

Loop the Lake 8 Kilometer

Grays Lake - Des Moines, IA

May 26, 2001

50 Degrees & Light Rain

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

"*" indicates females

PLACE	CLASS	FINISHER	TIME	PACE
1		Michael McGrane, 31, Iowa City, IA	26:39	5:22
2		Dan Mostrom, 39, Springfield, MO	27:54	5:37
3		Todd Christensen, 32, Altoona, IA	28:22	5:42
4	1 M25	Luke Spencer, 29, Des Moines, IA	28:28	5:44
5	2 M25	Jason Huntley, 28, Ames, IA	28:58	5:50
6	3 M25	Vic Morales, 27, West Des Moines, IA	28:59	5:50
7		Jeff Perry, 40, Bondurant, IA	29:17	5:53
8	1 M30	Ryan Wilcox, 30, West Des Moines, IA	29:36	5:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
9	1 M40	Todd Vollstedt, 40, Ames, IA	30:07	6:03
10	1 JrM	Tyler Fisher, 15, West Des Moines, IA	30:10	6:04
11	2 M40	Rick Gubbels, 43, Des Moines, IA	30:27	6:07
12	1 M35	Doug Hammerand, 36, Carlisle, IA	30:35	6:09
13	1 M45	Thomas McBride, 45, Des Moines, IA	30:37	6:10
14	1 M50	Chuck Clark, 50, Carroll, IA	30:38	6:10
15	2 M30	Randy Anderson, 33, West Des Moines, IA	30:43	6:11
16	2 JrM	Jack Heintz, 16, Ankeny, IA	31:27	6:20
17		Robyn Squire, 29*, Iowa City, IA	31:35	6:21
18	2 M35	Steve Addy, 39, Des Moines, IA	31:56	6:25
19	3 JrM	Eric Haugen, 18, Urbandale, IA	31:58	6:26
20	3 M35	Don Romig, 36, Clive, IA	31:59	6:26
21	3 M40	Scott Boever, 40, Des Moines, IA	32:07	6:28
22	3 M30	Mark Novak, 34, West Des Moines, IA	32:15	6:29
23	4 M25	Curt Ramsey, 25, Panama City, FL	32:22	6:31
24	4 M40	Stewart Baldner, 40, Dallas Center, IA	32:29	6:32
25	5 M40	John Loin, 44, Fairfield, IA	32:31	6:32
26	2 M45	Steve Taylro, 49, Des Moines, IA	32:46	6:35
27	5 M25	Kevin Tiffany, 25, Des Moines, IA	32:57	6:38
28	2	Sheila Maddock, 45*, Johnston, IA	33:05	6:39
29	2 M50	David Schulte, 54, Granger, Ia	33:19	6:42
30	6 M40	Kevin Heintz, 41, Ankeny, IA	33:33	6:45
31	4 M35	Darryl DeRuiter, 36, Orange City, IA	33:54	6:49
32	3 M45	Joe Blunk, 49, Ames, IA	34:07	6:52
33	3	Danielle Beery, 17*, Johnston, IA	34:18	6:54
34	6 M25	Matthew Zepeda, 27, Des Moines, IA	34:23	6:55
35	5 M35	Merlin Sanders, 36, Clive, IA	34:23	6:55
36	4 M30	Guy Pareti, 32, Ankeny, IA	34:24	6:55
37	4	Emily Ott, 25*, Des Moines, IA	34:31	6:57
38	7 M25	Chad Lee, 28, West Des Moines, IA	34:34	6:57
39	5	Audrey Hanson, 26*, West Des Moines, IA	34:39	6:58
40	4 M45	Hank Manning, 45, Urbandale, IA	34:40	6:58
41	6	JrW Hannah Roeder, 13*, Des Moines, IA	34:41	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
42	5 M30	Steve Blazek, 34, Ankeny, IA	34:55	7:02

37	3	M50 Roger Heinle, 51, Whiting, IA	35:00	7:02
7	1	W40 Lisa Simonetta, 42*, Des Moines, IA	35:02	7:03
38	7	M40 Jeff Roorda, 42, Grimes, IA	35:07	7:04
8	1	W30 Shelly DeRuiter, 34*, Orange City, IA	35:12	7:05
39	6	M35 Rich Cuevas, 35, Pleasant Hill, IA	35:13	7:05
40	5	M45 Jeff Ryan, 46, Ankeny, IA	35:24	7:07
41	6	M45 T A Meyer, 49, Des Moines, IA	35:29	7:08
42	4	M50 Bob Overstreet, 50, Des Moines, IA	35:33	7:09
43	8	M40 Jeff Feder, 40, Des Moines, IA	35:37	7:10
44	7	M35 Phil Gould, 36, Des Moines, IA	35:40	7:11
45	6	M30 Paul Thorne, 33, Des Moines, IA	35:43	7:11
46	8	M25 Ronald Dowdell, 29, Corpus Christi, TX	35:44	7:11
47	1	M20 Deone Dempey, 23, Des Moines, IA	35:51	7:13
48	8	M35 Todd Gibbs, 36, Altoona, IA	35:57	7:14
49	7	M45 Alan Gross, 47, Des Moines, IA	36:02	7:15
50	1	M65 Jim Smedema, 69, Windsor Heights, IA	36:04	7:15
51	9	M40 Paul Kruse, 43, Granger, Ia	36:04	7:15
52	9	M25 Rich Davitt, 27, West Des Moines, IA	36:10	7:16
53	5	M50 Richard Guffy, 51, Des Moines, IA	36:18	7:18
54	9	M35 Caesar Smith, 36, West Des Moines, IA	36:32	7:21
55	7	M30 Tad Fichtel, 32, Urbandale, IA	36:34	7:21
56	1	M60 Peter Rabideau, 61, Ames, IA	36:36	7:22
57	8	M30 Andrew Shipley, 34, West Des Moines, IA	36:41	7:23
58	10	M35 Jay Hagedorn, 37, Des Moines, IA	36:42	7:23
9	2	W30 Jennifer Dickerson, 33*, Clive, IA	36:45	7:24
59	10	M25 Michael White, 29, West Des Moines, IA	36:49	7:24
60	1	M55 Norm Voss, 55, Pella, IA	36:51	7:25
61	6	M50 Norm Ostbloom, 53, Des Moines, IA	36:56	7:26
62	10	M40 Steve Vaught, 43, Des Moines, IA	36:59	7:26
63	11	M40 James Unterreiner, 42, Johnston, IA	37:07	7:28
64	12	M40 Brian Smith, 43, Redfield, IA	37:08	7:28
10	3	W25 Kristine Brazin, 26*, Ames, IA	37:17	7:30
65	9	M30 Eric Stotts, 31, Urbandale, IA	37:18	7:30
66	8	M45 Kenneth Crum, 47, West Des Moines, IA	37:20	7:31
67	11	M25 Jason Subbert, 28, Urbandale, IA	37:26	7:32
68	7	M50 Verne Wonderlich, 50, Waukee, IA	37:30	7:33
69	4	JrM Doug Van Woert, 18, Urbandale, IA	37:31	7:33
11	2	W40 Deanna Holbrook, 40*, Des Moines, IA	37:48	7:36
12	1	W45 Jan Mohs, 49*, Clive, IA	37:55	7:38
70	13	M40 David Skidmore, 43, Des Moines, IA	37:59	7:38
13	4	W25 Kirstin Lippincott, 27*, West Des Moines, IA	38:02	7:39
14	1	W35 R Letourneau, 39*, West Des Moines, IA	38:02	7:39
71	5	JrM Eric Lindquist, 7, Des Moines, IA	38:05	7:40
72	11	M35 Randy Kallem, 35, Ankeny, IA	38:15	7:42
73	9	M45 Steve Dittrich, 49, West Des Moines, IA	38:20	7:43
74	2	M55 Don York, 55, Ankeny, IA	38:25	7:44
75	12	M35 John Dawley, 38, Marshalltown, IA	38:37	7:46
76	3	M55 Ron Ricker, 56, Des Moines, IA	38:39	7:47
77	10	M45 Kevin Cunningham, 49, Des Moines, IA	38:40	7:47
15	3	W30 Cheryl Cropp, 31*, Ankeny, IA	38:43	7:47
78	8	M50 Kenny Grandstaff, 51, Des Moines, IA	38:45	7:48
79	14	M40 Thomas McCauley, 40, West Des Moines, IA	38:50	7:49
16	3	W40 Ellen Eakin, 43*, Ankeny, IA	38:53	7:49
80	13	M35 Alan Brawner, 35, Clive, IA	38:57	7:50
81	11	M45 John Vujnovich, 46, Des Moines, IA	38:59	7:50
17	4	W30 Cristen Vasquez, 30*, Des Moines, IA	39:00	7:51
82	6	JrM Jordan Ayala, 14, Norwalk, IA	39:01	7:51
83	15	M40 Tracy Hook, 42, Indianola, IA	39:02	7:51
84	12	M25 Danny Philpott, 27, Woodward, IA	39:03	7:51
85	10	M30 Timothy Simmons, 34, Des Moines, IA	39:18	7:54
86	7	JrM Tyler Goode, 14, Norwalk, IA	39:20	7:55
18	2	JrW Lindsay Till, 18*, Indianola, IA	39:25	7:56
87	16	M40 Larry Goode, 44, Norwalk, IA	39:29	7:57
88	14	M35 Randall Hamilton, 35, Des Moines, IA	39:32	7:57

89	9	M50	Jim McKillop, 54, Des Moines, IA	39:33	7:57
90	12	M45	Chris Mitchell, 46, Ankeny, IA	39:35	7:58
91	13	M45	Karl Yuska, 49, Urbandale, IA	39:37	7:58
92	13	M25	Tom Trygstad, 29, Newton, IA	39:38	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
93	11	M30	Jake Christensen, 30, Des Moines, IA	39:44	8:00
94	10	M50	Larry Jenkins, 51, Ames, IA	39:53	8:01
95	14	M25	Joshua Krichen, 27, Norwalk, IA	39:57	8:02
19	2	W45	Theresa Finnegan, 46*, Des Moines, IA	39:57	8:02
96	14	M45	Tom Maher, 48, Des Moines, IA	39:58	8:02
97	11	M50	Tom Anderson, 51, Johnston, IA	40:04	8:04
98	15	M45	Denis Schmitt, 46, West Des Moines, IA	40:07	8:04
20	3	JrW	Emily Scholten, 17*, Johnston, IA	40:14	8:06
99	15	M35	Chris Pose, 38, Des Moines, IA	40:15	8:06
100	4	M55	Ronald Kelly, 58, Storrs, CT	40:16	8:06
101	2	M60	Steve Larson, 62, Des Moines, IA	40:20	8:07
102	16	M45	Doug Lockwood, 45, Grimes, IA	40:22	8:07
103	12	M30	Jon Hibbard, 33, Des Moines, IA	40:23	8:07
104	13	M30	Mike Swesey, 32, Des Moines, IA	40:29	8:09
21	5	W30	Jill Swesey, 33*, Des Moines, IA	40:30	8:09
105	16	M35	Benedict Ochs, 38, Des Moines, IA	40:46	8:12
106	17	M40	Darwin Schmig, 43, Des Moines, IA	40:47	8:12
107	18	M40	Tracy Lewis, 40, Des Moines, IA	40:47	8:12
108	3	M60	Donald Caslavka, 64, West Des Moines, IA	40:53	8:13
22	5	W25	Jennifer DeVore, 28*, West Des Moines, IA	41:01	8:15
23	4	JrW	Michelle Orfield, 17*, Des Moines, IA	41:09	8:17
109	17	M45	Scott Dennis, 48, Urbandale, IA	41:11	8:17
110	17	M35	Mark Paca, 35, Boone, IA	41:13	8:18
24	3	W45	Mary Madsen, 48*, Melbourne, IA	41:15	8:18
25	1	W55	Sandy Rupnow, 57*, Ames, IA	41:16	8:18
111	14	M30	Curt Stamp, 34, Des Moines, IA	41:24	8:20
26	6	W30	Amy Gates, 31*, Des Moines, IA	41:27	8:20
112	15	M30	Phil Chia, 30, Des Moines, IA	41:30	8:21
27	7	W30	Susan Elwell, 33*, Ankeny, IA	41:34	8:22
28	6	W25	Dana Conner, 28*, Des Moines, IA	41:49	8:25
29	7	W25	Danielle McKechnie, 28*, Des Moines, IA	41:55	8:26
113	16	M30	Brent McClure, 30, Des Moines, IA	42:03	8:28
114	19	M40	Joseph Henry, 44, Des Moines, IA	42:07	8:28
115	18	M45	Rick Hoye, 48, West Des Moines, IA	42:09	8:29
116	18	M35	James Andrikopoulos, 38, Des Moines, IA	42:12	8:29
117	20	M40	Alliston Ryan, 43, Norwalk, IA	42:14	8:30
118	21	M40	James Windsor, 41, Des Moines, IA	42:22	8:31
119	17	M30	Jack Cooper, 31, Des Moines, IA	42:24	8:32
120	15	M25	Mark Mazzie, 29, Des Moines, IA	42:24	8:32
121	12	M50	Gary Macek, 54, Des Moines, IA	42:26	8:32
30	4	W45	Mary Gross, 48*, Des Moines, IA	42:28	8:33
122	22	M40	John Eure, 40, Des Moines, IA	42:40	8:35
31	4	W40	Carla Steele, 43*, Des Moines, IA	42:45	8:36
32	1	W50	Patricia Schulte, 52*, Granger, Ia	42:57	8:38
33	5	W40	Jan Miller-Hook, 43*, Indianola, IA	42:58	8:39
34	8	W30	Noelle Trevillyan, 34*, Des Moines, IA	43:15	8:42
35	9	W30	Tara Brawner, 32*, Clive, IA	43:22	8:43
36	2	W35	Cheryl Mendenhall, 39*, Des Moines, IA	43:28	8:45
123	8	JrM	Spencer Herrstrom, 13, West Des Moines, IA	43:29	8:45
124	5	M55	Gerald Dewald, 57, West Des Moines, IA	43:33	8:46
125	13	M50	Alfredo Parrish, 53, Des Moines, IA	43:42	8:48
37	1	W20	Jennifer Roiko, 22*, Urbandale, IA	43:44	8:48
126	16	M25	Chad Ervin, 26, West Des Moines, IA	43:48	8:49
38	8	W25	Michele Greubel, 29*, Des Moines, IA	43:57	8:50
127	18	M30	Tony White, 30, Des Moines, IA	43:58	8:51
128	19	M30	Steve West, 30, Norwalk, IA	44:00	8:51
39	6	W40	Louisa Perry, 40*, Bondurant, IA	44:06	8:52
40	3	W35	Jolee Carlisle, 35*, Des Moines, IA	44:08	8:53
129	23	M40	Gary Young, 41, Johnston, IA	44:28	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					

41	2	W20	Ami Thakkar, 20*, Des Moines, IA	44:46	9:00
42	5	JrW	Cat Geres, 17*, Des Moines, IA	44:49	9:01
43	6	JrW	Ally Thrall, 15*, Des Moines, IA	44:50	9:01
130	6	M55	William O'Riley, 58, West Des Moines, IA	44:55	9:02
44	10	W30	Alison Whall, 31*, Urbandale, IA	44:57	9:03
45	9	W25	Alyssa Hagey, 27*, Urbandale, IA	45:10	9:05
46	11	W30	Claudia Jeremiah, 30*, Des Moines, IA	45:14	9:06
131	24	M40	Doug Righi, 40, West Des Moines, IA	45:23	9:08
47	5	W45	Carolyn Schmitt, 47*, West Des Moines, IA	45:25	9:08
48	6	W45	Theresa Menough, 46*, Urbandale, IA	45:27	9:09
49	7	W40	Lauri Garvey, 40*, Naperville, IL	45:28	9:09
50	3	W20	Anne Kaercher, 24*, Urbandale, IA	45:32	9:10
51	7	W45	Sara Morris, 49*, West Des Moines, IA	45:33	9:10
52	8	W45	Betty Baker, 48*, Ames, IA	45:39	9:11
53	4	W20	Amy McCoy, 22*, Pleasant Hill, IA	45:52	9:14
54	4	W35	Janice Doud, 39*, Adel, IA	46:00	9:15
55	5	W35	Heather Deering, 35*, Urbandale, IA	46:03	9:16
56	12	W30	Julie Lafollette, 30*, Des Moines, IA	46:05	9:16
132	19	M35	John Beh, 37, Des Moines, IA	46:12	9:18
57	7	JrW	Marie Rand, 14*, Des Moines, IA	46:16	9:18
133	7	M55	William Lillis, 58, Des Moines, IA	46:18	9:19
134	14	M50	Gregory Racette, 50, Des Moines, IA	46:19	9:19
135	19	M45	Douglas Freeman, 47, Urbandale, IA	46:20	9:19
136	15	M50	George McCoy, 54, Des Moines, IA	46:24	9:20
58	8	W40	Ginny Rand, 43*, Des Moines, IA	46:28	9:21
59	5	W20	Elisabeth Marvin, 23*, Johnston, IA	46:29	9:21
60	6	W20	Leslie Byars, 20*, Norwalk, IA	46:31	9:21
61	7	W20	Molly McDaniel, 21*, Des Moines, IA	46:32	9:22
62	2	W50	Ann Greubel, 50*, Indianola, IA	46:45	9:24
63	8	JrW	Trisha Atherton, 18*, Norwalk, IA	46:50	9:25
137	20	M30	Christopher Greenfield, 31, Des Moines, IA	46:50	9:25
64	10	W25	Amy Schmelzer, 27*, Des Moines, IA	46:51	9:25
65	13	W30	Alice Pareti, 30*, Ankeny, IA	46:55	9:26
66	11	W25	Carrie Hickman, 27*, Indianola, IA	46:59	9:27
67	6	W35	Glenda Campbell, 36*, Indianola, IA	47:00	9:27
138	9	JrM	Connor Nightingale, 10, Des Moines, IA	47:34	9:34
139	25	M40	Marc Hollander, 43, Urbandale, IA	47:39	9:35
68	9	W45	Beverly Hickman, 46*, Indianola, IA	48:03	9:40
69	3	W50	Janet Lincoln, 51*, West Des Moines, IA	48:04	9:40
140	1	M70	Irv Steinberg, 72, Des Moines, IA	48:15	9:42
70	7	W35	Leanne Buell, 38*, Dexter, IA	48:27	9:45
141	21	M30	John Ashworth, 32, Des Moines, IA	48:41	9:48
142	17	M25	Bryon Gleisner, 26, Des Moines, IA	48:43	9:48
71	14	W30	Dendra Onken, 31*, Urbandale, IA	48:52	9:50
72	4	W50	Marilyn Arends, 50*, W Des Moines, IA	48:54	9:50
143	10	JrM	Jonathan Marvin, 18, Johnston, IA	49:04	9:52
73	8	W35	Gail Stutz, 35*, Des Moines, IA	49:32	9:58
74	12	W25	Sarah Holstrom, 29*, Clive, IA	49:34	9:58
75	9	W40	Dina Nightingale, 40*, Des Moines, IA	49:38	9:59
144	11	JrM	Keenan Nightingale, 12, Des Moines, IA	49:39	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
76	5	W50	Sally Fisher, 54*, Clive, IA	49:54	10:02
77	15	W30	Wendy Paca, 33*, Boone, IA	49:55	10:02
78	10	W40	Carol Woodruff, 40*, Des Moines, IA	49:56	10:03
79	13	W25	Paula Elliott, 28*, Pleasant Hill, IA	50:01	10:04
80	14	W25	Lisa Harms, 28*, Indianola, IA	50:01	10:04
145	8	M55	Bill Obrien, 56, Des Moines, IA	50:17	10:07
81	15	W25	Amy Terrell, 27*, Waukee, IA	50:20	10:08
82	16	W30	Trudi Rayman, 34*, Altoona, IA	50:22	10:08
146	18	M25	Joe Wilson, 26, Clive, IA	50:38	10:11
83	9	JrW	Sarah Marineau, 19*, Ankeny, IA	50:58	10:15
84	17	W30	Mary Sellers, 34*, Des Moines, IA	51:06	10:17
85	11	W40	Robin Terrell, 43*, Clive, IA	51:39	10:23
147	4	M60	John Beamer, 61, Des Moines, IA	52:36	10:35
86	6	W50	Patsy Fagan, 50*, Des Moines, IA	52:43	10:36

87	12	W40 Carol Grandanette, 41*, West Des Moines, IA	52:45	10:37
148	20	M35 David Bubeck, 38, Johnston, IA	52:55	10:39
88	1	W60 Kerstin Wolle, 62*, Des Moines, IA	53:43	10:48
149	2	M65 Chuck Wolle, 65, Des Moines, IA	53:43	10:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
150	9	M55 Thomas Kurt, 56, Ankeny, IA	55:30	11:10
89	16	W25 Megan Crowley, 29*, Des Moines, IA	55:33	11:11
90	17	W25 Laurie Dienberg-Hoppe, 28*, Indianola, IA	57:10	11:30
91	7	W50 Nancy Ferguson, 54*, Des Moines, IA	57:25	11:33
92	10	W45 Rose Lyle, 45*, Des Moines, IA	58:36	11:47
151	26	M40 Mark Davis, 41, Des Moines, IA	58:45	11:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
93	9	W35 Richele Prichard, 36*, Pleasant Hill, IA	1:01:45	12:25
152	19	M25 Kyle Rhoads, 25, Ankeny, IA	1:02:12	12:31
94	18	W25 Tracy Kintigh, 26*, Ankeny, IA	1:02:13	12:31
95	2	W60 Mary Cochran, 62*, Urbandale, IA	1:02:50	12:39
96	8	W20 Jenny Wells, 22*, Des Moines, IA	1:03:10	12:43
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
97	19	W25 Joni Griglione, 25*, Des Moines, IA	1:06:13	13:19

11 finishers among Men 19 & Under

1 finishers among Men 20 - 24

19 finishers among Men 25 - 29

21 finishers among Men 30 - 34

20 finishers among Men 35 - 39

26 finishers among Men 40 - 44

19 finishers among Men 45 - 49

15 finishers among Men 50 - 54

9 finishers among Men 55 - 59

4 finishers among Men 60 - 64

2 finishers among Men 65 - 69

1 finishers among Men 70 & Up

9 finishers among Women 19 & Under

8 finishers among Women 20 - 24

19 finishers among Women 25 - 29

17 finishers among Women 30 - 34

9 finishers among Women 35 - 39

12 finishers among Women 40 - 44

10 finishers among Women 45 - 49

7 finishers among Women 50 - 54

1 finishers among Women 55 - 59

2 finishers among Women 60 - 64

152 male finishers

97 female finishers

249 total finishers

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