

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

June 11, 2016

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	11/88	1/51	1092	Rebecca McIntosh	51	F	Des Moines	IA	7:37	00:23:37.94	00:23:42.13

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	1/88	1/37	1109	Andrew Papke-Larson	26	M	Minneapolis	MN	5:31	00:17:07.71	00:17:10.93

Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	42/88	16/51	1036	Reese Winer	10	F	Ames	IA	9:50	00:30:24.05	00:30:34.23
2	65/88	34/51	1078	Drew Clausen	8	F	Rochester	MN	12:10	00:37:33.24	00:37:49.13
3	84/88	49/51	1079	Blair Clausen	7	F	Rochester	MN	14:41	00:45:20.96	00:45:37.79

Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	48/88	29/37	1082	Matt Booth	10	M	West Desmoines	IA	10:20	00:31:53.05	00:32:07.54
2	59/88	30/37	1101	Brandon Wunderlich	10	M	Wildwood	IA	11:26	00:35:15.38	00:35:33.29
3	70/88	35/37	1033	Lincoln Kocour	9	M	Pella	IA	12:44	00:39:31.08	00:39:36.78
4	86/88	36/37	1199	William Worrall	8	M	West Des Moines	IA	18:21	00:56:59.23	00:57:03.78

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	16/88	3/51	1097	Kayla Van Langen	14	F	Urbandale	IA	7:50	00:24:10.91	00:24:20.88

Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	68/88	33/37	1198	Ashton Mapfs	12	M	Urbandale	IA	12:26	00:38:36.12	00:38:39.76
2	69/88	34/37	1032	Quintan Kocour	11	M	Pella	IA	12:44	00:39:31.34	00:39:36.78

Female Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	24/88	8/51	1037	Molly Winer	15	F	Ames	IA	8:39	00:26:42.86	00:26:52.79
2	43/88	17/51	1023	Jesse Proehl	19	F	Urbandale	IA	9:57	00:30:48.55	00:30:56.29
3	71/88	36/51	1056	Malia Griffin	17	F	Waukee	IA	12:45	00:39:30.55	00:39:38.24

Male Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	4/88	4/37	1024	Jordan Proehl	17	M	Urbandale	IA	7:01	00:21:45.17	00:21:50.35
2	8/88	8/37	1196	Ben Wolgemuth	15	M	Mediapolis	IA	7:31	00:23:20.23	00:23:23.47

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

June 11, 2016

Overall Division Results

5K

Male Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
3	21/88	14/37	1066	Eric Spencer	15	M	Nevada	IA	8:28	00:26:07.79	00:26:20.20
4	87/88	37/37	1197	Arron Mapes	18	M	Urbandale	IA	18:32	00:57:32.88	00:57:36.52

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	13/88	2/51	1085	Sydney Kuramoto	28	F	Rochester	MN	7:38	00:23:35.33	00:23:43.75
2	26/88	10/51	1108	Lauren Stokke	25	F	Ames	IA	8:45	00:27:07.65	00:27:11.29
3	35/88	13/51	1063	Carla Lease	22	F	Ames	IA	9:20	00:28:54.25	00:29:01.17
4	38/88	14/51	1058	Leah Jessen	23	F	Waukee	IA	9:28	00:29:17.07	00:29:26.49
5	40/88	15/51	1088	Nina Huang	29	F	San Diego	CA	9:37	00:29:46.84	00:29:55.53
6	53/88	24/51	1051	Rebekha Lauridsen	27	F	Des Moines	IA	10:34	00:32:38.73	00:32:51.54
7	54/88	25/51	1074	Amanda Thompson	29	F	Brooklyn	IA	10:49	00:33:23.89	00:33:38.56
8	85/88	50/51	1107	Dah Thipyothin	25	F	Des Moines	IA	16:38	00:51:39.35	00:51:43.78

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	10/88	10/37	1046	John Small	26	M	Waukee	IA	7:37	00:23:36.06	00:23:40.70
2	14/88	12/37	1034	Joshua Schmitz	20	M	Nevada	IA	7:41	00:23:32.78	00:23:52.71
3	32/88	21/37	1050	Scott O'rourke	29	M	Rochester	MN	9:06	00:28:05.32	00:28:18.97
4	37/88	24/37	1020	Jeff Lauridsen	29	M	Des Moines	IA	9:23	00:28:59.69	00:29:11.29
5	39/88	25/37	1039	Jeremy Lauridsen	26	M	Urbandale	IA	9:28	00:29:13.90	00:29:27.54

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	17/88	4/51	1018	Ashley Brown	36	F	Gilbert	IA	8:07	00:25:09.84	00:25:15.54
2	18/88	5/51	1071	Brandi Hegstrom	36	F	Remsen	IA	8:10	00:25:07.97	00:25:24.79
3	19/88	6/51	1195	Erica Worrall	39	F	Mediapolis	IA	8:19	00:25:47.93	00:25:51.15
4	20/88	7/51	1067	Heather Bedingfield	36	F	Nevada	IA	8:22	00:25:59.36	00:26:02.29
5	34/88	12/51	1016	Patty Mccammon	38	F	Johnston	IA	9:13	00:28:28.68	00:28:38.25
6	45/88	18/51	1047	Darlene Huang	32	F	St Paul	MN	10:05	00:31:13.70	00:31:22.45
7	46/88	19/51	1026	Haley Morrison	38	F	Pella	IA	10:10	00:31:30.61	00:31:37.14
8	49/88	20/51	1000	Jennifer Booth	39	F	West Des Moines	IA	10:20	00:31:53.25	00:32:07.75
9	51/88	22/51	1103	Melissa Daggy	37	F	Norwalk	IA	10:27	00:32:22.46	00:32:29.79
10	55/88	26/51	1068	Monica Reising	37	F	Ames	IA	10:53	00:32:40.39	00:33:50.84
11	67/88	35/51	1059	Miranda Gauthier	35	F	Ankeny	IA	12:16	00:37:58.76	00:38:07.69
12	74/88	39/51	1042	Melissa Kouang	33	F	Des Moines	IA	13:14	00:40:58.26	00:41:07.63
13	76/88	41/51	1069	Rebecca Madsen	38	F	Ames	IA	13:42	00:42:25.86	00:42:34.79
14	77/88	42/51	1055	Katie Schleusner	30	F	Garner	IA	13:53	00:43:00.56	00:43:11.15
15	79/88	44/51	1072	Jen Kramer	35	F	Omaha	NE	13:56	00:43:01.25	00:43:19.43
16	80/88	45/51	1049	Lynn Dittmer	35	F	Shelby	IA	13:56	00:43:00.94	00:43:19.46
17	81/88	46/51	1090	April Cutler	33	F	Pella	IA	14:32	00:45:05.04	00:45:11.47
18	82/88	47/51	1052	Amy Dennis	32	F	Johnston	IA	14:38	00:45:18.01	00:45:30.30
19	83/88	48/51	1017	Sara Clausen	38	F	Rochester	MN	14:41	00:45:21.73	00:45:37.39
20	88/88	51/51	1014	Melissa Jones	34	F	Gilbert	IA	19:58	00:59:47.48	01:02:03.28

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

June 11, 2016

Overall Division Results

5K

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	2/88	2/37	1300	Ryan Blane	38	M	W Des Moines	IA	6:32	00:20:21.00	00:20:21.00
2	6/88	6/37	1091	Chad Norlin	36	M	Ames	IA	7:17	00:22:39.28	00:22:39.28
3	12/88	11/37	1057	Reed Mcmanigal	31	M	Des Moines	IA	7:37	00:23:33.86	00:23:42.29
4	23/88	16/37	1061	Ajay Patel	36	M	West Des Moines	IA	8:32	00:26:21.85	00:26:31.53
5	33/88	22/37	1083	Douglas Ruba	34	M	West Des Moines	IA	9:07	00:28:02.70	00:28:19.99
6	41/88	26/37	1093	Andy Happ	36	M	Polk City	IA	9:44	00:30:06.01	00:30:15.79
7	44/88	27/37	1098	Pat Mccammon	39	M	Johnston	IA	10:03	00:30:03.14	00:31:13.83
8	47/88	28/37	1073	Erik Christensen	30	M	Brooklyn	IA	10:15	00:31:36.87	00:31:51.74
9	63/88	31/37	1040	Jay Lauridsen	30	M	West Des Moines	IA	11:41	00:36:05.74	00:36:19.16
10	66/88	32/37	1007	Bryan Clausen	39	M	Rochester	MN	12:10	00:37:32.85	00:37:49.14

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	25/88	9/51	1021	Mary Jackovin-Bates	43	F	Clive	IA	8:42	00:26:56.68	00:27:04.41
2	50/88	21/51	1011	Shari Proehl	48	F	Urbandale	IA	10:26	00:32:09.31	00:32:27.29
3	52/88	23/51	1202	Marci Russell	40	F	Bondurant	IA	10:33	00:32:42.85	00:32:49.16
4	57/88	28/51	1102	Heather Mora	42	F	Norwalk	IA	10:59	00:34:01.73	00:34:09.29
5	60/88	30/51	1100	Sharon Wunderlich	43	F	Wildwood	MO	11:31	00:35:31.63	00:35:49.56
6	64/88	33/51	1053	Susan Suther	42	F	Des Moines	IA	11:51	00:36:34.85	00:36:51.29
7	78/88	43/51	1054	Mary Griffin	47	F	Waukee	IA	13:54	00:43:00.96	00:43:11.54

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	5/88	5/37	1022	Chad Proehl	48	M	Urbandale	IA	7:07	00:21:48.26	00:22:07.79
2	7/88	7/37	1106	Kevin Lair	49	M	Winterest	IA	7:22	00:22:49.86	00:22:54.29
3	9/88	9/37	1089	Jason Brown	40	M	Waukee	IA	7:35	00:23:28.09	00:23:35.63
4	15/88	13/37	1060	John Jackovin	41	M	Johnston	IA	7:42	00:23:49.03	00:23:57.37
5	27/88	17/37	1201	Rod Russell	48	M	Bondurant	IA	8:47	00:27:14.59	00:27:20.47
6	29/88	19/37	1111	Doug Dielema	48	M	Republic	MO	8:52	00:27:26.14	00:27:33.47
7	31/88	20/37	1200	Gregg Sanders	45	M	Des Moines	IA	9:03	00:27:58.86	00:28:07.79

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	30/88	11/51	1008	Linda Olson	50	F	Ames	IA	9:02	00:27:57.23	00:28:05.58
2	58/88	29/51	1096	Kim Van Langen	51	F	Urbandale	IA	11:12	00:34:30.00	00:34:48.43
3	62/88	32/51	1003	Kathy Ridnour	59	F	Ames	IA	11:36	00:35:56.02	00:36:03.72
4	73/88	38/51	1035	Susan Winer	52	F	Ames	IA	12:50	00:39:41.86	00:39:52.54

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	3/88	3/37	1025	Steve Pohlmeier	50	M	Urbandale	IA	6:51	00:21:15.74	00:21:19.92
2	36/88	23/37	1203	Kiok Dressler	52	M		IA	9:21	00:28:57.29	00:29:03.59

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

June 11, 2016

Overall Division Results

5K

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	56/88	27/51	1041	Sharon Tahtinen	60	F	West Des Moines	IA	10:56	00:33:41.07	00:33:59.99
2	61/88	31/51	1012	Jolane Stewart	61	F	West Des Moines	IA	11:35	00:35:54.05	00:36:01.79
3	72/88	37/51	1077	Karen Wood	62	F	Norwalk	IA	12:45	00:39:28.02	00:39:39.83
4	75/88	40/51	1045	Nancy Schrum	64	F	Urbandale	IA	13:30	00:41:46.36	00:41:58.29

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Chip Time	Gun Time
1	22/88	15/37	1110	Rick Blane	67	M	W Des Moines	IA	8:29	00:26:16.85	00:26:22.54
2	28/88	18/37	1028	Ed Dieleman	71	M	Ankeny	IA	8:51	00:27:25.55	00:27:32.26