

Taste of Hope 5K
 July 29, 2017
 Lutheran Church of Hope, WDM

Overall Place	Sex Place	Div Place	Division	Last Name	First Name		Time
1	1		M40	Rotich	Julius	Des Moines	16:16.5
2	2		M30	Moore	Toby		16:26.3
3	3		M30	Wells	Aaron	Des Moines	16:37.0
4	4	1	M15	Wilson	Evan	Exira	16:41.5
5	5	2	M15	Hall	Samuel	WDM	17:37.6
6	6	1	MJr	Muller	Cade	Urbandale	18:43.9
7	7	2	MJr	Cronin	Kenneth	Clive	19:25.8
8	8	3	M15	Smith	Ryan	Ames	20:15.8
9	9	1	M40	Olsen	David	WDM	20:32.6
10	10	1	M30	Flippin	Derrick	WDM	21:14.3
11	11	2	M40	Kennedy	Richard	Hinton	21:29.1
12	12	3	MJr	Houg	Carson	Urbandale	21:29.6
13	13	4	M15	Drake	Danny	WDM	21:35.2
14	1		FJr	Schulze	Lauren	Clive	21:39.9
15	14	4	MJr	Croatt	Kellan	Urbandale	21:54.6
16	15	1	M50	Stahl	Jon	Urbandale	22:05.4
17	2		F30	Iburg	Heather	Saint Charles	22:10.3
18	16	2	M30	Dreckman	Jason	WDM	22:25.0
19	17	3	M40	Burrell	Wesley	Urbandale	22:41.2
20	18	3	M30	Ries	Adam	Urbandale	22:43.6
21	19	4	M30	Wilson	Wes	Waukee	23:05.8
22	20	5	M15	Severson	Adam	WDM	23:08.7
23	21	5	M30	Moe	Kirk	Waukee	23:20.1
24	3		Fjr	Heikes	Bella	Johnston	23:36.9
25	4	1	M60+	Burton	Craig	Des Moines	23:38.7
26	22	2	M50	Desing	David	Urbandale	23:41.6
27	23	6	M15	Romans	Jonathan	Ankeny	23:55.0
28	24	1	M20	Shalkowski	Marc	Ankeny	23:56.8
29	25	4	M40	Wachter	Derek	Clive	24:05.0
30	26	5	MJr	Boess	Tavian	Waukee	24:09.8
31	5	1	F15	Weis	Megan	Cumming	24:16.0
32	6	1	F40	Weis	Sara	Cumming	24:16.9
33	7	2	F15	Tramper	Brooke	Waukee	24:28.8
34	27	6	M30	Aronson	Ross	Adel	24:29.7
35	8	1	Fjr	Seashore	Brooke	Clive	24:30.3
36	28	3	M50	Dippold	Glen	Clive	24:31.2
37	9	1	F50	Haughey	Paula	Waukee	24:38.1
38	29	5	M40	Hart	James	WDM	24:46.5
39	30	6	M40	Abbey	Evan	Urbandale	24:55.2
40	31	7	M15	Rodish	Brandon	Winterset	25:05.2
41	10	2	F40	Tate	Crystal	WDM	25:09.7
42	11	2	Fjr	Drake	Mallory	WDM	25:10.2
43	12	1	F30	Lemon	Beth	Dallas center	25:13.0
44	32	1	M60+	Schoneberg	Scott	Des Moines	25:37.4
45	33	6	MJr	Moss	Ryken	WDM	25:50.9
46	34	7	MJr	Hayes	Luke	WDM	26:07.2
47	13	2	F30	Stewart	Brooke	Johnston	26:07.7
48	35	7	M30	Kehoe	Joshua	Johnston	26:18.5
49	14	3	F15	Severson	Kaitlyn	WDM	26:19.1
50	36	7	M40	Niemann	Casey	Waukee	26:21.1

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51	37	8	MJr	Roberts	Dylan	Johnston	26:28.3
52	15	3	F30	Keiser	Amber	Clive	26:51.0
53	16	4	F15	Heidt	Becca	WDM	26:53.9
54	38	8	M40	Heidt	Jim	WDM	26:54.3
55	17	2	F50	Holmes	Janelle	Des Moines	26:58.0
56	18	4	F30	Ries	Megan	Urbandale	26:58.6
57	39	9	MJr	Moore	Brayden		27:00.7
58	40	4	M50	Mills	Brad	Waukee	27:01.5
59	19	3	F50	Lyons	Janeal	Waukee	27:05.3
60	20	5	F30	Henson	Taunya	Clive	27:21.7
61	21	3	Fjr	Hoover	Madison	Urbandale	27:31.6
62	22	4	F50	DeHaan	Joann	Urbandale	27:32.3
63	41	8	M15	Gabrielson	Chad	Urbandale	27:44.1
64	23	6	F30	Kehoe	Shelley	Johnston	27:44.7
65	24	5	F15	Severson	Megan	WDM	27:46.7
66	42	2	M60+	Swenson	David	Ames	27:47.9
67	43	10	MJr	Johnson	Carter	Waukee	27:58.8
68	44	8	M30	Johnson	Jesse	Waukee	27:59.0
69	25	7	F30	Funk	Susanna	WDM	28:00.9
70	45	9	M40	Schug	Ryan	Ankeny	28:02.9
71	46	9	M30	Andersen	Chris	Grimes	28:13.2
72	26	8	F30	Lasher	Charlie	Clive	28:23.4
73	47	10	M40	Oliver	Aaron	WDM	28:31.1
74	27	9	F30	Wey	Britta	Johnston	28:37.7
75	28	3	F40	Boess	Jen	Waukee	28:48.3
76	48	2	M20	Wilson	Chris	Waukee	28:59.7
77	49	11	MJr	Argotsinger	Alex	Urbandale	28:59.9
78	50	5	M50	Fritz	Chuck	Adel	29:17.0
79	51	11	M40	Fuller	Graham	Johnston	29:18.3
80	52	10	M30	Hajduch	Joey	Clive	29:20.0
81	29	10	F30	Hajduch	Carlie	Clive	29:20.4
82	53	6	M50	Honold	Todd	Grinnell	29:26.4
83	30	4	Fjr	Danner	Rita	WDM	29:31.8
84	54	12	MJr	Colton	Chase	Johnston	29:32.1
85	55	13	MJr	Hall	Harris	Urbandale	29:34.1
86	31	4	F40	Pulley	Shelli	WDM	29:37.0
87	56	11	M30	Davidson	Kevin	Ankeny	29:41.0
88	57	12	M30	Van Bruggen	Dave	Clive	29:44.8
89	32	5	FJr	Croatt	Romey	Urbandale	29:53.7
90	33	11	F30	Croatt	Abbey	Urbandale	29:58.2
91	34	12	F30	Mathes	Heidi	WDM	30:00.2
92	58	14	MJr	Retz	Will	Urbandale	30:04.9
93	59	7	M50	Retz	Curt	Urbandale	30:06.9
94	60	3	M60+	Gaulke	David	Indianola	30:10.5
95	61	15	MJr	Sposeto	Caden	Waukee	30:15.5
96	62	9	M15	Czipar	Parker	Clive	30:26.7
97	35	6	Fjr	Nelson	Alayna	WDM	30:33.0
98	36	5	F40	Danner	Ann	WDM	30:34.1
99	37	6	F40	Desing	Ana	Urbandale	30:39.0
100	38	7	FJr	Nosbusch	Alexis	Urbandale	30:42.2

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101	39	8	Fjr	Weis	Lucy	Cumming	30:43.2
102	63	13	M30	Ewing	Mike	Altoona	30:52.4
103	64	12	M40	Johnson	Brent	Clive	30:53.6
104	65	10	M15	Boess	Dilan	Waukee	30:55.2
105	66	13	M40	Lyons	Bob	Clive	31:17.3
106	40	5	F50	Hoveland	Shirley	Des Moines	31:17.8
107	67	8	M50	Hircock	Kevin	Adel	31:18.9
108	41	9	Fjr	Czipar	Ashley	Clive	31:29.8
109	42	10	Fjr	Gabrielson	Lexi	Urbandale	31:30.2
110	43	11	Fjr	Gabrielson	Mikayla	Urbandale	31:32.5
111	44	13	F30	Derby	Deirdre	Waukee	31:33.0
112	45	7	F40	Mosdal	Wendy	Polk City	31:44.0
113	68	14	M30	Sigwarth	Troy	Altoona	31:44.4
114	69	15	M30	Maine	Scott	Urbandale	32:03.9
115	70	11	M15	Morrow	Hunter	Waukee	32:11.2
116	46	6	F15	Cary	Angela	WDM	32:11.6
117	47	14	F30	Humston	Anna	WDM	32:12.4
118	48	8	F40	Hoover	Amy	Urbandale	32:16.4
119	71	9	M50	Seashore	Keith	Clive	32:19.0
120	72	16	M30	Mumm	Jon	Clive	32:26.4
121	73	16	MJr	Yuska	Blake	Johnston	32:39.4
122	74	17	MJr	Yuska	Colin	Johnston	32:40.4
123	75	3	M20	Shalkowski	Devek	WDM	32:41.8
124	76	14	M40	Dunham	Chris	Johnston	32:44.2
125	77	18	MJr	Kehoe	Zachary	Johnston	33:00.9
126	49	15	F30	Badeaux	Megan	WDM	33:02.0
127	78	10	M50	Messerli	David	Grimes	33:08.7
128	50	6	F50	Messerli	Diane	Grimes	33:09.2
129	51	9	F40	DeWitt	Tina	Waukee	33:26.1
130	52	12	Fjr	DeWitt	Madison	Waukee	33:26.5
131	53	16	F30	Maine	Brooke	Urbandale	33:55.4
132	54	1	F20	Agey	Katie	Des Moines	33:57.7
133	55	7	F15	Bright	Chelsea	Van Meter	33:58.1
134	79	15	M40	Davis	Scott	WDM	34:07.8
135	56	13	Fjr	Siefken	Madison	Adel	34:11.4
136	80	16	M40	Roach	Ben	WDM	34:36.4
137	81	19	MJr	Roach	Jacob	WDM	34:36.7
138	57	14	Fjr	Penwell	Molly	Clive	35:09.2
139	82	17	M40	Penwell	Josh	Clive	35:09.3
140	58	17	F30	Toll	Lindsay	Clive	35:12.7
141	59	10	F40	Larson	Sara	Clive	35:17.7
142	60	15	Fjr	Lowry	Morgan	Waukee	35:20.2
143	83	11	M50	Knoll	Gearld	Indianola	35:31.0
144	84	20	MJr	Kehoe	Alex	Johnston	35:37.4
145	61	11	F40	Fincel	Jessica	WDM	35:52.1
146	62	12	F40	Mikkelsen	Shandy	WDM	35:56.5
147	63	13	F40	Smith	Amy	Johnston	36:02.8
148	64	2	F20	Wilson	Lauren	Waukee	36:18.8
149	65	18	F30	Barclay	Bertina	Grimes	36:26.9
150	66	14	F40	Holtan	Melanie	Adel	38:07.9

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151	85	18	M40	Banks	Eric	Adel	38:08.4
152	67	19	F30	Johnson	Cassandra	WDM	38:11.0
153	68	20	F30	Siefken	Michelle	Adel	38:15.2
154	69	16	FJr	Weeklund	Lizzie	WDM	38:20.7
155	70	3	F20	Venema	Ashley	Fillmore	38:21.6
156	86	19	M40	Weeklund	Corey	WDM	38:30.7
157	71	21	F30	Lowry	Christi	Waukee	38:33.3
158	72	7	F50	Kiewel	Lori	Clive	38:36.2
159	73	15	F40	Sposeto	Makenzie	Waukee	38:51.7
160	74	16	F40	Engelen	Kristie	Ankeny	39:03.1
161	75	17	F40	Jameson	Joelle	WDM	39:17.1
162	87	20	M40	Stills	Jim	WDM	39:17.7
163	76	17	FJr	Peiper	Eleanor	Waukee	39:39.3
164	77	18	F40	Micka	Kelly	Waukee	39:46.1
165	78	5	F60+	Kennedy	Norine	WDM	39:48.6
166	88	17	M30	Johnson	Willie	WDM	39:51.4
167	89	21	M40	Henrichsen	Jon	Cumming	39:51.7
168	79	8	F15	Cowles	Kourtnie	Des Moines	39:54.9
169	90	21	MJr	Van Bruggen	Nolan	Clive	40:40.4
170	80	22	F30	Omvig	Heather	Urbandale	40:41.0
171	91	18	M30	Ivory	Titus	Urbandale	40:41.3
172	81	23	F30	Davis	Holly	Clive	40:53.8
173	82	24	F30	Rodish	Michele	Winterset	41:47.6
174	83	18	FJr	Deck	Emma	Waukee	42:34.0
175	84	4	F20	Lodermeier	Shelby	WDM	42:36.9
176	92	12	M50	Lodermeier	Daniel	WDM	42:37.0
177	93	22	M40	Weis	Dave	Cumming	42:51.2
178	85	5	F20	Mujakovic	Elma	Urbandale	43:03.7
179	94	4	M60+	Burton	Jim	WDM	43:04.8
180	86	19	FJr	Corley	Tate	Grinnell	43:06.7
181	95	22	MJr	Henrichsen	Parker	Cumming	43:07.6
182	87	8	F50	Hunter	Joni	WDM	43:27.4
183	96	23	MJr	Capaldo	Sal	Grimes	43:29.1
184	88	19	F40	Hummel	Brenda	Grimes	43:29.5
185	89	20	F40	Foust	Dayna	WDM	43:31.7
186	90	9	F15	Foust	Julia	WDM	43:32.1
187	97	19	M30	Byars	Matt	WDM	43:50.6
188	91	21	F40	Barr	Jodi	Waukee	43:55.0
189	92	9	F50	Beals	Cathie	WDM	44:41.3
190	93	20	FJr	Van Bruggen	Delaney	Clive	45:10.1
191	94	25	F30	Van Bruggen	Brooke	Clive	45:10.7
192	98	20	M30	Crowson	Jonathan	WDM	46:17.9
193	95	26	F30	Donnelly	Kasey	WDM	46:52.5
194	96	21	FJr	Donnelly	Olivia	WDM	46:54.1
195	99	21	M30	Dirksen	Brandon	WDM	46:55.3
196	97	22	FJr	Dirksen	Mia	WDM	46:56.4
197	98	22	F40	Corley	Traci	Grinnell	46:57.1
198	99	23	F40	Wilson	Megan	Ankeny	47:09.9
199	100	24	MJr	Wilson	JJ	Ankeny	47:10.2
200	101	23	M40	Fritz	Justin	Sherrill	47:40.8

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Overall Place	Sex Place	Div Place	Division	Last Name	First Name		Time
201	100	10	F15	Fritz	Katelyn	Sherrill	47:41.1
202	101	23	Fjr	Russell	Ashlyn	Clive	47:41.7
203	102	24	F40	Henrichsen	Stacy	Cumming	47:53.9
204	102	25	MJr	Henrichsen	Preston	Cumming	47:54.2
205	103	25	F40	Russell	Julie	Clive	49:24.5
206	103	26	MJr	Roach	Cameron	WDM	50:36.6
207	104	27	MJr	Roach	Brendan	WDM	50:36.9
208	104	26	F40	Roach	Cara	WDM	50:40.8
209	105	24	FJr	Davidson	Camryn	Ankeny	50:50.3
210	106	27	F30	Davidson	Jennie	Ankeny	51:04.6
211	107	28	F30	Hall	Carrie	Urbandale	51:22.2
212	108	25	Fjr	Hall	Lindie	Urbandale	51:22.6
213	105	28	MJr	Romans	Nicholas	Ankeny	52:13.8
214	109	26	Fjr	Powers	Alexie		52:23.4
215	110	29	F30	Powers	Nealey		52:23.7
216	111	27	Fjr	Jackson	Alayna	WDM	52:25.6
217	106	24	M40	Romans	Gregory	Ankeny	52:29.3
218	112	2	F60+	DeWald	Diana	WDM	52:52.8
219	107	5	M60+	DeWald	Jerry	WDM	52:53.3
220	113	27	F40	Burnham	Tami	WDM	52:59.0
221	114	10	F50	Reed	Susie	Des Moines	53:24.5
222	115	30	F30	Decklever	Cecily	WDM	54:28.0
223	116	28	FJr	Decklever	Isabel	WDM	54:28.6
224	117	11	F50	Bonpua	Debi	WDM	56:49.4
225	118	3	F60+	Turner	Linda	Clive	56:49.7
226	119	31	F30	Cook	Lisa	Des Moines	56:58.8
227	120	12	F50	Reese	Melinda	Grimes	56:59.5
228	121	4	F60+	Bergman	Sandi	Waukee	57:06.0
229	122	6	F20	Peppers	Jennifer	Johnston	57:06.3
230	123	32	F30	Romans	Amber	Ankeny	57:07.1
231	108	22	M30	Wittkop	Matthew	Urbandale	57:07.5
232	124	33	F30	Wittkop	Sarah	Urbandale	57:09.5
233	125	34	F30	VanderPlas	Alecia	WDM	57:09.9
234	109	6	M60+	Smith	Conroy	Des Moines	57:59.2
235	126	28	F40	Hartzer	Melanie		1:08:59.9

Finisher Summary

MJr	28	Total Male	109
M15	11	Total Female	126
M20	3		
M30	24		
M40	25	Total Runners	235
M50	12		
M60+	6		
Fjr	30		
F15	10		
F20	6		

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F30		35				
F40		28				
F50		12				
F60+		5				

Top Males Overall

1	Rotich	Julius	16:16.5
2	Moore	Toby	16:26.3
3	Wells	Aaron	16:37.0

Top Females Overall

1	Schulze	Lauren	21:39.9
2	Iburg	Heather	22:10.3
3	Heikes	Bella	23:36.9

Age Group Awards

FJr	Seashore	Brooke	24:30.3
	Drake	Mallory	25:10.2
F15	Weis	Megan	24:16.0
	Tramper	Brooke	24:28.8
F20	Agey	Katie	33:57.7
	Wilson	Lauren	36:18.8
F30	Lemon	Beth	25:13.0
	Stewart	Brooke	26:07.7
F40	Weis	Sara	24:16.9
	Tate	Crystal	25:09.7
F50	Haughey	Paula	24:38.1
	Holmes	Janelle	26:58.0
F60	Kennedy	Norine	39:48.6
	DeWald	Diana	52:52.8
MJr	Muller	Cade	18:43.9
	Cronin	Kenneth	19:25.8
M15	Wilson	Evan	16:41.5
	Hall	Samuel	17:37.6
M20	Shalkowski	Marc	23:56.8
	Wilson	Chris	28:59.7
M30	Flippin	Derrick	21:14.3
	Dreckman	Jason	22:25.0

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	M40		Olsen	David		20:32.6
			Kennedy	Richard		21:29.1
	M50		Stahl	Jon		22:05.4
			Desing	David		23:41.6
	M60		Burton	Craig		23:38.7
			Schoneberg	Scott		25:37.4

Youth Run Results (.75 Miles)

Overall Place	Sex	Last Name	First Name	Time
1	M	Burman	Colten	5:11.3
2	M	Boess	Traxton	5:20.4
3	M	Weis	Max	5:20.6
4	M	Wilson	Jacob	5:20.8
5	M	Fischer	Evan	5:50.6
6	F	Schwartz	Elise	6:19.0
7	F	DeWitt	Kaylnn	6:27.2
8	F	Fischer	Kate	6:29.3
9	F	Danner	Lauren	6:55.2
10	M	Rosel	Ryan	7:13.2
11	M	Yuska	Ethan	7:35.1
12	F	Hajduch	Emma	7:36.4
13	M	Burman	Ian	7:55.2
14	M	Anderso	Etrick	7:59.9