

5k Run-Walk to Break the Silence on Ovarian Cancer

June 13, 2015

Overall Division Results

5K

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	9/74	1/38	1082	Kristi York	35	F	W Des Moines	IA	7:20	00:22:44.00	00:22:48.12

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	1/74	1/36	1052	Andrew Papke-Larson	25	M	Minneapolis	MN	5:20	00:16:32.23	00:16:35.75

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	19/74	5/38	1079	Molly Winer	14	F	Ames	IA	8:12	00:25:24.95	00:25:30.47
2	20/74	6/38	1086	Kayla Vanlangen	13	F	Des Moines	IA	8:34	00:26:30.73	00:26:39.83
3	41/74	17/38	1060	Jesse Proehl	18	F	Urbandale	IA	9:46	00:30:19.15	00:30:23.27
4	51/74	23/38	1003	Alexis Barton	19	F	Norwalk	IA	11:25	00:35:19.08	00:35:31.21
5	59/74	31/38	1078	Reese Winer	9	F	Ames	IA	12:25	00:38:33.88	00:38:36.39

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	2/74	2/36	1048	Spencer Moon	14	M	Lake City	IA	6:06	00:18:54.20	00:18:58.46
2	7/74	7/36	1061	Jordan Proehl	16	M	Urbandale	IA	7:03	00:21:50.55	00:21:55.29
3	8/74	8/36	1065	Josh Schmitz	19	M	Nevada	IA	7:13	00:22:20.49	00:22:26.46
4	24/74	17/36	1001	Sam Abraham	14	M	Nevada	IA	8:40	00:26:52.77	00:26:58.53
5	29/74	22/36	1093	Lincoln Kocour	8	M	Pella	IA	9:11	00:28:30.58	00:28:32.85
6	42/74	25/36	1084	Justin Schmitz	16	M	Nevada	IA	9:47	00:30:19.93	00:30:25.68
7	44/74	27/36	1096	Quintan Kocour	10	M	Pella	IA	10:13	00:31:43.26	00:31:45.96

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	11/74	2/38	1073	Lauren Stokke	24	F	Ames	IA	7:24	00:22:57.59	00:23:01.51
2	33/74	11/38	1057	Ashley Pringle	28	F	West Des Moines	IA	9:17	00:28:45.16	00:28:51.27
3	35/74	13/38	1015	Janell Bollard	28	F	Pella	IA	9:36	00:29:43.36	00:29:50.33
4	38/74	15/38	1090	Natasha Nikkel	26	F	Sully	IA	9:42	00:30:03.70	00:30:11.25
5	49/74	22/38	1042	Rebekha Lauridsen	26	F	Des Moines	IA	11:03	00:34:05.75	00:34:20.65
6	57/74	29/38	1011	Brittany Blomberg	25	F	Des Moines	IA	12:03	00:37:16.01	00:37:27.44
7	67/74	34/38	1036	Nikki Kenan	28	F	Ankeny	IA	18:36	00:57:31.35	00:57:47.46
8	70/74	35/38	1075	Amanda Thompson	28	F	Coralville	IA	19:46	00:58:52.45	01:01:27.33

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	15/74	12/36	1070	John Small	25	M	Waukee	IA	8:07	00:25:05.56	00:25:16.17
2	17/74	14/36	1095	Matt Havermale	24	M	Republic	MO	8:12	00:25:25.59	00:25:28.90
3	22/74	16/36	1017	Mikey Buchanan	21	M	Norwalk	IA	8:38	00:26:39.97	00:26:51.61
4	25/74	18/36	1004	Colton Barton	22	M	Norwalk	IA	8:51	00:27:17.31	00:27:29.96
5	37/74	23/36	1085	Scott O'rourk	28	M	Rochester	MN	9:40	00:29:36.48	00:30:04.35
6	40/74	24/36	1039	Jeff Lauridsen	27	M	Des Moines	IA	9:44	00:29:47.26	00:30:15.52
7	43/74	26/36	1040	Jeremy Lauridsen	26	M	Urbandale	IA	10:01	00:30:37.91	00:31:07.42
8	50/74	28/36	1041	Jay Lauridsen	29	M	West Des Moines	IA	11:03	00:33:52.88	00:34:21.78
9	69/74	35/36	1018	Erik Christensen	29	M	Coralville	IA	19:46	00:58:53.77	01:01:27.21

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Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	30/74	8/38	1043	Patty Mccammon	37	F	Johnston	IA	9:12	00:28:32.01	00:28:36.77
2	32/74	10/38	1067	Gretchen Scott	37	F	West Des Moines	IA	9:17	00:28:45.16	00:28:51.14
3	39/74	16/38	1049	Haley Morrison	37	F	Pella	IA	9:42	00:30:03.58	00:30:11.35
4	47/74	20/38	1092	Crystal Berkenes	33	F	Bondurant	IA	10:56	00:33:54.60	00:33:58.52
5	48/74	21/38	1028	Tina Finn	35	F	West Des Moines	IA	10:58	00:33:57.83	00:34:07.45
6	53/74	25/38	1021	Sara Clausen	37	F	Rochester	MN	11:49	00:36:35.66	00:36:43.43
7	56/74	28/38	1068	Tracy Selby	34	F	Adel	IA	12:02	00:37:13.32	00:37:23.54
8	60/74	32/38	1008	Tiffany Berkenes	34	F	Altoona	IA	12:27	00:38:39.83	00:38:42.94
9	71/74	36/38	1037	Emily Kobliska	32	F	Ankeny	IA	20:24	00:59:21.57	01:03:23.28
10	73/74	37/38	1050	Katie Nees	36	F	Gilbert	IA	21:17	01:02:08.45	01:06:08.59
11	74/74	38/38	1076	Heather Van Nest	39	F	Ankeny	IA	22:30	01:07:17.98	01:09:54.49

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	3/74	3/36	1010	Ryan Blane	37	M	West Des Moines	IA	6:22	00:19:43.98	00:19:47.25
2	4/74	4/36	1088	Jerry Hales	34	M	Ames	IA	6:30	00:20:11.41	00:20:12.83
3	5/74	5/36	1034	Brandon Johnson	36	M	Norwalk	IA	6:47	00:21:01.48	00:21:05.24
4	13/74	10/36	1007	Cory Berkenes	33	M	Bondurant	IA	7:35	00:23:31.29	00:23:34.40
5	61/74	29/36	1091	Pat Clemmons	37	M	Johnston	IA	12:30	00:38:47.98	00:38:51.50
6	63/74	30/36	1027	Doug Farrell	38	M	Adel	IA	13:25	00:41:31.63	00:41:42.44
7	64/74	31/36	1020	Bryan Clausen	38	M	Rochester	MN	14:23	00:44:43.97	00:44:43.97

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	18/74	4/38	1033	Mary Jackovin-Bates	42	F	Clive	IA	8:12	00:25:25.97	00:25:30.24
2	23/74	7/38	1051	Linda Olson	49	F	Ames	IA	8:39	00:26:47.61	00:26:53.77
3	31/74	9/38	1054	Beth Pottebaum	44	F	West Des Moines	IA	9:14	00:28:36.75	00:28:43.27
4	34/74	12/38	1032	Angela Hopson	44	F	West Des Moines	IA	9:25	00:29:10.32	00:29:16.27
5	45/74	18/38	1058	Shari Proehl	47	F	Urbandale	IA	10:26	00:32:19.01	00:32:26.77
6	52/74	24/38	1081	Pamela Wright-Lester	41	F	Pleasantville	IA	11:40	00:36:09.06	00:36:16.28

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	6/74	6/36	1053	Steve Pohlmeier	49	M	Urbandale	IA	6:54	00:21:23.44	00:21:26.76
2	10/74	9/36	1059	Chad Proehl	47	M	Urbandale	IA	7:20	00:22:40.37	00:22:48.96
3	16/74	13/36	1071	Randy Sniezek	40	M	Gilbert	IA	8:10	00:25:17.49	00:25:24.26
4	21/74	15/36	1063	Gregg Sanders	42	M	Des Moines	IA	8:35	00:26:33.56	00:26:43.19
5	28/74	21/36	1094	Doug Dieleman	47	M	Republic	MO	9:08	00:28:18.25	00:28:23.51
6	65/74	32/36	1002	Mike Ankrom	49	M	Fulton	IL	18:06	00:52:00.20	00:56:15.47
7	68/74	34/36	1025	Chris Donohue	43	M	Marion	IA	18:52	00:56:30.06	00:58:39.57

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Female Ages 50 - 59

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1	12/74	3/38	1083	Rebecca McIntosh	50	F	Des Moines	IA	7:31	00:23:19.99	00:23:22.26
2	36/74	14/38	1013	Betty Bollard	53	F	Pella	IA	9:36	00:29:43.35	00:29:50.52
3	54/74	26/38	1087	Kim Vanlangen	50	F	Des Moines	IA	11:51	00:36:36.87	00:36:50.33
4	55/74	27/38	1097	Lisa Olsen	52	F	Des Moines	IA	11:58	00:37:04.20	00:37:13.46
5	58/74	30/38	1046	Deb Medici-Feick	54	F	Granger	IA	12:06	00:37:27.69	00:37:37.99

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	14/74	11/36	1014	Jeff Bollard	53	M	Pella	IA	7:38	00:23:38.59	00:23:43.74
2	66/74	33/36	1029	Matthew Helgeson	55	M	Altoona	IA	18:31	00:57:16.20	00:57:32.38
3	72/74	36/36	1074	Delayne Stokke	56	M	Ames	IA	21:02	01:01:21.08	01:05:22.34

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	46/74	19/38	1089	Helen Romsey	66	F	Ames	IA	10:54	00:33:43.85	00:33:52.23
2	62/74	33/38	1066	Nancy Schrum	63	F	Urbandale	IA	13:16	00:41:02.67	00:41:14.29

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	26/74	19/36	1024	Ed Dieleman	70	M	Ankeny	IA	8:54	00:27:36.57	00:27:41.92
2	27/74	20/36	1009	Rick Blane	66	M	West Des Moines	IA	8:55	00:27:38.29	00:27:45.27