

2005 Race for Cure

Women's and Men's 5K

Awards Results

Women: Overall Winners

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	33	13260	SMITH, JODI	AMES, IA	F	27	18:03.4	5:49
2	36	4798	DOUBEK, BRENDA	BAXTER, IA	F	35	18:04.7	5:49
3	37	10167	BOGDONAS, KATHLEEN	WDM, IA	F	23	18:05.4	5:49
4	41	12524	SEWARD, JEAN	CLIVE, IA	F	40	18:08.2	5:50
5	57	5624	COURAGE-CARLBERG,	URBANDALE, IA	F	31	18:42.3	6:01
6	71	14307	GARRETT, AMY	DES MOINES, IA	F	21	19:07.0	6:09
7	73	3042	PALEN, ANGELA	NORWALK, IA	F	35	19:08.2	6:10
8	75	4423	SUTTER, HEIDI	DUBUQUE, IA	F	32	19:10.1	6:10
9	83	11133	LOWE, SUZY	WEST DES	F	37	19:17.2	6:12
10	89	15783	VOKES, TARA	DES MOINES, IA	F	24	19:27.3	6:16
11	90	4687	BAKER, LAURIE	WAUKEE, IA	F	32	19:29.1	6:16
12	93	15347	WICKARD, SAMANTHA	DES MOINES, IA	F	19	19:32.1	6:17
13	99	15330	MILLER, GINGER	ANKENY, IA	F	35	19:41.6	6:20
14	108	5454	CASKEY, JENNIFER	EARLHAM, IA	F	32	19:47.4	6:22
15	116	1090	GOETTL, ERIN	WEST DES	F	22	19:55.7	6:25
16	120	14378	COLLOGAN, LISA	DES MOINES, IA	F	16	20:01.5	6:27
17	124	14844	FLOOD, KRISTIN	CLIVE, IA	F	24	20:05.7	6:28
18	132	2903	MADISON, JILL	GRIMES, IA	F	24	20:11.2	6:30
19	138	14879	OESTREICH, KARA	WEST DES	F	32	20:20.5	6:33
20	139	7418	EVANS, CAROLYN	URBANDALE, IA	F	10	20:21.2	6:33
21	145	8319	FROMMELT, KERI	ANKENY, IA	F	34	20:32.0	6:37
22	155	2530	CLEMENSON, KAYLA	ANKENY, IA	F	22	20:38.7	6:39
23	160	6192	STILL, MARY	AMES, IA	F	24	20:46.9	6:41
24	162	15233	DOYLE, SHARI		F	43	20:47.4	6:41
25	167	15549	KNOEPFLER, CATHY	DES MOINES, IA	F	45	20:53.0	6:43

Men: Overall Winners

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1	16104	ROTICH, JULIUS	WEST DES	M	30	14:39.7	4:43
2	2	16202	KAEMMER, JACOB	DES MOINES, IA	M	28	15:08.4	4:52
3	3	4187	IVES, TIM	DES MOINES, IA	M	25	15:11.4	4:53
4	4	13843	GRAHAM, TRENT	WEST DES	M	23	15:12.8	4:54
5	5	16485	PRAUNER, TODD	DES MOINES, IA	M	20	15:23.8	4:57
6	6	10153	BARNES, KEVIN	INDIANOLA, IA	M	34	15:25.2	4:58
7	7	16125	MAURICE, JASON	AMES, IA	M	19	15:32.9	5:00
8	8	16130	APPLEBOWN, JEREMY	HIGHLAND PARK,	M	19	15:38.8	5:02
9	9	16036	RILEY, PATRICK	DES MOINES, IA	M	32	15:49.4	5:06
10	10	15734	MAXWELL, JOSH	CLIVE, IA	M	25	16:02.0	5:10
11	11	14361	SIEVERT, JOEL	DES MOINES, IA	M	20	16:05.8	5:11
12	12	16425	WHITE, DREW	ST LOUIS, MO	M	18	16:09.3	5:12
13	13	15153	WOOD, EVAN	BETTENDORF, IA	M	18	16:10.1	5:12
14	14	14309	GLICK, CHRIS	DES MOINES, IA	M	21	16:21.5	5:16
15	15	8520	MCBRIDE III, THOMAS	DES MOINES, IA	M	50	16:40.6	5:22
16	16	11057	KRIEG, MICHAEL	WEST DES	M	26	16:50.9	5:25
17	17	3131	ROLAND, SHAWN	WEST DES	M	27	17:03.8	5:30
18	18	13104	SWIFT, HARRISON	MINGO, IA	M	18	17:05.1	5:30
19	19	5907	UHL, KORY	DES MOINES, IA	M	18	17:14.5	5:33
20	20	16444	NOEL, JUSTIN	ANKENY, IA	M	16	17:28.0	5:37
21	21	14679	OLK, JUSTIN	POLK CITY, IA	M	16	17:31.3	5:38
22	22	2968	MILLS, ROSS	WEST DES	M	34	17:33.7	5:39
23	23	15796	RIEKS, MIKE	URBANDALE, IA	M	38	17:34.9	5:40
24	24	13384	LEE, CHAD	WDM, IA	M	32	17:35.7	5:40
25	25	11610	LINDENBERG, DAVID	DES MOINES, IA	M	26	17:37.1	5:40

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Awards Results

Women: 8 and Under

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	691	1284	JOHNSON, ALLISON	CLIVE, IA	F	7	25:45.2	8:17
2	1411	7951	BOUNER, NORI	AMES, IA	F	4	30:21.1	9:46
3	1576	4933	KANNAPEL, SAVANNAH	WINDSOR	F	8	31:29.5	10:08

Women: 9 - 14

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	170	7411	BOTT, BECCA	CLIVE, IA	F	13	20:56.8	6:45
2	202	14143	PEDDY, KELLY	ANKENY, IA	F	14	21:20.2	6:52
3	250	1537	MUILENBURG, ANA	WAUKEE, IA	F	9	22:01.4	7:05

Women: 15 - 19

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	184	13108	WOLETT, MEGHAN	COLFAX, IA	F	17	21:09.4	6:49
2	186	13080	GOODMAN, KRISTA	COLVAX, IA	F	16	21:10.8	6:49
3	196	15454	WETSCH, AMY	URBANDALE, IA	F	17	21:18.2	6:51

Women: 20 - 24

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	188	2591	DOEDEN, NICOLE	WEST DES	F	23	21:13.7	6:50
2	191	3142	SAGER, EMILY	WEST DES	F	24	21:14.5	6:50
3	195	14347	O'CONNOR, RACHEL	DES MOINES, IA	F	21	21:16.1	6:51

Women: 25 - 29

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	174	3976	BARTHOLOMEW, MICHELLE	MASON CITY, IA	F	27	21:00.4	6:46
2	198	636	ANTHOFER, SARAH	NORWALK, IA	F	27	21:18.8	6:52
3	205	14694	TILTON, JOANNE	DALLAS CENTER,	F	28	21:22.8	6:53

Women: 30 - 34

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	176	5355	GORETH, SHERRY	WEST DES	F	32	21:01.8	6:46
2	199	6206	FORINASH, STEPHANIE	DES MOINES, IA	F	30	21:19.2	6:52
3	212	5015	MCTAGGART, MOLLY	DES MOINES, IA	F	30	21:26.6	6:54

Women: 35 - 39

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	177	12544	WITTY, SANDRA	CLIVE, IA	F	38	21:02.5	6:46
2	190	14664	KLOEWER, TAMI	ELKHORN, NE	F	38	21:14.0	6:50
3	213	13235	FLAHERTY, HEATHER	AMES, IA	F	36	21:30.2	6:55

Women: 40 - 44

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	220	8776	BOBST, CHRISTINE	NOWALK, IA	F	44	21:39.0	6:58
2	289	2975	MITCHELL, DENNA	GREENFIELD, IA	F	40	22:42.9	7:19
3	291	301	LITSCHER, CAROL	WEST DES	F	44	22:43.3	7:19

Women: 45 - 49

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	225	1406	LINDE, BARB	WAUKEE, IA	F	45	21:43.1	6:59
2	226	11584	BULL, DEBI	DES MOINES, IA	F	47	21:43.3	6:59
3	269	277	KOELE, LINDA	URBANDALE, IA	F	47	22:24.0	7:13

Women: 50 - 54

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	175	1	LARRIEU SMITH, FRANCIE	GEORGETOWN, TX	F	52	21:01.0	6:46
2	272	1070	GERMAN, PAM	DALLAS CENTER,	F	53	22:26.2	7:13
3	382	10277	MATHIS, MARY	WEST DES	F	53	23:36.1	7:36

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Awards Results

Women: 55 - 59

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	488	12105	JOHNSON, JEANNE	ANKENY, IA	F	55	24:14.4	7:48
2	573	732	BLAKEMAN, ROBERTA	ALTOONA, IA	F	55	24:56.5	8:02
3	877	1912	THOMPSON, MYRA	ANKENY, IA	F	55	26:47.1	8:37

Women: 60 - 64

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1098	14044	LINDER, DWILA	ANKENY, IA	F	60	28:18.0	9:07
2	1988	1910	THOMPSON, MARY	JOHNSTON, IA	F	61	37:43.7	12:09
3	2126	7818	MCPMAHON, PAMELA	DR, IA	F	61	40:51.4	13:09

Women: 65 - 69

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	2249	1269	INGRASSIA, JEAN	URBANDALE, IA	F	69	43:31.2	14:00
2	2253	9008	SCOTT, ROSALENE	GRANGER, IA	F	67	43:32.2	14:01
3	2361	207	HEDDINGER, MYRNA	EMMETSBURG, IA	F	68	45:03.4	14:30

Women: 70 - 79

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	949	3022	NIELSEN, MARGE	SPENCER, IA	F	70	27:15.5	8:46
2	2316	12728	RODGERS, NORMA	SWEDESBERG, IA	F	73	44:37.7	14:22
3	2850	4476	WARD, DORA	DES MOINES, IA	F	74	50:28.6	16:15

Women: 80 +

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	589	10031	BUDDENBERG, IRENE	URBANDALE, IA	F	80	25:01.0	8:03

Men: 8 and Under

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1128	7412	BOTT, SAM	CLIVE, IA	M	8	28:28.9	9:10
2	1299	14098	HAGEDORN, JOSH	DES MOINES, IA	M	8	29:33.6	9:31
3	1548	13468	VASKE, STORM	WEST DES	M	8	31:15.0	10:03

Men: 9 - 14

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	30	8375	MILLER, BEN	KELLOGG, IA	M	13	18:01.8	5:48
2	39	5479	MENKEN, JOHN	CLIVE, IA	M	13	18:06.4	5:50
3	40	7429	WINK, MITCH	WEST DES	M	12	18:07.0	5:50

Men: 15 - 19

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	27	8992	PORTER, MATT	ANKENY, IA	M	17	17:52.9	5:45
2	28	13852	HENRY, GRADY	ANKENY, IA	M	16	17:53.3	5:45
3	31	14586	TOMLONOVIC, MICHAEL	COLFAX, IA	M	16	18:02.7	5:48

Men: 20 - 24

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	26	16126	MEYER, JOHN	AMES, IA	M	20	17:51.1	5:45
2	34	3797	WALDON, GARRY	DES MOINES, IA	M	24	18:03.6	5:49
3	50	5688	GRIFFIN, AARON	CEDAR FALLS, IA	M	20	18:33.5	5:58

Men: 25 - 29

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	35	4940	KERAUS, KYLE	WEST DES	M	25	18:04.3	5:49
2	48	1346	KOCH, SCOTT	URBANDALE, IA	M	28	18:29.1	5:57
3	68	15150	ROSS, DAN	DES MOINES, IA	M	26	19:01.3	6:07

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Men: 30 - 34

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	32	4858	GROTELUSCHEN, NEAL	WEST DES	M	33	18:03.2	5:49
2	38	13084	HALSTEAD, DAVID	ALTOONA, IA	M	31	18:05.7	5:49
3	61	4064	DAVIS, MICHAEL	DES MOINES, IA	M	34	18:52.2	6:04

Men: 35 - 39

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	44	1351	KOERSELMAN, TROY	ANKENY, IA	M	36	18:23.3	5:55
2	54	4992	MANN, BRIAN	WEST DES	M	36	18:37.4	6:00
3	58	3442	AVENI, JAMIE	WEST DES	M	39	18:45.3	6:02

Men: 40 - 44

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	42	15820	ANKER, JEFF	POLK CITY, IA	M	41	18:11.0	5:51
2	45	8348	KELLY, STEVE	URBANDALE, IA	M	42	18:25.4	5:56
3	47	5666	FEDER, JEFF	NORWALK, IA	M	44	18:26.8	5:56

Men: 45 - 49

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	29	5589	BELL, ED	CLIVE, IA	M	45	17:57.9	5:47
2	62	6411	GUTSCHENRITTER, KEITH	WDM, IA	M	46	18:53.2	6:05
3	66	9494	MASTERS, PETE	DES MOINES, IA	M	46	18:56.6	6:06

Men: 50 - 54

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	46	16145	MILLER, DAVID	URBANDALE, IA	M	53	18:26.3	5:56
2	49	3837	CLARK, CHUCK	CARROLL, IA	M	54	18:29.9	5:57
3	56	9431	KORTE, CHUCK	WEST DES	M	51	18:41.3	6:01

Men: 55 - 59

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	95	6538	TERRY, JOHN	WEST DES	M	56	19:36.4	6:19
2	119	8971	NEY, ROY	DES MOINES, IA	M	57	20:01.2	6:27
3	125	5044	NEMECHEK, TOM	DES MOINES, IA	M	55	20:06.2	6:28

Men: 60 - 64

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	326	4707	BISHOP, DENNIS	CUMMING, IA	M	60	23:01.3	7:25
2	437	4754	COLLIS, STEVE	ANKENY, IA	M	60	23:56.0	7:42
3	526	12715	DUFFY, DAVID	DES MOINES, IA	M	63	24:31.9	7:54

Men: 65 - 69

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	197	15838	MATTHEWS, JIM	BAXTER, IA	M	65	21:18.7	6:52
2	1523	8242	VEEDER, DAVID	DES MOINES, IA	M	65	31:07.5	10:01
3	1758	1834	SMITH, MAURICE	DES MOINES, IA	M	69	33:31.4	10:47

Men: 70 - 79

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	207	3089	RAVENSCROFT, ALVIN	AMES, IA	M	72	21:24.4	6:53
2	456	8881	HARDING, GENE	DES MOINES, IA	M	75	24:04.4	7:45
3	1020	2677	GRASSLEY, CHARLES	ARLINGTON, VA	M	72	27:43.4	8:55