

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

June 14, 2014

## Overall Division Results

5K

### Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/97	1/61	2812	Lauren Stokke	23	F	Ames	IA	6:55	00:21:32.49

### Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/97	1/36	2918	Ryan Blane	36	M	Des Moines	IA	6:34	00:20:24.54

### Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/97	4/61	2922	Molly Winer	13	F	Des Moines	IA	8:00	00:24:53.89
2	36/97	15/61	2924	Katie Scott	13	F	Des Moines	IA	9:14	00:28:41.76
3	49/97	24/61	2824	Courtney Warren	19	F	Clive	IA	10:09	00:31:32.39
4	58/97	31/61	2774	Aubrey Mizerak	10	F	Ames	IA	10:42	00:33:16.71
5	80/97	48/61	2820	Kayla Van Langen	12	F	Urbandale	IA	12:37	00:39:12.16
6	82/97	50/61	2763	Sierra Lester	19	F	Pleasantville	IA	12:39	00:39:19.62
7	87/97	53/61	2708	Alexis Barton	18	F	Norwalk	IA	13:48	00:42:54.13
8	88/97	54/61	2801	Tara Shattuck	17	F	Norwalk	IA	13:48	00:42:54.13

### Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/97	12/36	2819	Riley Tuon	15	M	Johnston	IA	8:25	00:26:12.14
2	21/97	14/36	2799	Joshua Schmitz	18	M	Nevada	IA	8:39	00:26:53.89
3	30/97	19/36	2785	Luke Pottebaum	12	M	West Des Moines	IA	9:01	00:28:02.14
4	85/97	34/36	2903	Phavain Moorer	12	M	Des Moines	IA	13:04	00:40:37.66

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/97	3/61	2914	Elizabeth Arentsen	26	F	Des Moines	IA	7:37	00:23:42.36
2	19/97	7/61	2777	traci moklestad	25	F	boone	IA	8:34	00:26:37.10
3	26/97	10/61	2805	Amy Spike	26	F	Des Moines	IA	8:51	00:27:31.11
4	38/97	17/61	2756	Hannah Kline	26	F	West Des Moines	IA	9:16	00:28:47.89
5	39/97	18/61	2821	Jamie Van Voorst	28	F	Boyden	IA	9:23	00:29:09.80
6	40/97	19/61	2923	Mollie Coffman	26	F	Des Moines	IA	9:23	00:29:09.80
7	44/97	21/61	2773	Mallory Metzger	26	F	Norwalk	IA	9:40	00:30:04.39
8	56/97	29/61	2912	Lauren Diekman	21	F	Des Moines	IA	10:39	00:33:06.34
9	61/97	34/61	2811	Kaitlyn Stogdill	22	F	PLEASANT HILL	IA	11:01	00:34:15.35
10	63/97	36/61	2746	Bekha Helgeson	25	F	Des Moines	IA	11:07	00:34:33.86
11	67/97	39/61	2919	Heather Swanson	22	F	Des Moines	IA	11:33	00:35:54.36

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### Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/97	2/36	2759	John Lande	28	M	Des Moines	IA	6:55	00:21:31.13
2	11/97	8/36	2913	Matt Halvermale	23	M	Des Moines	IA	7:53	00:24:31.68
3	12/97	9/36	2906	Evan Thompkins	22	M	Des Moines	IA	7:56	00:24:41.83
4	13/97	10/36	2770	Doug McKim	28	M	Colfax	IA	7:58	00:24:45.89
5	20/97	13/36	2901	Jason Bowers	20	M	Des Moines	IA	8:34	00:26:39.74
6	23/97	15/36	2907	Rio Maxwell	21	M	Des Moines	IA	8:40	00:26:57.77
7	24/97	16/36	2803	Nicholas Spike	24	M	West Des Moines	IA	8:40	00:26:57.97
8	41/97	22/36	2760	Jeff Lauridsen	26	M	Des Moines	IA	9:25	00:29:15.90
9	43/97	23/36	2761	Jeremy Lauridsen	25	M	Urbandale	IA	9:37	00:29:54.25
10	64/97	28/36	2762	Jay Lauridsen	28	M	Urbandale	IA	11:28	00:35:40.37
11	68/97	29/36	2920	Clayton Long	23	M	Des Moines	IA	11:33	00:35:54.36
12	75/97	31/36	2715	Jacob Bowers	26	M	Pella	IA	12:23	00:38:30.41
13	76/97	32/36	2716	Adam Bowers	29	M	Cedar Rapids	IA	12:23	00:38:30.41
14	84/97	33/36	2707	Larry Aye	27	M	Des Moines	IA	12:47	00:39:44.91
15	95/97	35/36	2804	AJ Spike	26	M	Des Moines	IA	19:23	01:00:14.43

### Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/97	2/61	2826	Kristi York	34	F	West Des Moines	IA	7:27	00:23:11.88
2	15/97	5/61	2915	Ashley Bronn	34	F	Des Moines	IA	8:04	00:25:04.52
3	22/97	8/61	2816	Kendra Ter Louw	31	F	Leighton	IA	8:40	00:26:55.76
4	33/97	13/61	2800	Stormy Shanks	33	F	Waukee	IA	9:04	00:28:10.89
5	35/97	14/61	2764	Kara Lindsey	38	F	Pleasant Hill	IA	9:11	00:28:33.84
6	42/97	20/61	2908	Julia Immal	30	F	Des Moines	IA	9:28	00:29:25.24
7	46/97	23/61	2795	Marci Russell	38	F	Bondurant	IA	9:53	00:30:45.55
8	53/97	26/61	2720	Elizabeth Cornelison	33	F	Lagrange Highlands	MN	10:22	00:32:12.90
9	55/97	28/61	2792	Michelle Rosel	31	F	Waukee	IA	10:31	00:32:43.23
10	57/97	30/61	2749	Angela Isenberg	37	F	Indianola	IA	10:39	00:33:07.90
11	59/97	32/61	2745	Laura Held	35	F	Osceola	IA	10:50	00:33:42.39
12	70/97	41/61	2778	Haley Morrison	36	F	Monroe	IA	11:45	00:36:32.33
13	74/97	44/61	2921	Angie Amdtparker	32	F	Des Moines	IA	12:20	00:38:21.40
14	79/97	47/61	2932	Beth Ziegmann	37	F	Des Moines	IA	12:36	00:39:11.66
15	92/97	58/61	2926	Jackie Carter	33	F	Des Moines	IA	16:27	00:51:08.75
16	94/97	60/61	2817	Therese Tran	34	F	Des Moines	IA	16:50	00:52:20.28

### Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/97	4/36	2741	Jerry Hales	33	M	Ames	IA	7:09	00:22:14.88
2	8/97	6/36	2767	Patty Mccammon	36	M	Johnston	IA	7:37	00:23:41.89
3	16/97	11/36	2736	Jason Gabler	31	M	Des Moines	IA	8:14	00:25:36.63
4	50/97	26/36	2782	Brian Parrish	31	M	madrid	IA	10:16	00:31:55.90

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### Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/97	6/61	2752	Stacy Johnson	40	F	Gilbert	IA	8:20	00:25:55.10
2	28/97	11/61	2781	Linda Olson	48	F	Ames	IA	8:58	00:27:53.39
3	32/97	12/61	2784	beth pottebaum	43	F	west des moines	IA	9:02	00:28:04.17
4	37/97	16/61	2904	Holly Mcelroy	43	F	Des Moines	IA	9:15	00:28:46.66
5	60/97	33/61	2718	becky carkhuff	48	F	Newton	IA	10:58	00:34:06.62
6	62/97	35/61	2905	Dawn Colvin	46	F	Des Moines	IA	11:03	00:34:21.40
7	71/97	42/61	2725	Brenda Davis	46	F	Knoxville	IA	11:46	00:36:34.15
8	73/97	43/61	2706	Gail Arnold	42	F	WDM5	IA	12:05	00:37:34.15
9	78/97	46/61	2704	Annette allender	48	F	ankeny	IA	12:29	00:38:49.91
10	83/97	51/61	2910	Pam Lester	42	F	Des Moines	IA	12:39	00:39:19.82
11	86/97	52/61	2822	Kim VanLangen	49	F	Urbandale	IA	13:35	00:42:14.77
12	89/97	55/61	2916	Stephanie Verwers	44	F	Des Moines	IA	14:01	00:43:34.73
13	91/97	57/61	2747	Angela Hopson	44	F	West Des Moines	IA	15:26	00:47:58.52
14	93/97	59/61	2925	Christine Kunch	41	F	Des Moines	IA	16:31	00:51:20.42
15	97/97	61/61	2930	Sandy Mccarty	43	F	Des Moines	IA	25:00	01:17:42.75

### Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/97	3/36	2813	Jeff Storjohann	48	M	Carroll	IA	7:04	00:21:59.82
2	6/97	5/36	2750	John Jackovin	40	M	JOHNSTON	IA	7:14	00:22:28.51
3	27/97	17/36	2796	Gregg Sanders	42	M	Des moines	IA	8:56	00:27:45.50
4	31/97	20/36	2911	Doug Diekman	46	M	Des Moines	IA	9:01	00:28:02.79
5	52/97	27/36	2794	Rod Russell	46	M	Bondurant	IA	10:19	00:32:03.88

### Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	25/97	9/61	2775	mary ann moklestad	50	F	boone	IA	8:42	00:27:04.29
2	54/97	27/61	2809	Jeannie Statz	52	F	Boone	IA	10:28	00:32:34.13
3	65/97	37/61	2790	Michelle Riley	52	F	West Branch	IA	11:32	00:35:51.29
4	66/97	38/61	2766	Susan Long	54	F	Boone	IA	11:33	00:35:54.35
5	69/97	40/61	2780	Lisa Olsen	51	F	Des Moines	IA	11:45	00:36:31.30
6	77/97	45/61	2772	Deb Medici-Feick	53	F	Granger	IA	12:26	00:38:40.16
7	81/97	49/61	2931	Kathy Graham	55	F	Des Moines	IA	12:37	00:39:13.12
8	90/97	56/61	2727	Lauren Delpesce	50	F	Norwalk	IA	14:17	00:44:22.80

### Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/97	7/36	2776	larry moklestad	56	M	boone	IA	7:47	00:24:13.13
2	47/97	24/36	2909	John Fitzsimmons	54	M	Des Moines	IA	10:03	00:31:16.14
3	48/97	25/36	2823	Rod Warren	50	M	Clive	IA	10:08	00:31:31.00
4	72/97	30/36	2717	ted brubaker	54	M	Des Moines	IA	11:50	00:36:46.14
5	96/97	36/36	2933	Kelly Mccarty	56	M	Des Moines	IA	24:58	01:17:34.64

### Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	45/97	22/61	2771	Marcy McMullan	63	F	Boone	IA	9:51	00:30:36.40
2	51/97	25/61	2791	Helen Romsey	65	F	Ames	IA	10:19	00:32:03.87

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### Male Ages 60 - 98

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	S	City	St.	Pace	Time
1	29/97	18/36	2728	Ed Dieleman	69	M	Ankeny	IA	9:01	00:28:01.65
2	34/97	21/36	2709	Rick Blane	64	M	West Des Moines	IA	9:06	00:28:19.14