	Elise	5:35.5
7	M	Nash	Luke	5:35.9
8	M	Schulte	Colton	5:43.1
9	F	McCann	Grace	5:48.4
10	M	Croatt	Lennox	6:00.5
11	M	Preper	Issac	6:25.5
12	M	Cathcart	Holden	7:13.8
13	F	Lyon	Kaydin	7:38.1
14	M	Williams	Reese	7:40.8
15	F	Hajduch	Finley	7:50.1
16	F	Schwertfeger	Charlee	7:56.0
17	F	Hajduch	Emma	8:59.9