

# 5K Run/Walk to Break the Silence on Ovarian Cancer

June 8, 2013

## Overall Division Results - 5K

### Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	3/130	1/82	161	Rachel Hoger	38	Female	Johnston	IA	6:57 min/m	00:21:32.58	00:21:35.98

### Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	1/130	1/48	228	Steve Pohlmeyer	47	Male	Urbandale	IA	6:34 min/m	00:20:22.13	00:20:25.93

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	32/130	10/82	231	Jesse Proehl	16	Female	Urbandale	IA	8:28 min/m	00:26:11.08	00:26:19.20
2	33/130	11/82	272	Faith Wenger	17	Female	Monticello	IA	8:29 min/m	00:26:22.25	00:26:22.25
3	48/130	19/82	213	Nicole Monck	18	Female	Monticello	IA	8:59 min/m	00:27:44.01	00:27:57.41
4	82/130	39/82	288	Elizabeth Alonzo	17	Female	Johnston	IA	10:21 min/m	00:32:04.10	00:32:11.79
5	88/130	44/82	299	Claire Weatherwax	14	Female	Ankeny	IA	10:34 min/m	00:32:34.65	00:32:51.84
6	99/130	53/82	105	Alexis Barton	17	Female	Norwalk	IA	11:31 min/m	00:35:36.57	00:35:49.46
7	107/130	61/82	268	Kayla Van Langen	11	Female	Urbandale	IA	11:57 min/m	00:36:47.50	00:37:09.23
8	108/130	62/82	246	Tara Shattuck	16	Female	Norwalk	IA	11:57 min/m	00:36:56.93	00:37:09.80

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	13/130	10/48	232	Jordan Proehl	14	Male	Urbandale	IA	7:42 min/m	00:23:47.00	00:23:55.94
2	15/130	12/48	243	Josh Schmitz	17	Male	Ankeny	IA	7:46 min/m	00:24:00.07	00:24:08.52
3	16/130	13/48	279	Colton Rinehart	18	Male	Kellogg	IA	7:50 min/m	00:24:11.11	00:24:22.95
4	21/130	16/48	209	Chad Moglestad	18	Male	Boone	IA	7:59 min/m	00:24:41.39	00:24:49.27
5	43/130	27/48	267	Riley Tuon	15	Male	Johnston	IA	8:48 min/m	00:27:19.82	00:27:23.51
6	52/130	30/48	256	Mason Statton	14	Male	West Des Moines	IA	9:01 min/m	00:27:53.60	00:28:03.30
7	79/130	42/48	244	Justin Schmitz	14	Male	Ankeny	IA	10:04 min/m	00:31:08.35	00:31:17.51
8	80/130	43/48	190	Aidan Limback	8	Male	West Des Moines	IA	10:17 min/m	00:31:49.70	00:31:59.40

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## Overall Division Results - 5K

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	20/130	5/82	222	Emily Orna	29	Female	Grimes	IA	7:59 min/m	00:24:42.01	00:24:48.27
2	28/130	8/82	126	Jessica Creason	28	Female	Indianola	IA	8:22 min/m	00:25:50.10	00:26:01.75
3	30/130	9/82	251	Rebekah Smith	20	Female	Norwalk	IA	8:25 min/m	00:25:58.26	00:26:10.47
4	41/130	16/82	212	Meghan Monck	25	Female	Dubuque	IA	8:46 min/m	00:27:03.79	00:27:15.78
5	46/130	18/82	200	Jori May	22	Female	Knoxville	IA	8:51 min/m	00:27:07.93	00:27:31.53
6	51/130	22/82	115	Emily Bruggeman	23	Female	Ankeny	IA	9:01 min/m	00:27:39.97	00:28:02.34
7	54/130	24/82	129	Nicki Davis	28	Female	Knoxville	IA	9:04 min/m	00:27:47.20	00:28:11.62
8	59/130	26/82	296	Lisa Balcom	23	Female	Indianola	IA	9:21 min/m	00:28:43.86	00:29:05.38
9	65/130	30/82	122	Deanna Clark	24	Female	Ames	IA	9:29 min/m	00:29:24.10	00:29:30.77
10	76/130	37/82	163	Jessica Hull	26	Female	Richfield	MN	9:58 min/m	00:30:50.02	00:31:00.46
11	85/130	42/82	141	Bailey Ellingson	20	Female	Indianola	IA	10:27 min/m	00:32:09.84	00:32:30.76
12	89/130	45/82	154	Bekha Helgeson	24	Female	Des Moines	IA	10:36 min/m	00:31:54.03	00:32:56.29
13	95/130	49/82	111	Lora Bowers	24	Female	Olin	IA	10:57 min/m	00:33:47.81	00:34:02.74
14	102/130	56/82	171	Megan Johnson	26	Female	Coralville	IA	11:42 min/m	00:36:10.17	00:36:22.96
15	103/130	57/82	176	Loke Knouse	23	Female	Indianola	IA	11:53 min/m	00:36:35.53	00:36:56.23
16	105/130	59/82	293	Katie Dirks	23	Female	Anamosa	IA	11:54 min/m	00:36:44.60	00:36:59.73
17	106/130	60/82	146	Alexandra Gaffney-Pec	22	Female	West Des Moines	IA	11:57 min/m	00:36:43.17	00:37:07.82
18	109/130	63/82	257	Allison Stickley	26	Female	Ankeny	IA	12:06 min/m	00:37:23.32	00:37:36.20
19	117/130	70/82	292	Molly Beals	28	Female	Ankeny	IA	12:31 min/m	00:38:32.80	00:38:54.53
20	124/130	76/82	140	Renee Durbala	22	Female	Johnston	IA	13:45 min/m	00:42:29.06	00:42:45.67

### Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	7/130	6/48	145	Greg French	26	Male	Springfield	MO	7:17 min/m	00:22:36.72	00:22:40.20
2	10/130	8/48	139	Nate Durbala	27	Male	Des Moines	IA	7:30 min/m	00:23:13.04	00:23:18.24
3	11/130	9/48	130	Luke Dawson	24	Male	Coralville	IA	7:31 min/m	00:23:13.01	00:23:24.31
4	17/130	14/48	308	Kody Oppedahl	24	Male	West Des Moines	IA	7:56 min/m	00:24:22.11	00:24:40.78
5	18/130	15/48	175	Thomas Klann	22	Male	Des Moines	IA	7:56 min/m	00:24:22.36	00:24:40.80
6	24/130	18/48	305	Marty Williams	25	Male	West Des Moines	IA	8:11 min/m	00:24:28.17	00:25:27.66
7	35/130	23/48	106	Colton Barton	20	Male	Norwalk	IA	8:31 min/m	00:26:18.09	00:26:29.27
8	38/130	24/48	300	Doug Mckim	27	Male	Colfax	IA	8:42 min/m	00:26:51.64	00:27:04.23
9	39/130	25/48	307	Luke Bauer	23	Male	Des Moines	IA	8:43 min/m	00:26:47.05	00:27:05.24
10	42/130	26/48	186	Jeff Lauridsen	26	Male	Des Moines	IA	8:47 min/m	00:26:18.53	00:27:19.67
11	55/130	31/48	187	Jeremy Lauridsen	24	Male	Ames	IA	9:12 min/m	00:27:31.50	00:28:36.94
12	58/130	33/48	297	Jarret Bock	23	Male	Indianola	IA	9:21 min/m	00:28:42.63	00:29:05.19
13	64/130	35/48	202	Jason Mckeeper	29	Male	Johnston	IA	9:29 min/m	00:29:21.31	00:29:30.77
14	112/130	47/48	185	Jay Lauridsen	27	Male	Ames	IA	12:20 min/m	00:37:20.45	00:38:19.32

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## Overall Division Results - 5K

### Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	8/130	2/82	275	Kristi York	33	Female	West Des Moines	IA	7:20 min/m	00:22:42.80	00:22:49.25
2	22/130	6/82	172	Stacy Johnson	39	Female	Gilbert	IA	8:02 min/m	00:24:51.69	00:24:59.48
3	27/130	7/82	223	Melissa Pelham	34	Female	Ankeny	IA	8:18 min/m	00:25:41.73	00:25:47.36
4	36/130	13/82	201	Patty Mccammon	35	Female	Johnston	IA	8:34 min/m	00:26:31.82	00:26:37.67
5	37/130	14/82	217	Jodi Moyer	35	Female	West Des Moines	IA	8:41 min/m	00:26:54.14	00:26:59.99
6	44/130	17/82	312	Jessica Bair	34	Female	Polk City	IA	8:49 min/m	00:26:59.24	00:27:24.73
7	53/130	23/82	248	Crystal Sieverding	33	Female	West Des Moines	IA	9:03 min/m	00:28:02.93	00:28:08.77
8	57/130	25/82	310	Mara Russell	38	Female	Bondurant	IA	9:19 min/m	00:28:36.30	00:28:59.90
9	60/130	27/82	180	Jennifer Lampe	34	Female	Gilbert	IA	9:23 min/m	00:28:50.08	00:29:09.53
10	61/130	28/82	182	Greta Lange	36	Female	Urbandale	IA	9:24 min/m	00:29:07.20	00:29:15.32
11	68/130	31/82	151	Stacy Hansen	38	Female	Ankeny	IA	9:37 min/m	00:29:39.98	00:29:54.32
12	81/130	38/82	191	Kendra Limback	35	Female	West Des Moines	IA	10:17 min/m	00:31:49.50	00:31:59.46
13	83/130	40/82	287	Dagmar Mixon	39	Female	Pflugerville	TX	10:23 min/m	00:32:08.25	00:32:16.77
14	86/130	43/82	116	Laura Byers	38	Female	Indianola	IA	10:27 min/m	00:32:10.04	00:32:30.96
15	104/130	58/82	206	Andrea Miller	32	Female	Osceola	IA	11:53 min/m	00:36:36.28	00:36:56.80
16	114/130	67/82	313	Erin Rollenhagen	33	Female	Waukee	IA	12:30 min/m	00:38:06.90	00:38:51.24
17	115/130	68/82	314	Lindsey Wheatley	33	Female	West Des Moines	IA	12:30 min/m	00:38:09.73	00:38:51.24
18	121/130	74/82	298	Terri Keasey	39	Female	Alleman	IA	13:07 min/m	00:40:29.52	00:40:47.96
19	126/130	78/82	311	Lee Tjelmeland	37	Female	Des Moines	IA	14:11 min/m	00:43:37.78	00:44:06.96
20	128/130	80/82	110	Kristi Bogseth	35	Female	Ankeny	IA	20:34 min/m	01:03:55.50	01:03:55.50
21	130/130	82/82	199	Karen Mathes	30	Female	Polk City	IA	21:11 min/m	01:05:51.27	01:05:51.27

### Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	2/130	2/48	285	John Jackovin	39	Male	Johnston	IA	6:54 min/m	00:21:22.78	00:21:27.18
2	4/130	3/48	304	Ryan Blane	35	Male	West Des Moines	IA	6:59 min/m	00:21:19.91	00:21:44.76
3	9/130	7/48	169	Brandon Johnson	35	Male	Norwalk	IA	7:23 min/m	00:22:41.68	00:22:58.96
4	31/130	22/48	123	Jacob Clark	35	Male	Boone	IA	8:26 min/m	00:26:03.79	00:26:13.73
5	47/130	29/48	121	Benjamin Clark	32	Male	Bellevue	NE	8:51 min/m	00:27:22.95	00:27:32.46
6	62/130	34/48	295	Scott Sieverding	36	Male	W Des Moines	IA	9:26 min/m	00:29:13.01	00:29:18.99
7	72/130	39/48	286	Steven Mixon	38	Male	Pflugerville	TX	9:45 min/m	00:30:12.22	00:30:19.48
8	78/130	41/48	225	Maniphone Phiathep	36	Male	Des Moines	IA	10:03 min/m	00:31:15.69	00:31:15.69
9	90/130	45/48	197	John Macdonald	34	Male	Des Moines	IA	10:37 min/m	00:32:42.56	00:33:00.77

# 5K Run/Walk to Break the Silence on Ovarian Cancer

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## Overall Division Results - 5K

### Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	12/130	3/82	211	Mary Ann Moglestad	49	Female	Boone	IA	7:34 min/m	00:23:26.80	00:23:33.25
2	19/130	4/82	114	Angie Brown	41	Female	Ames	IA	7:56 min/m	00:24:28.24	00:24:41.52
3	34/130	12/82	167	Mary Jackovin-Bates	40	Female	Urbandale	IA	8:29 min/m	00:26:18.24	00:26:23.67
4	50/130	21/82	274	Dawn Wirtz	41	Female	West Des Moines	IA	9:01 min/m	00:27:53.15	00:28:02.32
5	63/130	29/82	220	Linda I. Olson	47	Female	Ames	IA	9:28 min/m	00:29:14.34	00:29:24.78
6	69/130	32/82	158	Tara Hinerman	45	Female	Knoxville	IA	9:38 min/m	00:29:44.28	00:29:56.74
7	71/130	33/82	162	Angela Hopson	43	Female	West Des Moines	IA	9:39 min/m	00:29:45.46	00:29:59.78
8	73/130	34/82	184	Tracie Langin	42	Female	West Des Moines	IA	9:51 min/m	00:30:23.32	00:30:37.76
9	74/130	35/82	233	Shari Proehl	45	Female	Urbandale	IA	9:53 min/m	00:30:33.74	00:30:43.19
10	75/130	36/82	227	Melissa Pohl	44	Female	Perry	IA	9:54 min/m	00:30:33.04	00:30:48.28
11	84/130	41/82	138	Mary Durbala	45	Female	Flower Mound	TX	10:25 min/m	00:32:20.16	00:32:23.65
12	92/130	47/82	153	Shelley Heisdorffer	46	Female	Norwalk	IA	10:44 min/m	00:33:12.27	00:33:23.91
13	94/130	48/82	302	Rachel Murdock	47	Female	Johnston	IA	10:45 min/m	00:33:06.43	00:33:24.12
14	98/130	52/82	303	Kim Vanlangen	48	Female	Des Moines	IA	11:09 min/m	00:34:10.57	00:34:40.51
15	100/130	54/82	144	Kelly Fini	47	Female	West Des Moines	IA	11:40 min/m	00:36:02.86	00:36:17.79
16	101/130	55/82	291	Natalie Bruggeman	46	Female	Glidden	IA	11:41 min/m	00:35:58.40	00:36:20.95
17	111/130	65/82	273	Carol Winter	44	Female	Winterset	IA	12:09 min/m	00:37:18.19	00:37:45.52
18	113/130	66/82	188	Pamela Lester	41	Female	Pleasantville	IA	12:30 min/m	00:38:38.49	00:38:50.44
19	119/130	72/82	150	Kristin Hansen	42	Female	West Des Moines	IA	12:45 min/m	00:39:23.74	00:39:39.93

### Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	5/130	4/48	112	Fred Brand	49	Male	Springfield	MO	7:05 min/m	00:21:58.58	00:22:03.18
2	6/130	5/48	230	Chad Proehl	45	Male	Urbandale	IA	7:11 min/m	00:22:12.19	00:22:20.40
3	25/130	19/48	252	Randy Sniezek	40	Male	Gilbert	IA	8:13 min/m	00:25:14.05	00:25:33.96
4	45/130	28/48	137	Kirk Dressler	49	Male	Greenfield	IA	8:51 min/m	00:27:26.69	00:27:31.30
5	67/130	37/48	183	Jim Langin	42	Male	West Des Moines	IA	9:36 min/m	00:29:36.27	00:29:50.46
6	70/130	38/48	157	Lyndon Hinerman	48	Male	Knoxville	IA	9:38 min/m	00:29:44.49	00:29:56.94
7	77/130	40/48	309	Rod Russell	45	Male	Bondurant	IA	10:01 min/m	00:30:44.16	00:31:08.37
8	87/130	44/48	289	Barry Trefftz	48	Male	Austin	TX	10:32 min/m	00:32:37.78	00:32:44.29
9	93/130	46/48	258	Tony Stravers	46	Male	Norwalk	IA	10:45 min/m	00:33:12.28	00:33:24.12
10	123/130	48/48	290	Brad Bates	45	Male	Des Moines	IA	13:36 min/m	00:42:05.44	00:42:16.43

### Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	40/130	15/82	124	Mary Clark	50	Female	Ames	IA	8:46 min/m	00:27:08.35	00:27:15.22
2	49/130	20/82	284	Linda Feiden	52	Female	West Des Moines	IA	9:00 min/m	00:27:44.83	00:27:59.78
3	96/130	50/82	168	Phyllis Jessen	51	Female	Des Moines	IA	11:03 min/m	00:34:07.14	00:34:22.69
4	97/130	51/82	236	Michelle Riley	51	Female	West Branch	IA	11:04 min/m	00:34:06.23	00:34:25.43
5	116/130	69/82	219	Lisa Olsen	50	Female	Des Moines	IA	12:31 min/m	00:38:37.28	00:38:53.47
6	120/130	73/82	205	Deb Medici-Feick	52	Female	Granger	IA	12:51 min/m	00:39:45.82	00:39:58.17
7	122/130	75/82	102	Marilyn Anderson	59	Female	Ankeny	IA	13:18 min/m	00:41:00.61	00:41:20.30
8	125/130	77/82	281	Cindy Beard	50	Female	Clive	IA	14:01 min/m	00:43:24.35	00:43:35.56
9	127/130	79/82	261	Brenda Trefftz	51	Female	Johnston	IA	14:15 min/m	00:44:16.71	00:44:16.71

### Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	29/130	21/48	210	Larry Moglestad	55	Male	Boone	IA	8:25 min/m	00:26:02.58	00:26:10.27
2	56/130	32/48	301	Joe Murdock	52	Male	Johnston	IA	9:19 min/m	00:28:39.24	00:28:58.68

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## Overall Division Results - 5K

### Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	91/130	46/82	237	Helen Romsey	64	Female	Ames	IA	10:37 min/m	00:32:40.82	00:33:01.78
2	110/130	64/82	271	Kathy Weatherwax	65	Female	Ankeny	IA	12:06 min/m	00:37:19.39	00:37:36.20
3	118/130	71/82	245	Nancy Schrum	61	Female	Waukee	IA	12:39 min/m	00:39:10.38	00:39:19.55
4	129/130	81/82	113	Ann Breeding	65	Female	Ankeny	IA	20:34 min/m	01:03:56.52	01:03:56.52

### Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Chip Time	GunTime
1	14/130	11/48	280	Jim Matthews	72	Male	Baxter	IA	7:43 min/m	00:23:58.02	00:24:01.42
2	23/130	17/48	203	Kelly McMullan	64	Male	Boone	IA	8:06 min/m	00:25:05.16	00:25:11.62
3	26/130	20/48	131	Ed Dieleman	68	Male	Ankeny	IA	8:16 min/m	00:25:36.84	00:25:43.71
4	66/130	36/48	306	Rick Blane	64	Male	W Des Moines	IA	9:31 min/m	00:29:08.86	00:29:34.80