

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

June 8, 2019

## Overall Results

5K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	1/35	1/1	117	Ryan Blank	M	41	W Des Moines	IA	6:29	00:20:08.16	00:20:10.49
2	2/35	1/5	33	Brett Gibson	M	18	Grinnell	IA	6:56	00:21:29.66	00:21:34.88
3	3/35	2/5	4	Quentin Billings	M	16	Des Moines	IA	7:18	00:22:42.32	00:22:43.82
4	4/35	1/1	56	Owen Michael	M	14	Earlham	IA	7:25	00:23:02.07	00:23:03.32
5	5/35	1/6	81	Justin Schmitz	M	20	Nevada	IA	7:36	00:23:33.30	00:23:36.79
6	6/35	2/6	38	Matt Havermale	M	28	West Des Moines	IA	7:41	00:23:47.62	00:23:54.87
7	7/35	1/9	113	Patrick Mccammon	M	42	Johnston	IA	7:44	00:23:50.89	00:24:03.38
8	8/35	1/9	78	Douglas Ruba	M	37	West Des Moines	IA	7:44	00:23:54.89	00:24:03.58
9	1/63	1/1	95	Alyssa Tucker	F	12	Pleasant Hill	IA	7:52	00:24:25.98	00:24:27.23
10	9/35	3/6	109	Cody Saville	M	29	West Des Moines	IA	8:00	00:24:50.77	00:24:53.93
11	10/35	2/9	86	John Small	M	30	Urbandale	IA	8:03	00:24:55.90	00:25:01.65
12	11/35	2/9	112	John Jackovin	M	45	Johnston	IA	8:05	00:24:56.94	00:25:08.31
13	12/35	1/1	58	Scott Miller	M	56	Urbandale	IA	8:16	00:25:38.87	00:25:41.37
14	2/63	1/3	5	Kelsey Boal	F	18	West Des Moines	IA	8:25	00:26:05.20	00:26:10.82
15	13/35	3/5	68	Taylor Ott	M	16	Indianola	IA	8:29	00:26:09.07	00:26:22.73
16	14/35	3/9	83	John Seals	M	49	West Des Moines	IA	8:40	00:26:45.40	00:26:58.23
17	3/63	1/5	17	Drew Clausen	F	11	Rochester	MN	8:44	00:26:51.99	00:27:10.73
18	15/35	4/9	19	Bryan Clausen	M	42	Rochester	MN	8:45	00:26:52.42	00:27:11.23
19	16/35	4/5	73	Luke Pottebaum	M	17	West Des Moines	IA	8:51	00:27:21.00	00:27:30.72
20	4/63	1/8	45	Elissa Juhnke	F	29	Little Canada	MN	8:51	00:27:00.93	00:27:31.93
21	5/63	1/19	39	Brandi Hegstrom	F	39	Remsen	IA	8:55	00:27:36.61	00:27:45.11
22	6/63	2/8	6	Emily Bowman	F	29	Ankeny	IA	8:59	00:27:23.59	00:27:54.68
23	17/35	5/9	46	Michael Kasal	M	42	West Des Moines	IA	8:59	00:27:49.64	00:27:57.11
24	18/35	4/6	80	Josh Schmitz	M	23	Milwaukee	WI	9:02	00:28:01.47	00:28:05.46
25	19/35	5/6	93	Carter Trewet	M	26	West Des Moines	IA	9:02	00:28:02.41	00:28:05.65
26	20/35	1/1	79	Max Schmitz	M	9	Nevada	IA	9:02	00:28:02.70	00:28:05.66
27	21/35	6/9	25	Mark Dephillips	M	45	Ankeny	IA	9:07	00:28:10.64	00:28:20.36
28	7/63	3/8	50	Marisa Lageveen	F	27	West Des Moines	IA	9:07	00:28:15.45	00:28:21.47
29	8/63	1/8	65	Linda Olson	F	53	Ames	IA	9:14	00:28:40.78	00:28:42.69
30	9/63	1/14	43	Mary Jackovin-Bates	F	46	Clive	IA	9:20	00:28:49.58	00:29:01.58
31	22/35	3/9	52	Jeremy Lauridsen	M	30	Urbandale	IA	9:21	00:28:33.64	00:29:05.38
32	10/63	2/19	66	Lisa Olson	F	35	Waukesha	WI	9:29	00:29:22.89	00:29:28.11
33	23/35	4/9	51	Jeff Lauridsen	M	32	Des Moines	IA	9:32	00:29:04.99	00:29:37.91
34	11/63	2/8	76	Angela Rider	F	51	Des Moines	IA	9:33	00:29:39.96	00:29:42.47
35	24/35	7/9	84	Aaron Sheeler	M	43	Waukee	IA	9:51	00:30:33.79	00:30:37.36
36	25/35	5/9	92	Micah Thompson	M	36	Grimes	IA	9:55	00:30:45.24	00:30:50.74
37	12/63	3/19	91	Mikayla Thompson	F	30	Grimes	IA	9:55	00:30:46.14	00:30:51.35
38	26/35	8/9	62	Ben Nelson	M	44	West Des Moines	IA	10:03	00:31:02.30	00:31:14.28
39	13/63	2/14	114	Patty Mccammon	F	41	Johnston	IA	10:04	00:31:04.52	00:31:16.72
40	14/63	2/5	67	Breanna Ott	F	14	Indianola	IA	10:08	00:31:16.36	00:31:30.36
41	15/63	4/8	11	Kristi Dawn Brokaw	F	28	Grimes	IA	10:09	00:31:16.82	00:31:33.38
42	16/63	1/3	7	Ellen Branham	F	60	Riverside	IA	10:09	00:31:17.18	00:31:33.72
43	17/63	3/14	90	Nicole Tenges	F	41	Indianola	IA	10:23	00:32:01.92	00:32:16.39
44	18/63	3/5	89	Bree Tenges	F	14	Indianola	IA	10:24	00:32:06.16	00:32:20.03
45	27/35	6/9	35	Andy Happ	M	39	Polk City	IA	10:25	00:32:18.46	00:32:23.46
46	19/63	4/19	37	Pam Harned	F	39	Urbandale	IA	10:33	00:32:37.50	00:32:48.46
47	20/63	5/19	53	Bekha Lauridsen	F	30	Des Moines	IA	10:33	00:32:16.57	00:32:48.46
48	21/63	4/14	72	Beth Pottebaum	F	48	West Des Moines	IA	10:38	00:32:52.74	00:33:02.66
49	22/63	5/14	116	Holly Mcilroy	F	48	Des Moines	IA	10:38	00:32:51.97	00:33:02.71
50	28/35	1/2	27	Ed Dieleman	M	74	Ankeny	IA	10:50	00:33:24.87	00:33:39.97
51	23/63	6/19	71	Martha Petersen	F	31	Madrid	IA	10:51	00:33:43.92	00:33:45.22
52	24/63	7/19	102	Sarah Wheeler	F	34	Pleasant Hill	IA	10:51	00:33:43.72	00:33:45.22

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53	25/63	6/14	42	Anna Humston	F	40	West Des Moines	IA	10:55	00:33:46.04	00:33:55.97
54	26/63	7/14	57	Diane Miller	F	49	Urbandale	IA	10:58	00:34:02.72	00:34:06.47
55	27/63	8/19	107	Michelle Rosel	F	37	Waukee	IA	11:06	00:34:25.66	00:34:30.46
56	28/63	9/19	34	Rose Giorgio-	F	32	West Des Moines	IA	11:12	00:34:30.22	00:34:50.46
57	29/35	7/9	61	Matthew Nelson	M	32	West Des Moines	IA	11:12	00:34:30.20	00:34:50.71
58	29/63	5/8	32	Madeline Fritz	F	20	Clive	IA	11:18	00:35:00.52	00:35:06.96
59	30/63	3/8	74	Shari Proehl	F	51	Urbandale	IA	11:38	00:36:05.38	00:36:09.88
60	31/63	8/14	47	Lisa Koz	F	46	Indianola	IA	11:39	00:35:58.52	00:36:13.21
61	32/63	2/3	104	Colby Williams	F	19	Des Moines	IA	12:05	00:37:30.94	00:37:35.54
62	33/63	4/8	105	Kim Williams	F	52	Des Moines	IA	12:06	00:37:20.21	00:37:35.94
63	34/63	10/19	115	Julia Mccormick	F	35	Urbandale	IA	12:27	00:38:25.35	00:38:43.09
64	35/63	4/5	110	Addison Hopp	F	12	Polk City	IA	12:49	00:39:46.45	00:39:51.86
65	36/63	1/2	111	Auberry Hopp	F	10	Polk City	IA	12:49	00:39:46.85	00:39:52.27
66	37/63	2/2	16	Blair Clausen	F	9	Rochester	MN	12:57	00:39:57.03	00:40:15.41
67	38/63	9/14	18	Sara Clausen	F	42	Rochester	MN	13:04	00:40:17.32	00:40:36.31
68	39/63	10/14	60	Kathryn Muscato	F	40	West Des Moines	IA	13:17	00:41:08.79	00:41:16.87
69	30/35	8/9	54	Jay Lauridsen	M	33	West Des Moines	IA	13:29	00:41:22.51	00:41:54.61
70	31/35	6/6	44	Benjamin Juhnke	M	29	Little Canada	MN	13:29	00:40:17.32	00:41:54.70
71	40/63	5/8	77	Susie Rider	F	52	Des Moines	IA	13:44	00:42:24.10	00:42:40.65
72	41/63	2/3	49	Janie Kruger	F	61	Grimes	IA	13:55	00:43:14.17	00:43:17.35
73	42/63	6/8	20	Laurie Coder	F	53	Urbandale	IA	13:56	00:43:14.98	00:43:18.16
74	43/63	3/3	82	Nancy Schrum	F	67	Urbandale	IA	14:01	00:43:22.00	00:43:33.58
75	44/63	3/3	9	Maddy Breckenridge	F	19	Ankeny	IA	14:10	00:43:47.38	00:44:03.38
76	45/63	11/14	40	Laura Held	F	40	Osceola	IA	14:25	00:44:34.69	00:44:48.84
77	46/63	11/19	87	Brandy Smith	F	38	Newton	IA	15:03	00:46:38.46	00:46:45.94
78	32/35	9/9	55	Jim Mann	M	49	Ankeny	IA	15:26	00:47:17.10	00:47:59.01
79	47/63	12/14	10	Sherry Breitman	F	49	West Des Moines	IA	15:26	00:47:17.49	00:47:59.19
80	48/63	12/19	22	Vivi Da Silva	F	33	Newton	IA	15:42	00:48:40.95	00:48:48.44
81	49/63	5/5	23	Trinity Darst	F	13	Truro	IA	15:55	00:48:36.94	00:49:27.65
82	50/63	13/19	24	Sarah Darst	F	35	Truro	IA	16:12	00:49:33.80	00:50:23.05
83	51/63	14/19	36	Debbie Hargens	F	38	West Des Moines	IA	16:26	00:50:52.90	00:51:05.89
84	52/63	6/8	30	Hannah Duerr	F	24	Leon	IA	16:47	00:51:26.94	00:52:11.18
85	53/63	13/14	28	Robyn Dlouhy	F	41	Ankeny	IA	16:55	00:52:18.35	00:52:36.35
86	54/63	7/8	14	Marianne Christensen	F	51	Waukee	IA	18:20	00:56:19.68	00:56:59.67
87	55/63	14/14	98	Sammy Wehmeyer	F	46	Bondurant	IA	19:16	00:57:00.74	00:59:52.66
88	33/35	9/9	13	Erik Christensen	M	33	Brooklyn	IA	19:22	00:58:46.27	01:00:12.01
89	56/63	15/19	15	Amanda Christensen	F	32	West Des Moines	IA	19:22	00:58:44.83	01:00:12.01
90	57/63	16/19	64	Kari Nuzback	F	35	Manning	IA	19:50	00:58:59.62	01:01:39.61
91	58/63	8/8	1	Andrea Andrew	F	54	Ankeny	IA	20:07	00:59:42.66	01:02:31.66
92	59/63	17/19	99	Candace Weis	F	30	Ankeny	IA	20:17	01:00:17.70	01:03:03.02
93	60/63	7/8	85	Sydney Sjaardema	F	27	Ankeny	IA	20:18	01:00:14.78	01:03:04.41
94	61/63	18/19	69	Allison Payne	F	34	Chicago	IL	21:06	01:03:13.18	01:05:35.62
95	34/35	5/5	41	Elijah Hoffman	M	19	Des Moines	IA	21:42	01:05:28.40	01:07:25.65
96	62/63	8/8	108	Claire Weatherwax	F	20	Sioux City	IA	21:42	01:02:39.05	01:07:27.30
97	63/63	19/19	118	Angela Miller	F	34	West Des Moines	IA	24:50	01:16:45.92	01:17:10.90
98	35/35	2/2	70	Dave Payne	M	62	Urbandale	IA	28:15	01:25:45.16	01:27:48.36