

10K results
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2009 RUNNING WITH HEART - 10/4/2009**Ames, IA * Iowa State University
Rankings****Mixed 5k Run RR**

Comp# Name Team Time Points

1	120	Seucik, David	M18	Ames	16:34.98
2	119	Seucik, Daniel	M18	Ames	16:56.14
3	47	Garter, Jenniffer	W18	Ames	23:25.50
4	10	Bentz, Nicole	W18	Ames	23:26.30
5	84	Lyon, Jennifer	W20	Ames	23:42.05
6	92	McVicker, Kayla	W18	Ames	23:54.24
7	21	Campbell, Kerry	M32	Ames, IA	23:57.07
8	189	Grinvalds, Paul	M51	Unattached	24:08.64
9	98	Noack, Jared	M22	Ames	24:20.40
10	37	Doll, Allison	W20	Ames	24:23.64
11	186	Boyiston, Payton	W13	Unattached	24:34.14
12	220	Ohde, Nick	M23	Unattached	24:37.36
13	22	Caron, Courtney	W18	Rochester	24:47.26
14	139	Wedeking, Ray	M18	Ames, IA	24:50.51
15	178	Gerlach, Mark	M52	Unattached	25:00.31
16	191	Misra, Jason	M21	Unattached	25:08.00
17	136	Visser, Jeff	M20	Ames, IA	25:08.25
18	172	McDowell, Lucas	M18	Unattached	25:15.60
19	78	Luhmann, Emma	W13	Dayton, IA	25:20.97
20	66	Klopfenstein, Jake	M20	ames	25:23.40
21	38	Dostal, Andrew	M22	Ames	25:31.29
22	70	Lang, Sean	M20	Ames, IA	25:37.21
23	212	Mayberry, Curtis	M20	Unattached	25:37.61
24	215	Redmond, Matt	M32	Unattached	25:38.18
25	79	Luhmann, Grant	M46	Dayton, IA	25:40.69
26	124	Sparacio, Nick	M18	Ames	25:41.21
27	25	Chesser, Lillian	W18	Ames	25:43.69
28	131	Upah, Angela	W18	Ames	25:44.40
29	211	Bruck, Jessica	W20	Unattached	25:45.34
30	56	Horstman, Heidi	W20	Ames	25:51.71
31	229	Middendorf, Jill	W19	Unattached	25:54.01
32	29	Davis, Josh	M18	Ames	25:55.44
33	73	Lieser, Alyson	W20	Ames	26:03.08
34	199	Bruder, Ali	W15	Unattached	26:03.84
35	2	Albaugh, Tyler	M20	Ames	26:09.47
36	17	Brunsvold, Jon	M20	Ames	26:12.43
37	230	Wilson, Mark	M22	Unattached	26:16.95
38	88	Marton, Tony	M20	Ames	26:18.13
39	90	McFee, Kimberly	W20	Ames	26:22.25
40	225	Waddingham, Jake	M19	Unattached	26:23.78
41	41	Emgarten, Carrie	W18	Ames	26:30.46
42	219	Gustafson, Abby	W18	Unattached	26:59.32
43	217	Gustafson, Tyler	M18	Unattached	27:17.06
44	69	Kurtz, Libby	W22	Ames, IA	27:21.02
45	67	Knight, Jared	M18	Ames	27:21.47
46	6	Barr, Jordan	W18	Ames	27:21.85
47	193	Demmel, Celeste	W21	Unattached	27:22.31
48	1	Abbott, Meredith	W21	Ames, IA	27:27.44
49	164	Nguyen, Thao	W21	Unattached	27:40.11
50	234	Merrick, Brandi	W22	Unattached	27:41.20
51	236	Gilmore, Sarah	W21	Unattached	27:41.60
52	154	Humbert, Sabrina	W27	Unattached	27:50.36
53	237	Olthoff, Mindi	W21	Unattached	28:09.92
54	224	Sharp, Cory	M21	Unattached	28:21.59

....Mixed 5k Run RR

55 184 Wells, John M21 Unattached 28:29.59
56 143 Willison, Jenna W24 Spencer, IA 28:32.30
57 72 Lee, Mike M20 Ames 28:37.29
58 85 Mabary, Beth W18 Ames 28:44.68
59 54 Hofmann, Heike W30 Ames 28:45.04
60 216 Rearce, Tracy W26 Unattached 28:47.55
61 27 Currie, Benjamin M18 Ames 28:47.77
62 12 Bradley, Jordan M22 Ames 28:49.28
63 91 McKinley, Benjamin M18 Ames 28:51.10
64 208 Mertes, Matthew M19 Unattached 29:00.23
65 23 Caudle, Mandi W19 Ames, IA 29:11.08
66 8 Bauer, Amy W20 Ames 29:23.46
67 44 Feltz, Kelsey W18 Ames 29:26.62
68 221 Rasmussen, Kayla W21 Unattached 29:28.55
69 115 Ryder, Andrew M30 Ames 29:57.82
70 222 Martin, Matt M21 Unattached 29:58.96
71 129 Tomek, Chelsea W20 Ames 29:59.30
72 153 Correll, David M30 Unattached 30:29.12
73 144 Woolm, Natalie W20 Ames 30:37.64
74 226 Patz, Andrew M21 Unattached 30:37.90
75 161 McDonough, Jon M18 Unattached 30:38.78
76 108 Prosise, Adam M18 Ames 30:46.69
77 187 Boyiston, Orlon M14 Unattached 30:48.01
78 9 Beck, Leanne W23 Duluth, MN 30:48.71
79 126 Spry, Tyler M22 Ames 30:49.15
80 175 Garton, Sara W21 Unattached 30:52.36
81 103 Petersen, Latrisha W24 Ames 30:54.04
82 20 Campbell, Hilary W28 Ames, IA 30:54.72
83 176 McCulley, Hannah W19 Unattached 30:59.41
84 123 Snodgrass, Amanda W22 Iowa City 31:01.72
85 213 Wies, Helen W18 Unattached 31:02.18
86 204 Wies, Hannah W20 Unattached 31:02.60
87 197 Upah, Justin M20 Unattached 31:02.97
88 214 Dowling, Patrick M18 Unattached 31:13.41
89 235 French, Sarah W19 Unattached 31:21.62
90 53 Henning, Paige W18 Ames 31:38.57
91 177 Patrick, Patti W58 Unattached 31:40.76
92 101 Partridge, Emma W22 Ames 31:41.04
93 127 Stueck, Katie W18 Ames 31:47.29
94 61 Jones, Lindsey W18 Ames 32:09.08
95 60 Jones, David M51 Manhattan, KS 32:09.48
96 125 Spitz, Rebecca W18 Ames 32:10.31
97 36 Dodson, Katie W20 Boone 32:16.94
98 48 Graham, Jay M18 Ames 32:31.79
99 192 Johnson, Angela W19 Unattached 32:44.21
100 104 Peterson, April W20 Ames 32:52.21
101 93 Meis, Megan W18 Ames 32:52.70
102 16 Brumwell, Jenni W20 Ames 32:53.48
103 28 Danforth, Stephanie W20 Ames 32:54.12
104 182 Ryneer, Anna W20 Unattached 32:55.37
105 183 Gilbert, Daniele W20 Unattached 32:55.69
106 134 Van Loon, Jennifer W20 Ames 33:06.79
107 71 Langel, Ross M20 Ames 33:07.16
108 68 Kohlhaas, Kathleen W20 Ames 33:14.67
109 130 Ulrich, Jenna W20 Ames 33:15.01

....Mixed 5k Run RR

110 206 Reyes, Alex W21 Unattached 33:34.98
111 95 Monson, Christine W20 Ames 33:41.10
112 96 Monson, Laura W41 Lehigh, IA 33:41.40
113 218 Schmerbach, Sara W21 Unattached 33:57.45
114 112 Rivenbark, Rachel W18 Ames 34:07.23
115 116 Salinas, Tricia W18 Ames 34:11.30
116 165 Jung, Stephanie W37 Unattached 34:24.51
117 238 Agee, Kendall W20 Unattached 34:32.61
118 190 Degnan, Maureen W21 Unattached 35:56.78
119 58 Huenecke, Brittany W20 Ames 36:09.04

120 243 Kruse, Matthew M20 Unattached 36:13.16
121 62 Kavan, Kendra W20 Ames 36:13.95
122 145 Wright, Andrew M24 Ames 37:13.91
123 18 Butler, Tiffany W26 Ames, Ia 37:16.82
124 209 Davidson, Teejay W20 Unattached 37:17.17
125 159 Kofoot, Jacob M19 Unattached 37:45.43
126 158 Mitchell, Jeff M19 Unattached 37:45.96
127 239 Frederickson, Eric M20 Unattached 38:45.23
128 240 Frederickson, Morgan W25 Unattached 38:45.63
129 132 Upton, Brianna W20 Ames, IA 39:06.18
130 167 Marean, Lee M21 Unattached 43:07.89
131 166 Schwarz, Megan W19 Unattached 43:08.25
132 75 Loomer, Kelsey W18 Ames 46:05.43
133 76 Loomer, Lindsey W20 Ames 46:05.87
134 173 Hawkins, Ann W41 Unattached 53:00.02
135 174 Lara, Sheena W26 Unattached 53:31.43
136 42 Engelson, Laura W30 Ames 53:32.74
137 80 Lynch, Eric M21 Hampton Beach, NH 53:33.00
138 162 Johnson, Emma W20 Unattached 54:13.39
139 32 Demuth, Bill M50 Des Moines 54:13.66
140 94 Mobley, Alexie W18 Ames 54:14.79
141 242 Flahive, Lauren W18 Unattached 56:43.85
142 241 Horbach, Devyn W18 Ames 56:44.11
143 63 Kerns, Nikki W18 Ames 56:44.38
144 151 Zunkel, Paul M20 Ames 56:55.83
145 51 Hang, Jenniffer W20 Ames 56:56.06
146 121 Shuang, Jye W22 Ames 57:01.61
147 15 Brohier, Natosha W20 Ames 57:02.77
148 194 Demmel, Veronica W53 Unattached 57:03.08
149 202 Brady, Alissa W19 Unattached 59:37.25
150 203 Norton, Drew W19 Unattached 59:59.59
151 102 Petersen, Jamie W24 Ames 59:59.93
152 133 Van Arkel, Courtney W18 Ames 1:00:00.24
153 137 Wagner, Kelly W18 Ames 1:00:02.45
154 107 Ponce, Jose M30 Ames 1:10:55.00

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