

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

June 11, 2016

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	11/88	1/1	1092	Rebecca McIntosh	F	51	Des Moines	IA	7:37	00:23:37.94	00:23:42.13
2	13/88	1/8	1085	Sydney Kuramoto	F	28	Rochester	MN	7:38	00:23:35.33	00:23:43.75
3	16/88	1/1	1097	Kayla Van Langen	F	14	Urbandale	IA	7:50	00:24:10.91	00:24:20.88
4	17/88	1/20	1018	Ashley Brown	F	36	Gilbert	IA	8:07	00:25:09.84	00:25:15.54
5	18/88	2/20	1071	Brandi Hegstrom	F	36	Remsen	IA	8:10	00:25:07.97	00:25:24.79
6	19/88	3/20	1195	Erica Worrall	F	39	Mediapolis	IA	8:19	00:25:47.93	00:25:51.15
7	20/88	4/20	1067	Heather Bedingfield	F	36	Nevada	IA	8:22	00:25:59.36	00:26:02.29
8	24/88	1/3	1037	Molly Winer	F	15	Ames	IA	8:39	00:26:42.86	00:26:52.79
9	25/88	1/7	1021	Mary Jackovin-Bates	F	43	Clive	IA	8:42	00:26:56.68	00:27:04.41
10	26/88	2/8	1108	Lauren Stokke	F	25	Ames	IA	8:45	00:27:07.65	00:27:11.29
11	30/88	1/4	1008	Linda Olson	F	50	Ames	IA	9:02	00:27:57.23	00:28:05.58
12	34/88	5/20	1016	Patty Mccammon	F	38	Johnston	IA	9:13	00:28:28.68	00:28:38.25
13	35/88	3/8	1063	Carla Lease	F	22	Ames	IA	9:20	00:28:54.25	00:29:01.17
14	38/88	4/8	1058	Leah Jessen	F	23	Waukee	IA	9:28	00:29:17.07	00:29:26.49
15	40/88	5/8	1088	Nina Huang	F	29	San Diego	CA	9:37	00:29:46.84	00:29:55.53
16	42/88	1/3	1036	Reese Winer	F	10	Ames	IA	9:50	00:30:24.05	00:30:34.23
17	43/88	2/3	1023	Jesse Proehl	F	19	Urbandale	IA	9:57	00:30:48.55	00:30:56.29
18	45/88	6/20	1047	Darlene Huang	F	32	St Paul	MN	10:05	00:31:13.70	00:31:22.45
19	46/88	7/20	1026	Haley Morrison	F	38	Pella	IA	10:10	00:31:30.61	00:31:37.14
20	49/88	8/20	1000	Jennifer Booth	F	39	West Des Moines	IA	10:20	00:31:53.25	00:32:07.75
21	50/88	2/7	1011	Shari Proehl	F	48	Urbandale	IA	10:26	00:32:09.31	00:32:27.29
22	51/88	9/20	1103	Melissa Daggy	F	37	Norwalk	IA	10:27	00:32:22.46	00:32:29.79
23	52/88	3/7	1202	Marci Russell	F	40	Bondurant	IA	10:33	00:32:42.85	00:32:49.16
24	53/88	6/8	1051	Rebekha Lauridsen	F	27	Des Moines	IA	10:34	00:32:38.73	00:32:51.54
25	54/88	7/8	1074	Amanda Thompson	F	29	Brooklyn	IA	10:49	00:33:23.89	00:33:38.56
26	55/88	10/20	1068	Monica Reising	F	37	Ames	IA	10:53	00:32:40.39	00:33:50.84
27	56/88	1/4	1041	Sharon Tahtinen	F	60	West Des Moines	IA	10:56	00:33:41.07	00:33:59.99
28	57/88	4/7	1102	Heather Mora	F	42	Norwalk	IA	10:59	00:34:01.73	00:34:09.29
29	58/88	2/4	1096	Kim Van Langen	F	51	Urbandale	IA	11:12	00:34:30.00	00:34:48.43
30	60/88	5/7	1100	Sharon Wunderlich	F	43	Wildwood	MO	11:31	00:35:31.63	00:35:49.56
31	61/88	2/4	1012	Jolane Stewart	F	61	West Des Moines	IA	11:35	00:35:54.05	00:36:01.79
32	62/88	3/4	1003	Kathy Ridnour	F	59	Ames	IA	11:36	00:35:56.02	00:36:03.72
33	64/88	6/7	1053	Susan Suther	F	42	Des Moines	IA	11:51	00:36:34.85	00:36:51.29
34	65/88	2/3	1078	Drew Clausen	F	8	Rochester	MN	12:10	00:37:33.24	00:37:49.13
35	67/88	11/20	1059	Miranda Gauthier	F	35	Ankeny	IA	12:16	00:37:58.76	00:38:07.69
36	71/88	3/3	1056	Malia Griffin	F	17	Waukee	IA	12:45	00:39:30.55	00:39:38.24
37	72/88	3/4	1077	Karen Wood	F	62	Norwalk	IA	12:45	00:39:28.02	00:39:39.83
38	73/88	4/4	1035	Susan Winer	F	52	Ames	IA	12:50	00:39:41.86	00:39:52.54
39	74/88	12/20	1042	Melissa Kouang	F	33	Des Moines	IA	13:14	00:40:58.26	00:41:07.63
40	75/88	4/4	1045	Nancy Schrum	F	64	Urbandale	IA	13:30	00:41:46.36	00:41:58.29
41	76/88	13/20	1069	Rebecca Madsen	F	38	Ames	IA	13:42	00:42:25.86	00:42:34.79
42	77/88	14/20	1055	Katie Schleusner	F	30	Garner	IA	13:53	00:43:00.56	00:43:11.15
43	78/88	7/7	1054	Mary Griffin	F	47	Waukee	IA	13:54	00:43:00.96	00:43:11.54
44	79/88	15/20	1072	Jen Kramer	F	35	Omaha	NE	13:56	00:43:01.25	00:43:19.43
45	80/88	16/20	1049	Lynn Dittmer	F	35	Shelby	IA	13:56	00:43:00.94	00:43:19.46
46	81/88	17/20	1090	April Cutler	F	33	Pella	IA	14:32	00:45:05.04	00:45:11.47
47	82/88	18/20	1052	Amy Dennis	F	32	Johnston	IA	14:38	00:45:18.01	00:45:30.30
48	83/88	19/20	1017	Sara Clausen	F	38	Rochester	MN	14:41	00:45:21.73	00:45:37.39
49	84/88	3/3	1079	Blair Clausen	F	7	Rochester	MN	14:41	00:45:20.96	00:45:37.79
50	85/88	8/8	1107	Dah Thipyothin	F	25	Des Moines	IA	16:38	00:51:39.35	00:51:43.78

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Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
51	88/88	20/20	1014	Melissa Jones	F	34	Gilbert	IA	19:58	00:59:47.48	01:02:03.28

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	1/88	1/1	1109	Andrew Papke-Larson	M	26	Minneapolis	MN	5:31	00:17:07.71	00:17:10.93
2	2/88	1/10	1300	Ryan Blane	M	38	W Des Moines	IA	6:32	00:20:21.00	00:20:21.00
3	3/88	1/2	1025	Steve Pohlmeier	M	50	Urbandale	IA	6:51	00:21:15.74	00:21:19.92
4	4/88	1/4	1024	Jordan Proehl	M	17	Urbandale	IA	7:01	00:21:45.17	00:21:50.35
5	5/88	1/7	1022	Chad Proehl	M	48	Urbandale	IA	7:07	00:21:48.26	00:22:07.79
6	6/88	2/10	1091	Chad Norlin	M	36	Ames	IA	7:17	00:22:39.28	00:22:39.28
7	7/88	2/7	1106	Kevin Lair	M	49	Winterest	IA	7:22	00:22:49.86	00:22:54.29
8	8/88	2/4	1196	Ben Wolgemuth	M	15	Mediapolis	IA	7:31	00:23:20.23	00:23:23.47
9	9/88	3/7	1089	Jason Brown	M	40	Waukee	IA	7:35	00:23:28.09	00:23:35.63
10	10/88	1/5	1046	John Small	M	26	Waukee	IA	7:37	00:23:36.06	00:23:40.70
11	12/88	3/10	1057	Reed Mcmanigal	M	31	Des Moines	IA	7:37	00:23:33.86	00:23:42.29
12	14/88	2/5	1034	Joshua Schmitz	M	20	Nevada	IA	7:41	00:23:32.78	00:23:52.71
13	15/88	4/7	1060	John Jackovin	M	41	Johnston	IA	7:42	00:23:49.03	00:23:57.37
14	21/88	3/4	1066	Eric Spencer	M	15	Nevada	IA	8:28	00:26:07.79	00:26:20.20
15	22/88	1/2	1110	Rick Blane	M	67	W Des Moines	IA	8:29	00:26:16.85	00:26:22.54
16	23/88	4/10	1061	Ajay Patel	M	36	West Des Moines	IA	8:32	00:26:21.85	00:26:31.53
17	27/88	5/7	1201	Rod Russell	M	48	Bondurant	IA	8:47	00:27:14.59	00:27:20.47
18	28/88	2/2	1028	Ed Dieleman	M	71	Ankeny	IA	8:51	00:27:25.55	00:27:32.26
19	29/88	6/7	1111	Doug Dielema	M	48	Republic	MO	8:52	00:27:26.14	00:27:33.47
20	31/88	7/7	1200	Gregg Sanders	M	45	Des Moines	IA	9:03	00:27:58.86	00:28:07.79
21	32/88	3/5	1050	Scott O'rouke	M	29	Rochester	MN	9:06	00:28:05.32	00:28:18.97
22	33/88	5/10	1083	Douglas Ruba	M	34	West Des Moines	IA	9:07	00:28:02.70	00:28:19.99
23	36/88	2/2	1203	Kiok Dressler	M	52		IA	9:21	00:28:57.29	00:29:03.59
24	37/88	4/5	1020	Jeff Lauridsen	M	29	Des Moines	IA	9:23	00:28:59.69	00:29:11.29
25	39/88	5/5	1039	Jeremy Lauridsen	M	26	Urbandale	IA	9:28	00:29:13.90	00:29:27.54
26	41/88	6/10	1093	Andy Happ	M	36	Polk City	IA	9:44	00:30:06.01	00:30:15.79
27	44/88	7/10	1098	Pat Mccammon	M	39	Johnston	IA	10:03	00:30:03.14	00:31:13.83
28	47/88	8/10	1073	Erik Christensen	M	30	Brooklyn	IA	10:15	00:31:36.87	00:31:51.74
29	48/88	1/4	1082	Matt Booth	M	10	West Desmoines	IA	10:20	00:31:53.05	00:32:07.54
30	59/88	2/4	1101	Brandon Wunderlich	M	10	Wildwood	IA	11:26	00:35:15.38	00:35:33.29
31	63/88	9/10	1040	Jay Lauridsen	M	30	West Des Moines	IA	11:41	00:36:05.74	00:36:19.16
32	66/88	10/10	1007	Bryan Clausen	M	39	Rochester	MN	12:10	00:37:32.85	00:37:49.14
33	68/88	1/2	1198	Ashton Mapfs	M	12	Urbandale	IA	12:26	00:38:36.12	00:38:39.76
34	69/88	2/2	1032	Quintan Kocour	M	11	Pella	IA	12:44	00:39:31.34	00:39:36.78
35	70/88	3/4	1033	Lincoln Kocour	M	9	Pella	IA	12:44	00:39:31.08	00:39:36.78
36	86/88	4/4	1199	William Worrall	M	8	West Des Moines	IA	18:21	00:56:59.23	00:57:03.78
37	87/88	4/4	1197	Arron Mapes	M	18	Urbandale	IA	18:32	00:57:32.88	00:57:36.52