

## 2016 Live Healthy Iowa 5K - Waukee

Division			First Name	Last Name	City	Time
5K	30 - 39	Female	Chasity	Heins	Waukee	21:22:00
5K	30 - 39	Male	Justin	Ellis	West Des Moines	22:07:00
5K	30 - 39	Female	Kathryn	Sandie	Waukee	22:45:00
5K	20 - 29	Male	Tyler	Arickx	Waukee	23:03:00
5K	13 - 15	Male	Kyle	Hegwood	Urbandale	24:06:00
5K	30 - 39	Male	Tim	Hegwood	Urbandale	24:13:00
5K	50 - 59	Male	Tim	Bayse	Dallas Center	24:35:00
5K	13 - 15	Male	James	Gano	Des Moines	24:53:00
5K	30 - 39	Male	Britt	Bodensteiner	Waukee	26:06:00
5K	30 - 39	Male	Joseph	Gardner	Johnston	26:18:00
5K	20 - 29	Female	Elizabeth	Moreland	Anita	26:36:00
5K	30 - 39	Female	Ammie	McGraw	Des Moines	26:42:00
5K	12 & Under	Female	Emma	Baumgart	Wauke	27:24:00
5K	30 - 39	Male	Bob	Baumgart	Waukee	27:24:00
5K	40 - 49	Male	Kurt	Hantelmann	Altoona	28:00:00
5K	30 - 39	Male	Charlie	Notheis	Waukee	28:09:00
5K	30 - 39	Female	Kristy	Hegwood	Urbandale	28:35:00
5K	40 - 49	Female	Jodi	Allan	Urbandale	28:38:00
5K	30 - 39	Male	Juan	Ayala	Ankeny	28:51:00
5K	40 - 49	Female	Kari	Dorrian	Grimes	29:17:00
5K	20 - 29	Female	Christina	Bravos	Des Moines	29:52:00
5K	20 - 29	Female	Brittany	Bailey	Waukee	30:15:00
5K	50 - 59	Female	Mindy	Joye	Waukee	30:35:00
5K	50 - 59	Male	Kevin	Vryhof	Johnston	31:14:00
5K	20 - 29	Female	Natalie	Williams	Waukee	31:46:00
5K	40 - 49	Male	Eric	Ramsey	Johnston	32:37:00
5K	20 - 29	Female	Kimberly	Xaisongkham	Des Moines	32:48:00
5K	30 - 39	Male	Mark	Hersom	Urbandale	32:48:00
5K	40 - 49	Male	Jonathan	Gano	Des Moines	33:05:00
5K	13 - 15	Male	John	Gano	Des Moines	33:07:00
5K	20 - 29	Male	Michael	Nelson	Ames	33:15:00
5K	60 - 69	Female	Christine	Rice	West Des Moines	33:15:00
5K	30 - 39	Male	Markus	Bailey	Waukee	33:31:00
5K	50 - 59	Male	Mark	Joye	Waukee	33:59:00
5K	30 - 39	Female	Chelsey	Houston	West Des Moines	34:00:00
5K	20 - 29	Male	Jonah	Mueller	Ames	34:05:00
5K	30 - 39	Female	Georgina	Tagle		34:07:00
5K	30 - 39	Female	Stacey	Essary	West Des Moines	34:12:00
5K	40 - 49	Female	Susan	Hammen	Waukee	35:16:00
5K	12 & Under	Male	Noah	Joye	West Des Moines	35:19:00
5K	20 - 29	Female	Molly	Davison	West Des Moines	35:21:00
5K	50 - 59	Male	Patrick	Hammen	Waukee	35:27:00
5K	30 - 39	Female	Sarah	Joye	West Des Moines	35:29:00
5K	60 - 69	Female	Denice	Duus	Prairie City	35:33:00
5K	40 - 49	Female	Kristin	Larsen	Clive	35:45:00
5K	40 - 49	Female	Jennifer	Phillips	Johnston	36:12:00

## 2016 Live Healthy Iowa 5K - Waukee

Division			First Name	Last Name	City	Time
5K	30 - 39	Female	Amy	Seufert	Des Moines	36:26:00
5K	30 - 39	Female	Brooke	Ramsey	Johnston	36:34:00
5K	50 - 59	Female	Leighann	LaRocca	Clive	36:45:00
5K	40 - 49	Female	Jodi	Selby	Adel	37:39:00
5K	50 - 59	Female	Linda	Miller	Newton	38:53:00
5K	30 - 39	Female	Electra	Disbrow	waukee	38:56:00
5K	40 - 49	Female	Darcy	Burnett	Waukee	39:13:00
5K	40 - 49	Female	Sue	Gregan	Waukee	39:16:00
5K	50 - 59	Female	Karla	Snodgrass	Des Moines	39:35:00
5K	50 - 59	Male	Rick	DeGroot	West Des Moines	41:27:00
5K	50 - 59	Female	Andrea	Cressey	Altoona	41:39:00
5K	40 - 49	Female	Sathya	Srinivasan	West Des Moines	41:54:00
5K	50 - 59	Male	Brian	Cressey	Altoona	42:19:00
5K	50 - 59	Female	Clare	Vryhof	Johnston	42:22:00
5K	20 - 29	Female	Alysia	Grant	Des Moines	42:53:00
5K	40 - 49	Male	Bruce	Stilson	Waukee	43:16:00
5K	30 - 39	Female	Holly	Grasmick	Des Moines	43:18:00
5K	50 - 59	Female	Patti	Smith	Granger	43:20:00
5K	30 - 39	Male	Jason	Berry	Winterset	43:40:00
5K	40 - 49	Female	Cindy	Taykowski	Des moines	44:07:00
5K	20 - 29	Female	Meredith	DeGroot	Johnston	44:10:00
5K	50 - 59	Female	Wendy	DeGroot	West Des Moines	44:10:00
5K	30 - 39	Female	Heidi	Nye	Ellsworth	44:32:00
5K	50 - 59	Female	Jane	Speck	Urbandale	44:53:00
5K	60 - 69	Male	John	Speck	Urbandale	44:53:00
5K	30 - 39	Female	Katie	Kennedy	Waukee	48:42:00
5K	50 - 59	Female	Monica	Gordon	West Des Moines	49:20:00
5K	40 - 49	Female	Lori	Kennedy	Indianola	49:21:00
5K	50 - 59	Male	Les	Elgin	Adair	50:55:00
5K	50 - 59	Female	Laura	Larkin	Adel	51:22:00
5K	50 - 59	Male	Carl	Ricklefs	Boone	51:38:00
5K	50 - 59	Female	Teresa	Broderick	Waukee	51:41:00
5K	30 - 39	Female	Dannielle	Bitters	bondurant	51:43:00
5K	40 - 49	Female	Jenny	Shoeman	Clive	51:43:00
5K	50 - 59	Female	Diane	Hernandez	Clive	51:47:00
5K	30 - 39	Female	Laura	Quinn	Des Moines	51:51:00
5K	20 - 29	Female	Kelly	Ricklefs	West Des Moines	51:55:00
5K	60 - 69	Female	Karen	Ricklefs	Boone	51:59:00
5K	40 - 49	Male	Jason	Balm	Waukee	52:01:00
5K	40 - 49	Female	Amy	Balm	Waukee	52:13:00
5K	30 - 39	Male	Eric	Heikes	Clive	52:14:00
5K	30 - 39	Female	Charity	Heikes	Clive	52:16:00
5K	40 - 49	Female	Melissa	Copple	Ames	52:27:00
5K	60 - 69	Male	Pat	Doyle	Waukee	52:28:00
5K	30 - 39	Female	Stephanie	Greene	Clive	53:45:00
5K	30 - 39	Male	Anner	Moran	Des moines	53:45:00

## 2016 Live Healthy Iowa 5K - Waukee

Division			First Name	Last Name	City	Time
5K	50 - 59	Female	Lori	McClannahan	West Des Moines	53:48:00
5K	50 - 59	Female	Kristine	Houston	Urbandale	56:02:00
5K	50 - 59	Female	Lori	Smith	West Des Moines	56:02:00
5K	50 - 59	Female	Sheryl	Houston	Urbandale	56:07:00
5K	50 - 59	Female	Kim	Fankhauser	Windsor Heights	56:07:00
5K	50 - 59	Female	Marilee	Mitchell	Waukee	59:23:00
5K	50 - 59	Female	Donna	Gansemer	Des Moines	59:29:00
5K	20 - 29	Female	Maria	Moran	Des Moines	59:29:00
5K	20 - 29	Female	Leah	Shelley	DeSoto	59:38:00
5K	40 - 49	Female	Rebecca	Boston	Waukee	61:00:00
5K	40 - 49	Female	Michelle	Lockhart	De Soto	61:13:00

1K	12 & Under	Coed	Avery	Balm	Waukee
----	------------	------	-------	------	--------