

Taste of Hope 5K
 July 27, 2019
 Lutheran Church of Hope, WDM

Overall Place	Sex Place	Div Place	Division	Last Name	First Name	City	Time
1	1		M20	Anderson	Ben	West Des Moines	16:38.3
2	2		M15	Cronin	Kenny	Bloomfield	17:04.5
3	3		M40	Hennigan	Gregg	West Des Moines	18:00.0
4	4	1	M20	Householder	Danny	Ames	19:10.8
5	5	1	MJr	Card	Donovan	Norwalk	19:23.8
6	1		F40	Schulze	Jenny	Clive	19:32.1
7	6	1	M15	Card	Landon	Norwalk	19:36.0
8	7	1	M40	Zimmer	Dave	Polk Coty	20:10.4
9	8	2	MJr	Croatt	Kellan	Urbandale	20:27.0
10	9	2	M15	Merhar	Tyler	Urbandale	20:33.0
11	10	3	M15	Larson	Andrew	West Des Moines	20:43.5
12	11	1	M30	Knoop	Matt	Urbandale	20:46.5
13	12	2	M40	Larson	David	West Des Moines	21:02.1
14	2		F30	Cooper	Sara	West Des Moines	21:10.9
15	13	4	M15	Johnson	Jack	West Des Moines	21:26.3
16	14	3	M40	Burrell	Wes	Urbandale	21:29.9
17	15	2	M30	Ries	Adam	Des Moines	21:31.8
18	16	1	M50	Lundberg	Tim	Urbandale	21:41.3
19	3		F30	Iburg	Heather	Saint Charles	21:44.5
20	17	5	M15	Severson	Adam	West Des Moines	21:46.3
21	4	1	FJr	Kelly	Clare	Van Meter	21:49.4
22	18	2	M50	Rodriguez	Osvaldo	Perry	22:16.2
23	19	2	M20	Temple	Wes	Ankeny	22:20.2
24	20	4	M40	Spivey	Maloch		22:38.0
25	5	2	FJr	Kelly	Mary	Van Meter	22:50.2
26	6	1	F15	Zimmer	Abi	Polk City	23:15.5
27	21	3	MJr	Hayes	Luke	West Des Moines	23:32.8
28	22	5	M40	Clark	Jamie	Norwalk	23:40.4
29	23	4	MJr	Crane	Charles	West Des Moines	23:45.7
30	24	6	M15	Hews	Caleb	Clive	23:52.7
31	25	5	MJr	Keller	Kane	Janesville	23:56.7
32	26	3	M20	Keppen	Matthew	West Des Moines	23:57.8
33	7	1	F30	Davis	Hannah	Prole	24:03.0
34	27	6	MJr	Stewart	Quintin	Cumming	24:07.1
35	28	7	M15	Schmidt	Zachary	Indianola	24:09.9
36	29	6	M40	Wilson	Wes	Waukee	24:10.9
37	30	7	MJr	Alberico	Jonathan	West Des Moines	24:19.1
38	31	8	MJr	Moss	Rykan	West Des Moines	24:25.3
39	32	4	M20	Weeks	Adam	Windsor Heights	24:26.1
40	8	3	FJr	Dallal	Sophia	Dubuque	24:30.1
41	33	5	M20	Freund	Mark	West Des Moines	24:31.9
42	34	3	M50	Wachter	Derek	Clive	24:42.2
43	35	4	M50	Dippold	Glen	Clive	24:43.1
44	9	2	F30	Ries	Megan	Des Moines	24:54.0
45	36	3	M30	Stukenholtz	Kyle	Olathe	25:00.9
46	37	7	M40	Welch	Jason	Urbandale	25:07.1
47	10	4	FJr	Alberico	Matthew	West Des Moines	25:18.1
48	11	2	F15	Seashore	Brooke	Clive	25:25.7
49	38	4	M30	Zimmermann	Kevin	Muskego	25:28.0
50	39	5	M30	Weatherly	Nathan	Urbandale	25:43.9
51	12	5	FJr	Croatt	Romey	Urbandale	25:49.8
52	40	1	M60	Stewart	Jon	Cumming	26:04.3
53	13	1	F50	Lowe	Suzy	West Des Moines	26:05.7
54	14	3	F30	Burrell	Amy	Urbandale	26:11.5
55	41	5	M50	Hiatt	Michael	Osceola	26:17.5
56	42	6	M30	Dirksen	Brandon	West Des Moines	26:22.4
57	43	9	MJr	Croatt	Lennox	Urbandale	26:23.4
58	44	10	MJr	Forney	Jacob	West Des Moines	26:25.5
59	45	8	M40	Aronson	Ross	Adel	26:26.4
60	15	6	FJr	McCann	Sadie	West Des Moines	26:34.4

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Overall Place	Sex Place	Div Place	Division	Last Name	First Name	City	Time
61	16	1	F40	McCann	Maggie	West Des Moines	26:35.1
62	17	4	F30	Jacobs	Breanne	Clive	26:42.7
63	18	1	F60	Mills	Brad	Waukee	26:44.6
64	46	9	M40	Ervasti	Josh	West Des Moines	27:13.8
65	19	7	FJr	Guerra	Brielle	Ankeny	27:16.2
66	47	8	M15	Kehoe	Zach	Johnston	27:24.3
67	48	11	MJr	Cortese	Jackson	West Des Moines	27:31.9
68	49	12	MJr	Beneke	Anthony	Indianola	27:32.7
69	50	7	M30	Steen	David	Pleasant Hill	27:34.0
70	20	5	F30	Steen	Christina	Pleasant Hill	27:47.8
71	51	10	M40	Kehoe	Josh	Johnston	27:49.6
72	21	6	F30	Palmer	Heidi	Adel	27:55.1
73	52	13	MJr	Cortese	Parker	West Des Moines	27:57.1
74	22	8	FJr	Zimmer	Reagan	Polk City	28:01.1
75	53	14	MJr	Holdmeyer	Dain	Adel	28:02.1
76	23	2	F40	Croatt	Abbey	Urbandale	28:07.1
77	24	3	F15	Heidt	Becca	West Des Moines	28:08.6
78	54	11	M40	Heidt	Jim	West Des Moines	28:09.6
79	55	8	M30	Jacobs	Josh	Clive	28:14.2
80	25	7	F30	Newgard	Mary	Urbandale	28:19.4
81	56	15	MJr	Jorgensen	Connor	Grimes	28:41.8
82	26	4	F15	Kramer	Elle	West Des Moines	28:46.7
83	57	9	M30	Huston	Kelly	Ankeny	28:53.9
84	58	16	MJr	Jorgensen	Carsten	Grimes	29:03.3
85	59	17	MJr	Van Bruggen	Nolan	Clive	29:04.3
86	27	3	F40	Kehoe	Shelley	Johnston	29:11.2
87	28	4	F40	Peterson	Jenny	Waukee	29:17.6
88	60	10	M30	Combs	Jared	Adel	29:27.4
89	61	18	MJr	Opsal	Reed	Clive	29:35.5
90	29	8	F30	Bleich	Lacey	Waukee	29:54.8
91	30	9	F30	Opsal	Nikki	Clive	29:55.7
92	31	10	F30	Maine	Brooke	Urbandale	29:58.8
93	32	11	F30	Rohrs	Anna	Clive	30:03.1
94	33	5	F40	Merhar-Welch	Michelle	Urbandale	30:03.9
95	62	12	M40	Stover	Phillip	Urbandale	30:04.9
96	34	1	F20	Myers	Megan	West Des Moines	30:14.0
97	35	2	F50	DeHaan	Joann	Urbandale	30:18.0
98	63	13	M40	Kaldenburg	Andrew	Stuart	30:24.7
99	64	19	MJr	Holdmeyer	Keegan	Adel	30:36.2
100	65	20	MJr	Holdmeyer	Shay	Adel	30:36.9
101	36	6	F40	Marks	Rebecca	West Des Moines	30:37.9
102	66	21	MJr	Keller	Kruz	Janesville	30:38.4
103	67	14	M40	Keller	Eric	Janesville	30:39.4
104	37	5	F15	Severson	Kaitlyn	West Des Moines	30:40.6
105	38	12	F30	Marks	Cassie	West Des Moines	30:40.8
106	68	15	M40	Berst	Michael	Ankeny	30:42.1
107	39	13	F30	Hawkins	Hannah	Adel	30:49.2
108	69	16	M40	Johnson	Brent	Clive	30:55.7
109	40	7	F40	Humston	Anna	West Des Moines	30:57.6
110	70	11	M30	Van Bruggen	Dave	Clive	31:17.1
111	71	22	MJr	Alberico	Nathan	West Des Moines	31:18.1
112	41	2	F60	Hoveland	Shirley	Des Moines	31:30.0
113	42	9	FJr	Goode	Emma	Waukee	31:41.7
114	43	6	F15	Forrett	Katie	Urbandale	31:42.7
115	44	10	FJr	Alberico	Katherine	West Des Moines	31:50.6
116	72	17	M40	Alberico	Mark	West Des Moines	31:52.2
117	45	14	F30	Donnelly	Kasey	West Des Moines	32:10.8
118	46	15	F30	Johnson	Kellie	Waukee	32:11.6
119	73	23	MJr	Sickles	Jacob	Urbandale	32:12.7
120	47	11	FJr	Guerra	Rianne	Ankeny	32:23.0

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121	74	18	M40	Guerra	Tony	Ankeny	32:23.8
122	48	12	FJr	Clark	Athena	Waukee	32:24.6
123	49	13	FJr	Clark	Annie	Waukee	32:25.5
124	50	8	F40	Winncke	Kayla	Clive	32:35.5
125	51	9	F40	Hoover	Amy	Urbandale	32:37.2
126	52	3	F60	Hall	Joan	Clive	32:38.9
127	75	24	MJr	Peterson	Tyler	Waukee	32:44.5
128	53	2	F20	Esker	Stephanie	West Des Moines	33:00.9
129	54	3	F20	Piegors	Mary	Des Moines	33:01.7
130	76	19	M40	Jorgensen	Chad	Grimes	33:02.6
131	77	20	M40	Lang	Joseph	Waukee	33:04.6
132	55	14	FJr	Schlichte	Logan	West Des Moines	33:06.2
133	56	16	F30	Schlichte	Shannon	West Des Moines	33:07.6
134	78	9	M15	Kerns	Alec	Gretna	33:18.1
135	57	7	F15	Merhar	Melanie	Urbandale	33:19.2
136	58	8	F15	Nosbusch	Alexis	Urbandale	33:20.1
137	79	10	M15	Heavcan	Colby	Gretna, NE	33:23.5
138	59	17	F30	Grieme	Sara	Des Moines	33:24.1
139	80	25	MJr	Gear	Mason	Urbandale	33:24.7
140	60	18	F30	Gear	Gina	Urbandale	33:25.3
141	61	19	F30	Sanders	Laurie	Albert Lee, MN	33:26.9
142	81	26	MJr	Kehoe	Alex	Johnston	33:43.8
143	62	15	FJr	Fredericks	Emily	West Des Moines	33:57.9
144	63	10	F40	Fredericks	Ann	West Des Moines	33:59.1
145	64	20	F30	Khoo	Kristin	West Des Moines	34:00.3
146	65	21	F30	Riley	Lindsey	West Des Moines	34:01.4
147	82	21	M40	Bartachek	Darin	Waukee	34:04.7
148	100	33	MJr	Buck	Alexander	West Des Moines	34:09.8
149	83	6	M50	Seashore	Keith	Clive	34:10.7
150	66	22	F30	Johnson	Cassandra	West Des Moines	34:11.7
151	67	3	F50	Messerli	Diane	Grimes	34:21.6
152	84	7	M50	Messerli	David	Grimes	34:22.5
153	85	27	MJr	Parkin	Hudson	Urbandale	34:31.1
154	68	11	F40	Kramer	Julie	WDM	34:42.5
155	69	12	F40	Bartachek	Jill	Waukee	34:44.9
156	86	12	M30	Ngov	Yin	Des Moines	34:48.9
157	87	6	M20	McDonald	Luke	West Des Moines	34:55.3
158	88	28	MJr	Parkin	Maddox	Urbandale	36:38.2
159	70	23	F30	Gozalka	Courtney	Clive	36:44.2
160	89	29	MJr	Bleich	Carter	Waukee	36:45.1
161	90	30	MJr	Bleich	Cooper	Waukee	36:45.9
162	71	4	F20	Kollenkark	Jessica	Adel	37:41.6
163	72	13	F40	Stewart	Stephanie	Cumming	37:52.7
164	73	16	FJr	Dallal	Abby	Dubuque	37:59.0
165	74	9	F15	Severson	Megan	West Des Moines	37:59.8
166	91	5	M70	Gardner	Keith	Winterset	38:27.4
167	75	4	F60	Kiewel	Lori	Clive	38:28.4
168	76	17	FJr	Bleich	Lilian	Waukee	38:46.2
169	92	13	M30	Bleich	Cory	Waukee	38:47.1
170	77	24	F30	Johnson Eveland	Kelsey	West Des Moines	39:04.2
171	93	2	M60	Burton	Jim		39:06.3
172	78	5	F20	Rodriguez	Marie	Des Moines	40:18.9
173	79	14	F40	Straumanis	Michelle	Des Moines	40:24.0
174	94	31	MJr	Tabibi	Sam	West Des Moines	40:33.1
175	95	14	M30	Keller	Christopher	West Des Moines	40:57.7
176	80	25	F30	Struck	Jennifer	Urbandale	41:02.1
177	81	26	F30	Schmitz	Jill	West Des Moines	41:03.0
178	82	27	F30	Anderson	Erinn	West Des Moines	43:08.9
179	83	4	F50	Anderson	Sarah	Des Moines	44:03.0
180	84	5	F60	Hunter	Joni	West Des Moines	45:40.3

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181	96	32	MJr	Leu	Parker	West Des Moines	45:42.6
182	85	15	F40	Leu	Marcy	West Des Moines	45:50.6
183	86	16	F40	Smith	Amy	Johnston	48:13.1
184	87	18	FJr	Van Bruggen	Delaney	Clive	48:35.4
185	88	28	F30	Van Bruggen	Brooke	Clive	48:36.7
186	89	6	F60	Reed	Susie	Des Moines	51:21.3
187	90	17	F40	Goode	Jennifer	Waukee	51:22.7
188	97	3	M60	Kiewel	Brad	Clive	52:51.9
189	91	29	F30	Niemeyer	Andrea	West Des Moines	53:49.4
190	98	4	M60	Schlapia	Pat	Creston	54:48.3
191	92	19	FJr	Holdmeyer	Zaida	Adel	57:38.6
192	93	18	F40	Holdmeyer	Amanda	Adel	57:40.3
193	99	22	M40	Holdmeyer	Eric	Adel	57:42.3
194	94	5	F50	Russell	Julie	Clive	58:23.3

Finisher Summary

MJr	33	Total Male	100
M15	11	Total Female	94
M20	7		
M30	14		
M40	23	Total Runners	194
M50	7		
M60+	5		

FJr	19
F15	9
F20	5
F30	31
F40	19
F50	5
F60+	6

Top Males Overall

1	Anderson	Ben	16:38.3
2	Cronin	Kenny	17:04.5
3	Hennigan	Gregg	18:00.0

Top Females Overall

1	Schulze	Jenny	19:32.1
2	Cooper	Sara	21:10.9
3	Iburg	Heather	21:44.5

Age Group Awards

FJr	Kelly	Clare	21:49.4
	Kelly	Mary	22:50.2
F15	Zimmer	Abi	23:15.5
	Seashore	Brooke	25:25.7
F20	Myers	Megan	30:14.0
	Esker	Stephanie	33:00.9
F30	Davis	Hannah	24:03.0
	Ries	Megan	24:54.0

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F40			McCann	Maggie	26:35.1		
			Croatt	Abbey	28:07.1		
F50			Lowe	Suzy	26:05.7		
			DeHaan	Joann	30:18.0		
F60			Mills	Brad	26:44.6		
			Hoveland	Shirley	31:30.0		
MJr			Card	Donovan	19:23.8		
			Croatt	Kellan	20:27.0		
M15			Card	Landon	19:36.0		
			Merhar	Tyler	20:33.0		
M20			Householder	Danny	19:10.8		
			Temple	Wes	22:20.2		
M30			Knoop	Matt	20:46.5		
			Ries	Adam	21:31.8		
M40			Zimmer	Dave	20:10.4		
			Larson	David	21:02.1		
M50			Lundberg	Tim	21:41.3		
			Rodriguez	Osvaldo	22:16.2		
M60			Stewart	Jon	26:04.3		
			Burton	Jim	39:06.3		

Youth Run Results (.75 Miles)

Overall Place	Sex	Last Name	First Name	Time
1	M	Ladd	Alton	4:34
2	M	Wilson	Jake	4:35
3	M	Marks	Brady	4:36
4	F	Beneke	Carrie	4:39
5	F	Humpston	Clara	4:47
6	M	Vahanian	Sam	4:48
7	M	Ross-Keary	Jackson	4:49
8	M	Jorgensen	Kamden	5:32
9	F	Hajduch	Emma	5:36
10	M	Davidson	Liam	5:44
11	M	Cronin	JD	6:07
12	M	Schlichte	Zach	6:23
13	F	Nowak	Lily	6:38
14	F	Johnson	Liliana	6:43
15	M	Mathes	Emerson	6:44
16	M	Lindberg	Carlos	7:21
17	F	Hajduch	Finley	7:22