

9th Loop the Lake



Des Moines, IA - - Gray's Lake

April 5, 2009

40s and Breezy

Results by Cal Murdock

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.

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1		Marty Dalton, 32, Stuart, IA	25:04	5:03
2		Nathan White, 25, Des Moines, IA	25:35	5:09
3		Julius Rotich, 34, West Des Moines, IA	25:44	5:10
4	1 M20	Rob Kipkoech, 29, West Des Moines, IA	25:48	5:11
5	1 M30	Jacob Kaemmer, 32, Des Moines, IA	26:15	5:17
6	2 M20	Joseph Aulwes, 28, Bondurant, IA	27:08	5:27
7	2 M30	Brad Bergman, 35, Cumming, IA	27:12	5:28
8	3 M30	Louis Dewild, 35, Des Moines, IA	27:14	5:29
1		Robyn Friedman, 36*, Lambs Grove, IA	27:41	5:34
9	3 M20	Ryan McCurnin, 22, Mason City, IA	28:03	5:38
10	4 M20	Anthony White, 23, Des Moines, IA	28:20	5:42
11	4 M30	Patrick Riley, 35, Des Moines, IA	28:23	5:43
12		Keith Abels, 47, Ogden, IA	29:00	5:50
13	5 M30	Jon Rathje, 30, Ankeny, IA	29:06	5:51
14	5 M20	Chris Harms, 21, Independence, IA	29:19	5:54
15	6 M20	Eric Hoff, 22, Anekny, IA	29:19	5:54
16	6 M30	Mike Mullins, 31, Ames, IA	29:33	5:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
17	7 M30	Bryan Friedman, 37, Lambs Grove, IA	30:12	6:05
18	7 M20	Adam Thompson, 23, Indianola, IA	30:19	6:06
19	8 M20	John Neer, 29, Des Moines, IA	30:42	6:11
20	1 M50	Thomas McBride, 53, Des Moines, IA	30:49	6:12
21	8 M30	Matt Veldey, 39, West Des Moines, IA	30:50	6:12
22	9 M30	Jason Shallenberger, 31, Des Moines, IA	30:58	6:14
2		Christine Price, 40*, Des Moines, IA	31:06	6:15
23	10 M30	Chris Brooks, 32, West Des Moines, IA	31:06	6:15
24	2 M50	Greg Haase, 54, Gunnison, CO	31:09	6:16
25	9 M20	Dusty Nesheim, 20, Des Moines, IA	31:14	6:17
3		Anna Bergman, 31*, Cumming, IA	31:15	6:17
4	1 W20	Traci Hawley, 23*, Clive, IA	31:17	6:18
26	10 M20	Derrick Kresser, 26, Clive, IA	31:18	6:18
27	11 M20	Nate Sanders, 26, West Des Moines, IA	31:20	6:18
28	1 M40	Lance Bergeson, 40, Des Moines, IA	31:30	6:20
29	11 M30	Jay Krueger, 31, Des Moines, IA	31:32	6:21
30	12 M30	Lance Gunkel, 30, Clive, IA	31:34	6:21
31	12 M20	Chad Marchant, 29, Ankeny, IA	31:36	6:21
32	2 M40	Todd Bindel, 41, West Des Moines, IA	31:45	6:23
33	13 M30	David Olsen, 36, West Des Moines, IA	31:48	6:24

34	13	M20	Jon Dyck, 25, Ankeny, IA	31:54	6:25
35	14	M30	Joel Rinderknecht, 34, Waukee, IA	31:57	6:26
5	1	JrW	Nicole Criner, 14*, West Des Moines, IA	32:00	6:26
36	3	M40	John Bannatine, 43, Ames, IA	32:01	6:27
37	15	M30	Braydn Girdler, 33, Granger, IA	32:17	6:30
38	16	M30	Matthew Anderson, 39, Des Moines, IA	32:22	6:31
39	4	M40	Scott Boever, 48, Urbandale, IA	32:39	6:34
40	5	M40	Brian Palmer, 40, Des Moines, IA	32:42	6:35
41	17	M30	Adam Albright, 32, Des Moines, IA	32:53	6:37
42	6	M40	Troy Zeleznik, 46, West Des Moines, IA	32:55	6:37
43	18	M30	Randy Sturm, 31, Belmond, IA	33:24	6:43
44	14	M20	James Morgan, 27, Stuart, IA	33:29	6:44
45	1	JrM	Jeremy Franklin, 17, West Des Moines, IA	33:33	6:45
46	19	M30	Damon Youmans, 38, Indianola, IA	33:41	6:46
6	2	W20	Susie Dyck, 28*, Ankeny, IA	33:41	6:47
47	15	M20	Jacob Johnson, 24, West Des Moines, IA	33:47	6:48
48	20	M30	Brian Kuehler, 33, West Des Moines, IA	33:49	6:48
49	7	M40	Randall Webb, 47, Boone, IA	33:50	6:48
50	21	M30	Matthew Israel, 35, Ankeny, IA	33:56	6:49
51	16	M20	Alex Albright, 29, Des Moines, IA	34:11	6:53
7	1	W30	Jennifer Masini, 36*, Ames, IA	34:21	6:55
52	8	M40	Scott Meyer, 44, Pella, IA	34:32	6:57
53	22	M30	Tom Mertz, 36, Urbandale, IA	34:34	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

54	17	M20	Ian Asplund, 28, Des Moines, IA	34:50	7:00
55	23	M30	Lee Simmons, 32, West Des Moines, IA	34:57	7:02
56	2	JrM	Jacob Baker, 15, Clear Lake, IA	35:10	7:05
57	18	M20	Nick Elliott, 29, Des Moines, IA	35:11	7:05
58	9	M40	Jeff Feder, 48, Norwalk, IA	35:16	7:06
59	19	M20	Kyle Vollstedt, 24, Des Moines, IA	35:18	7:06
60	24	M30	Ben Reyes, 35, St Charles, IA	35:19	7:06
8	1	W40	Carla Stoner, 46*, West Des Moines, IA	35:20	7:06
9	2	W30	Lisa Fraizer, 37*, West Des Moines, IA	35:22	7:07
61	25	M30	Jim Turner, 32, Urbandale, IA	35:23	7:07
62	20	M20	Mark Moore, 23, Des Moines, IA	35:25	7:08
63	26	M30	Rob Beeler, 36, Urbandale, IA	35:37	7:10
10	2	JrW	Kate Smith, 12*, Ankeny, IA	35:38	7:10
64	21	M20	Michael Hotze, 27, Carson, IA	35:41	7:11
65	3	M50	David Miller, 57, Urbandale, IA	35:44	7:11
66	27	M30	Mark Hanrahan, 39, Urbandale, IA	35:45	7:11
67	28	M30	Mike Patrick, 32, Des Moines, IA	35:47	7:12
68	10	M40	Max Studer, 45, Norwalk, IA	35:48	7:12
69	29	M30	Brian Krueger, 38, Urbandale, IA	35:52	7:13
70	30	M30	Jeremy Mueller, 32, West Des Moines, IA	35:55	7:13
71	31	M30	Bryce Gilbert, 31, Milo, IA	35:57	7:14
72	4	M50	Chuck Clark, 58, Carroll, IA	35:59	7:14
73	22	M20	Stephen Poduska, 26, Ames, IA	35:59	7:14
11	3	W30	Molly Weber, 34*, Waukee, IA	36:05	7:16
74	23	M20	Travis Hilsabeck, 27, Prairie City, IA	36:15	7:18
75	24	M20	Clint Cummings, 27, Des Moines, IA	36:16	7:18
76	32	M30	Matt Hillis, 32, Clive, IA	36:23	7:19
77	25	M20	Taber Jamison, 20, Cambridge, IA	36:23	7:19
78	26	M20	Nat Collett, 28, Ankeny, IA	36:24	7:19
79	5	M50	Roger Heinle, 59, Whiting, IA	36:33	7:21
80	1	M60	Mike May, 62, Indianola, IA	36:38	7:22
81	11	M40	Joe Dupre, 45, Pella, IA	36:41	7:23
82	27	M20	Eric Tange, 28, Urbandale, IA	36:48	7:24
83	12	M40	Marcus Dunn, 45, Clive, IA	36:49	7:24
84	6	M50	Alan Gross, 54, Des Moines, IA	36:49	7:24
12	2	W40	Heather Stilborn, 46*, Clive, IA	36:50	7:25
13	4	W30	Stacie Couvillon, 35*, Des Moines, IA	36:51	7:25
14	3	W40	Beth Palmer, 40*, Des Moines, IA	36:55	7:26
85	33	M30	Mike Fraizer, 38, West Des Moines, IA	36:57	7:26
86	34	M30	Dave Baccile, 39, Cumming, IA	36:58	7:26
87	28	M20	Peter Bonstrom, 23, Adel, IA	36:59	7:26
88	29	M20	Joe Deluca, 26, Ankeny, IA	37:00	7:27
15	5	W30	Diane Iversen, 38*, Ankeny, IA	37:01	7:27

16	3	W20	Erin Jansen, 28*, Ankeny, IA	37:02	7:27
89	13	M40	Loyed Hedges, 49, Des Moines, IA	37:03	7:27
90	14	M40	Jeff Smith, 48, Indianola, IA	37:06	7:28
91	35	M30	Pete Jones, 31, Urbandale, IA	37:07	7:28
92	7	M50	Joe Blunk, 57, Ames, IA	37:11	7:29
93	30	M20	Jason Butler, 28, Des Moines, IA	37:11	7:29
17	1	W50	Jeanne McCurnin, 53*, Mason City, IA	37:21	7:31
18	2	W50	Nancy Willert, 52*, Nevada, IA	37:27	7:32
94	15	M40	Chris Zinselmeier, 46, Grimes, IA	37:32	7:33
95	36	M30	Casey Niemann, 35, Waukee, IA	37:36	7:34
96	31	M20	Erik Guffy, 28, Des Moines, IA	37:37	7:34
97	37	M30	C J. Lage, 35, Des Moines, IA	37:42	7:35
98	38	M30	Brent Monson, 39, Des Moines, IA	37:48	7:36
99	32	M20	Lance Johnston, 25, Ankeny, IA	37:54	7:37
19	4	W20	Esmie Holderman, 24*, Des Moines, IA	37:57	7:38
100	16	M40	Ronnie Herrick, 48, Ankeny, IA	37:57	7:38
101	39	M30	Thomas Duffy, 30, West Des Moines, IA	37:59	7:38
102	33	M20	Adam Bedwell, 20, Urbandale, IA	38:06	7:40
103	40	M30	David Ness, 38, Johnston, IA	38:16	7:42
104	17	M40	Scott Long, 46, Des Moines, IA	38:21	7:43
105	41	M30	Eric Camper, 37, Des Moines, IA	38:25	7:44
20	5	W20	Courtney Shelquist, 25*, Ankeny, IA	38:29	7:44
106	42	M30	Ross Jensen, 34, Johnston, IA	38:31	7:45
107	43	M30	Brian Geiken, 30, Des Moines, IA	38:36	7:46
21	6	W20	Wendy Bloomhuff, 27*, Ankeny, IA	38:44	7:48
108	44	M30	Wade Den Hartog, 35, Johnston, IA	38:49	7:48
22	7	W20	Shelley Heckert, 28*, Indianola, IA	38:50	7:49
109	45	M30	Randy Heckert, 30, Indianola, IA	38:50	7:49
110	18	M40	Dale Christians, 43, Urbandale, IA	38:51	7:49
111	19	M40	Brian Okeefe, 45, Des Moines, IA	38:52	7:49
112	46	M30	Matt Sunde, 36, West Des Moines, IA	38:55	7:50
113	20	M40	Rick Schmidt, 41, Des Moines, IA	38:57	7:50
23	6	W30	Cindy Stuedemann, 39*, West Des Moines, IA	39:02	7:51
24	8	W20	Stefanie Bovee, 29*, Ankeny, IA	39:07	7:52
114	47	M30	Justin Stuart, 32, Indianola, IA	39:15	7:54
115	2	M60	John Schneller, 65, West Des Moines, IA	39:17	7:54
116	8	M50	Al Hildestad, 59, Des Moines, IA	39:25	7:56
117	48	M30	Peter Knapp, 35, Polk City, IA	39:30	7:57
118	21	M40	Matt Smith, 42, Ankeny, IA	39:33	7:57
119	49	M30	Matt Trost, 32, Polk City, IA	39:35	7:58
120	22	M40	Jeff Blosser, 41, West Des Moines, IA	39:37	7:58
121	23	M40	Glen Dippold, 46, Clive, IA	39:38	7:58
25	9	W20	Michelle Stoffel, 27*, Johnston, IA	39:39	7:59
122	50	M30	Dennis Darnell, 35, Des Moines, IA	39:41	7:59
26	7	W30	Jennifer Galluzzo, 39*, West Des Moines, IA	39:42	7:59
27	8	W30	Sarah Zinn-Burggraaf, 31*, Clive, IA	39:43	7:59
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123	24	M40	Galyn Wiemers, 49, West Des Moines, IA	39:44	8:00
28	9	W30	Tina Stuart, 30*, Indianola, IA	39:47	8:00
124	3	JrM	Zachary Thompson, 9, Perry, IA	39:52	8:01
125	25	M40	Joe Akers, 43, Grimes, IA	39:56	8:02
126	51	M30	David Decker, 38, Clive, IA	40:03	8:03
29	10	W30	Stacy Kuehler, 31*, West Des Moines, IA	40:05	8:04
30	10	W20	Stacy Berenguel, 29*, Des Moines, IA	40:11	8:05
31	11	W30	Danielle Sharpe, 39*, West Des Moines, IA	40:12	8:05
32	11	W20	Megan Recker, 25*, West Des Moines, IA	40:13	8:05
33	12	W20	Misty Levis, 29*, West Des Moines, IA	40:16	8:06
34	13	W20	Elizabeth Burt, 26*, Des Moines, IA	40:18	8:06
35	12	W30	Jacy Downey, 34*, Indianola, IA	40:20	8:07
127	9	M50	Doug Potter, 57, Des Moines, IA	40:29	8:09
36	14	W20	Lacey Mitchell, 20*, Indianola, IA	40:34	8:10
128	26	M40	Wayne Johnson, 46, Johnston, IA	40:36	8:10
37	13	W30	Sarah Andersson, 33*, West Des Moines, IA	40:37	8:10
38	4	W40	Bobbi Snodgrass, 46*, Indianola, IA	40:37	8:10
129	27	M40	Jon Mireles, 42, West Des Moines, IA	40:40	8:11
130	52	M30	Andy Hochstetler, 39, Ames, IA	40:47	8:12
39	14	W30	Michele Ramsey, 37*, Altoona, IA	40:49	8:13

40	15	W30	Lori Reha, 32*, Ankeny, IA	40:52	8:13
131	3	M60	Richard Newkirk, 60, Ankeny, IA	40:53	8:13
132	34	M20	Brett Beltrame, 26, Ankeny, IA	40:54	8:14
133	53	M30	Brandon Rohlfesen, 30, Waterloo, IA	40:55	8:14
134	54	M30	Jeff Austin, 30, Ankeny, IA	40:57	8:14
135	28	M40	Matthew White, 41, Johnston, IA	41:05	8:16
41	16	W30	Cheryl Dralle, 31*, Des Moines, IA	41:09	8:17
42	5	W40	Tracy Cheney, 46*, West Des Moines, IA	41:11	8:17
136	35	M20	Dave McClure, 26, Des Moines, IA	41:17	8:18
137	55	M30	David Abendschein, 31, Norwalk, IA	41:19	8:19
138	36	M20	Ted Rogers, 21, Waterloo, IA	41:21	8:19
139	56	M30	Jesper Andersson, 33, West Des Moines, IA	41:21	8:19
140	37	M20	Jimmy Oltmann, 25, West Des Moines, IA	41:27	8:20
43	17	W30	Rebecca Meis, 32*, West Des Moines, IA	41:27	8:20
141	10	M50	Bill Wedeking, 54, Des Moines, IA	41:33	8:22
44	6	W40	Jill Swesey, 41*, Des Moines, IA	41:35	8:22
142	29	M40	John Goedken, 40, Des Moines, IA	41:41	8:23
143	57	M30	Bruce Reese, 36, Des Moines, IA	41:42	8:23
144	30	M40	Jason Bryan, 40, West Des Moines, IA	41:44	8:24
145	58	M30	Jason Clevenger, 31, Johnston, IA	41:48	8:25
146	38	M20	Derrick Prine, 27, Des Moines, IA	41:49	8:25
45	7	W40	Bonnie Braatz, 43*, West Des Moines, IA	41:50	8:25
46	18	W30	Denise Carleton, 38*, Ankeny, IA	41:51	8:25
147	11	M50	Pat Carlino, 56, Des Moines, IA	41:57	8:26
148	1	M70	Alvin Ravenscroft, 75, Ames, IA	41:59	8:27
149	59	M30	Chad Sailsbury, 34, Urbandale, IA	42:05	8:28
47	15	W20	Sarah Engelbert, 25*, West Des Moines, IA	42:07	8:28
150	39	M20	Jon Heim, 28, Des Moines, IA	42:09	8:29
151	40	M20	Kenny Cummer, 28, Minneapolis, MN	42:13	8:30
152	60	M30	Keith Lydon, 39, West Des Moines, IA	42:15	8:30
48	16	W20	Jessica Mennen, 27*, Waukee, IA	42:16	8:30
153	61	M30	Brian McKibban, 30, Johnston, IA	42:20	8:31
49	19	W30	Mary Fratianni, 34*, West Des Moines, IA	42:22	8:31
154	31	M40	Peter Diliberti, 43, Urbandale, IA	42:23	8:32
155	41	M20	Jonathan Hicks, 29, West Des Moines, IA	42:24	8:32
50	17	W20	Carrie Flatjord, 25*, Ankeny, IA	42:27	8:32
51	20	W30	Barb Greer, 36*, Kellogg, IA	42:28	8:33
52	3	W50	Paula Dierenfeld, 54*, Johnston, IA	42:31	8:33
156	62	M30	Justin Cremer, 31, Des Moines, IA	42:32	8:33
157	63	M30	Brent McClure, 37, Des Moines, IA	42:33	8:34
158	32	M40	Tom Mitchell, 45, Ankeny, IA	42:36	8:34
159	42	M20	Ryan Wahl, 27, Urbandale, IA	42:37	8:34
53	18	W20	Jennifer Anderson, 29*, Altoona, IA	42:42	8:35
54	19	W20	Stephanie Healey, 27*, Norwalk, IA	42:43	8:35
160	64	M30	Matt Graw, 34, Ankeny, IA	42:43	8:36
161	43	M20	Tommy Curtis, 25, Des Moines, IA	42:47	8:36
55	21	W30	Trista Mefford, 30*, Ankeny, IA	42:50	8:37
162	12	M50	Dennis Howard, 55, Urbandale, IA	42:53	8:38
163	33	M40	Daniel Smidt, 41, West Des Moines, IA	42:59	8:39
56	22	W30	Dina Oliver, 38*, Des Moines, IA	42:59	8:39
164	65	M30	Jason Lamping, 32, Johnston, IA	43:05	8:40
165	34	M40	Rob Klinkner, 41, West Des Moines, IA	43:06	8:40
166	66	M30	Doug Nichol, 39, Des Moines, IA	43:09	8:41
57	20	W20	Angela Avery, 29*, West Des Moines, IA	43:10	8:41
167	35	M40	John Noll, 46, Clive, IA	43:13	8:42
58	23	W30	Carrie Buzzoni, 35*, Polk City, IA	43:14	8:42
59	8	W40	Keri Lewis, 46*, West Des Moines, IA	43:15	8:42
168	36	M40	Michael McKim, 49, Boone, IA	43:19	8:43
169	67	M30	Adam Gardiner, 32, Dexter, IA	43:20	8:43
170	68	M30	Kelly Streigle, 39, Chariton, IA	43:20	8:43
60	9	W40	Leslie French, 43*, Cedar Rapids, IA	43:21	8:43
61	24	W30	Lindsay Schmitt, 33*, Des Moines, IA	43:21	8:43
62	4	W50	Deb Fritz, 50*, Des Moines, IA	43:24	8:44
171	4	JrM	Logan Barnes, 13, Ankeny, IA	43:24	8:44
63	21	W20	Amber Patz, 23*, Ankeny, IA	43:27	8:45
172	13	M50	Allan Goldberg, 59, Des Moines, IA	43:29	8:45
64	25	W30	Juli Cambron, 37*, Indianola, IA	43:29	8:45
65	10	W40	Debbi Clark, 41*, Des Moines, IA	43:31	8:45

66	26	W30	Mary Beatty, 35*, Earlham, IA	43:32	8:45
67	27	W30	Laura Juffer, 31*, Adel, IA	43:32	8:46
68	11	W40	Sue Holden, 44*, Des Moines, IA	43:39	8:47
173	4	M60	Mark McGrath, 60, Des Moines, IA	43:40	8:47
69	28	W30	Anne Pentico, 34*, Pella, IA	43:42	8:47
70	29	W30	Mitzi Smith, 30*, Clive, IA	43:52	8:49
71	22	W20	Joni Shepherd, 26*, Indianola, IA	43:54	8:50
72	23	W20	Rachel Hawkins, 28*, Ankeny, IA	43:55	8:50
174	44	M20	Jeff Danielson, 26, Des Moines, IA	43:56	8:50
73	24	W20	Kathryn Sandie, 27*, Waukee, IA	43:58	8:51
74	30	W30	Jana Peterson, 30*, Johnston, IA	44:05	8:52
75	31	W30	Jody Vandever, 39*, Earlham, IA	44:07	8:52
76	5	W50	Maureen Hegedus, 50*, Clive, IA	44:07	8:53
77	25	W20	Alison Miller, 24*, West Des Moines, IA	44:14	8:54
78	26	W20	Sarah Dudley, 26*, West Des Moines, IA	44:15	8:54
79	27	W20	Megen Kinnevan, 25*, Urbandale, IA	44:21	8:55
175	45	M20	Justin Schlicher, 27, Ankeny, IA	44:24	8:56
80	28	W20	Michelle Schlicher, 24*, Ankeny, IA	44:25	8:56
176	14	M50	Mike Novelli, 51, Urbandale, IA	44:26	8:56
81	29	W20	Jill Nestor, 27*, West Des Moines, IA	44:28	8:57
82	12	W40	Jean Dingeman, 45*, Pella, IA	44:33	8:58
177	69	M30	Jeffrey Steenhoek, 38, Des Moines, IA	44:35	8:58
178	15	M50	Darwin Schmig, 51, Des Moines, IA	44:35	8:58
179	46	M20	John Petersen, 28, West Des Moines, IA	44:36	8:58
83	30	W20	Amy Odell, 27*, West Des Moines, IA	44:37	8:59
180	47	M20	Adam Bergeson, 23, Cedar Rapids, IA	44:38	8:59
181	48	M20	Eric Peterson, 29, Johnston, IA	44:39	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

84	13	W40	Denna Mitchell, 44*, Greenfield, IA	44:42	9:00
182	37	M40	Jeff Hager, 46, Madison, AL	44:43	9:00
183	70	M30	Scott Bents, 34, Newton, IA	44:43	9:00
85	32	W30	Deb Anderson, 39*, Des Moines, IA	44:47	9:01
184	38	M40	Dean O'Connor, 42, Altoona, IA	44:49	9:01
86	14	W40	Dawn O'Connor, 44*, Altoona, IA	44:51	9:01
185	16	M50	Marty Kalton, 50, Des Moines, IA	44:51	9:01
186	17	M50	Phil Johnson, 55, Hampton, IA	44:57	9:03
87	15	W40	Lori McQuiston, 45*, Maxwell, IA	45:00	9:03
88	31	W20	Ashleigh Dowell, 25*, Des Moines, IA	45:00	9:03
89	32	W20	Ashley Prine, 25*, Des Moines, IA	45:02	9:04
187	49	M20	Justin Claycomb, 28, Des Moines, IA	45:03	9:04
188	18	M50	Neil Olson, 58, Boone, IA	45:04	9:04
90	33	W20	Lindsey Brelsford, 28*, Waukee, IA	45:05	9:04
91	33	W30	Jamie Seiler, 32*, West Des Moines, IA	45:07	9:05
92	34	W30	Stephanie Davis, 30*, Urbandale, IA	45:11	9:05
189	19	M50	J Bergeson, 57, Urbandale, IA	45:11	9:05
190	39	M40	Tim Meggers, 41, Grimes, IA	45:14	9:06
191	40	M40	Stephen Garcia, 43, Ankeny, IA	45:17	9:07
93	34	W20	Laura Dillavou, 25*, Ames, IA	45:18	9:07
94	16	W40	Marva Blue, 43*, Clive, IA	45:22	9:08
192	20	M50	Mike Harvey, 54, Urbandale, IA	45:27	9:09
193	71	M30	Matthew Williams, 31, Des Moines, IA	45:27	9:09
194	72	M30	Michael Bird, 32, Des Moines, IA	45:28	9:09
95	17	W40	Lori McKim, 47*, Boone, IA	45:30	9:09
195	41	M40	Mark Kilian, 48, Clive, IA	45:31	9:09
196	42	M40	Gregg Erwood, 48, Clive, IA	45:32	9:10
96	35	W20	Sarah Ledrina, 27*, Ames, IA	45:39	9:11
97	35	W30	Lisa Turk, 39*, Mitchellville, IA	45:42	9:12
197	50	M20	Trent Bloomhuff, 28, Ankeny, IA	45:43	9:12
98	36	W30	Jennifer Girdler, 33*, Granger, IA	45:43	9:12
99	18	W40	Maggie Thompson, 43*, Perry, IA	45:47	9:13
100	37	W30	Mindy Sauer, 30*, Urbandale, IA	45:49	9:13
198	73	M30	Reed Kooker, 34, Urbandale, IA	45:49	9:13
101	36	W20	Allison Leinen, 25*, Adel, IA	45:50	9:13
102	37	W20	Lacey Schmidt, 29*, Des Moines, IA	45:57	9:15
103	38	W20	Stephanie Turner, 23*, Johnston, IA	45:58	9:15
104	19	W40	Julie Schwalbe, 43*, Des Moines, IA	45:59	9:15
105	39	W20	Audrey Dingeman, 26*, Ames, IA	46:10	9:17

199	43	M40	Zeph Gruis, 44, Des Moines, IA	46:10	9:17
200	44	M40	Michael Harper, 48, West Des Moines, IA	46:13	9:18
201	74	M30	Rich Straw, 35, Urbandale, IA	46:14	9:18
202	75	M30	Robert Stomp, 39, Clive, IA	46:15	9:18
106	38	W30	Amy Gates, 39*, Urbandale, IA	46:15	9:18
107	40	W20	Stacey Palmer, 26*, Des Moines, IA	46:18	9:19
203	45	M40	Mark Haisch, 43, Clive, IA	46:24	9:20
108	41	W20	Sarah Bergeson, 22*, Cedar Rapids, IA	46:26	9:20
204	46	M40	Brian Benjamin, 44, Perry, IA	46:32	9:22
205	47	M40	Scott Bandy, 44, Indianola, IA	46:33	9:22
109	42	W20	Kinzee Bryte, 29*, Adel, IA	46:35	9:22
110	20	W40	Jenn Topic, 42*, West Des Moines, IA	46:38	9:23
111	43	W20	Amy Carter, 28*, Urbandale, IA	46:40	9:23
112	21	W40	Noelle Zmolek, 42*, Des Moines, IA	46:42	9:24
113	39	W30	Kari Anderson, 35*, West Des Moines, IA	46:44	9:24
114	44	W20	Mary Tesdall, 29*, Urbandale, IA	46:47	9:25
115	45	W20	Jessica Dicks, 25*, Urbandale, IA	46:47	9:25
116	46	W20	Jasmine Gambrall, 26*, Windsor Heights, IA	46:50	9:25
117	40	W30	Angie Swackhamer, 38*, Des Moines, IA	46:54	9:26
206	21	M50	Mark Elliott, 55, Maxwell, IA	46:55	9:26
207	76	M30	Matt Ripley, 35, Perry, IA	46:57	9:27
118	47	W20	Mackenzie Breitenstein, 24*, Des Moines, IA	46:58	9:27
119	6	W50	Sandy Sparks, 56*, Norwalk, IA	47:06	9:28
120	41	W30	Sarah Hill, 30*, Des Moines, IA	47:14	9:30
121	42	W30	Nikki Phillips, 34*, Altoona, IA	47:14	9:30
122	22	W40	Michelle Boyd, 40*, Indianola, IA	47:16	9:31
123	48	W20	Liz Cumpton, 25*, West Des Moines, IA	47:20	9:31
124	43	W30	Cybrill Livingood, 32*, Des Moines, IA	47:20	9:31
125	49	W20	Jackie Surber, 27*, Des Moines, IA	25:04	5:03
208	48	M40	Rick Horstmann, 48, Des Moines, IA	47:28	9:33
209	22	M50	Hank Hanson, 52, Bondurant, IA	47:28	9:33
210	5	M60	Michael Arthur, 63, Urbandale, IA	47:31	9:33
126	7	W50	Lisa Mumma, 53*, Urbandale, IA	47:35	9:34
127	50	W20	Holly Bordewyk, 28*, Des Moines, IA	47:43	9:36
211	77	M30	Zachery Becker, 38, Des Moines, IA	47:48	9:37
128	23	W40	Karen Mroz, 49*, Marshalltown, IA	47:50	9:37
129	51	W20	Kelly Gahagan, 26*, West Des Moines, IA	47:51	9:38
130	52	W20	Jessica Kaemmer, 27*, Des Moines, IA	47:52	9:38
131	24	W40	Kelly Jacobson, 47*, Des Moines, IA	47:53	9:38
132	53	W20	Erin Noe, 28*, West Des Moines, IA	47:57	9:39
133	3	JrW	Hannah Snodgrass, 10*, Indianola, IA	47:59	9:39
212	6	M60	Jack Matthews, 65, Stuart, IA	48:00	9:39
134	44	W30	Stephanie Edler, 32*, State Center, IA	48:06	9:41
135	54	W20	Mollie Tjelmeland, 24*, State Center, IA	48:07	9:41
136	45	W30	Angela Hopson, 39*, West Des Moines, IA	48:08	9:41
137	55	W20	Kate Virgil, 29*, West Des Moines, IA	48:08	9:41
138	56	W20	Virginia Toneli, 28*, Clive, IA	48:10	9:41
213	78	M30	Erik Tetmeyer, 36, West Des Moines, IA	48:11	9:42
139	8	W50	Ann Greubel, 58*, Indianola, IA	48:15	9:42
140	57	W20	Liz Carson, 26*, Ankeny, IA	48:15	9:42
141	58	W20	Jen McGuire, 27*, Omaha, NE	48:16	9:43
142	59	W20	Kerri Johannsen, 29*, Des Moines, IA	48:17	9:43
143	46	W30	Joy Foose, 34*, Perry, IA	48:19	9:43
214	79	M30	Aaron Fopma, 34, Blairsburg, IA	48:19	9:43
144	60	W20	Aimee Kittell, 27*, West Des Moines, IA	48:20	9:43
145	61	W20	Jenifer Vela, 26*, Runnells, IA	48:34	9:46
215	23	M50	John Prasher, 55, Des Moines, IA	48:38	9:47
146	25	W40	Sherry Triplett, 43*, Ankeny, IA	48:43	9:48
216	51	M20	Mike Kelly, 27, Clive, IA	48:43	9:48
217	7	M60	John Beamer, 69, Des Moines, IA	48:51	9:50
147	62	W20	Abby Dayton, 25*, Des Moines, IA	48:52	9:50
148	63	W20	Dana Brenner, 25*, Des Moines, IA	48:52	9:50
149	64	W20	Heather Sedrel, 24*, West Des Moines, IA	48:56	9:51
218	2	M70	Frank Amos, 75, Ames, IA	48:59	9:51
150	47	W30	Beth Ziegmann, 32*, Clive, IA	49:00	9:51
151	26	W40	Laurin Norland, 45*, Des Moines, IA	49:00	9:52
152	4	JrW	Amber McCool, 17*, Des Moines, IA	49:01	9:52
153	65	W20	Amanda Moser, 25*, Des Moines, IA	49:08	9:53

219	49	M40 Ben Ihde, 45, Dallas Center, IA	49:13	9:54
154	66	W20 Ann Orsini, 27*, West Des Moines, IA	49:17	9:55
155	67	W20 Jennifer Carruthers, 27*, Des Moines, IA	49:20	9:56
156	48	W30 Janet Classon, 36*, Granger, IA	49:26	9:57
157	27	W40 Melinda Allen, 40*, Waukee, IA	49:27	9:57
158	49	W30 Daphne Monson, 31*, Des Moines, IA	49:38	9:59
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159	5	JrW Hilary Holmes, 18*, Des Moines, IA	49:44	10:00
220	80	M30 Corey Rumann, 39, Ames, IA	49:48	10:01
160	50	W30 Stephanie Bondi, 34*, Ames, IA	49:49	10:01
221	50	M40 Daniel McCool, 47, Des Moines, IA	49:53	10:02
161	68	W20 Ashley Hoffman, 25*, Washington, DC	50:00	10:04
162	51	W30 Karen Vandyke, 36*, Des Moines, IA	50:01	10:04
163	69	W20 Amy Boal, 27*, Cambridge, IA	50:03	10:04
164	28	W40 Christine Franck, 41*, Altoona, IA	50:07	10:05
165	29	W40 Kristi Tetmeyer, 41*, West Des Moines, IA	50:10	10:06
166	52	W30 Angie Yegge, 33*, Ankeny, IA	50:19	10:07
167	53	W30 Merrilee Blosser, 38*, Indianola, IA	50:21	10:08
168	1	W60 Breta Westlund, 69*, Urbandale, IA	50:23	10:08
169	30	W40 Carol Hemphill, 44*, Urbandale, IA	50:36	10:11
170	70	W20 Monica Silliman, 27*, Ankeny, IA	50:42	10:12
222	24	M50 Nathan Callahan, 56, Cedar Falls, IA	50:44	10:12
171	71	W20 Allison Hetland, 28*, Des Moines, IA	50:46	10:13
172	72	W20 Michelle Gombas, 24*, Des Moines, IA	50:48	10:13
173	9	W50 Julie Waters, 50*, Ames, IA	50:54	10:14
174	73	W20 Abby Kratoska, 26*, Ames, IA	50:59	10:15
175	74	W20 Cynthia Hofer, 29*, Des Moines, IA	50:59	10:15
176	54	W30 Michelle Grandstaff, 35*, Des Moines, IA	51:00	10:16
177	55	W30 Bobbi Young, 36*, Des Moines, IA	51:05	10:17
178	75	W20 Emily Minear, 28*, Des Moines, IA	51:12	10:18
223	25	M50 Kenny Grandstaff, 59, Des Moines, IA	51:13	10:18
179	56	W30 Suzanne O'Connor, 33*, Clive, IA	51:16	10:19
180	57	W30 Heidi Imhoff, 38*, West Des Moines, IA	51:21	10:20
181	58	W30 Kjaristen Nolte, 30*, West Des Moines, IA	51:22	10:20
182	59	W30 Amy Jo Manning, 36*, Urbandale, IA	51:24	10:20
183	60	W30 Gina Boomersshine, 37*, Urbandale, IA	51:25	10:21
184	31	W40 Kristin Phillips, 41*, Urbandale, IA	51:26	10:21
185	61	W30 Sue Mears, 37*, Urbandale, IA	51:26	10:21
224	51	M40 Mike Mitchell, 45, Ankeny, IA	51:28	10:21
225	52	M20 Joseph Shearer, 27, Altoona, IA	51:32	10:22
186	62	W30 Elaine Menke, 31*, Norwalk, IA	51:42	10:24
187	63	W30 Katrisha Heidemann, 37*, Granger, IA	51:42	10:24
188	64	W30 Kimberly Sapp, 38*, Des Moines, IA	51:47	10:25
189	65	W30 Brindusa Velica, 36*, Des Moines, IA	51:48	10:25
190	32	W40 Lisa Bourne, 44*, Urbandale, IA	51:49	10:25
191	33	W40 Bene' Zehr, 45*, Ankeny, IA	51:51	10:26
192	76	W20 Rebecca Sailsbury, 29*, Urbandale, IA	51:53	10:26
226	81	M30 Chris Beach, 31, Grimes, IA	51:59	10:28
193	34	W40 Linda Rogers, 48*, Des Moines, IA	52:03	10:28
194	35	W40 Pam Lund, 42*, Granger, HI	52:10	10:30
195	36	W40 Kelle Rolfes, 45*, West Des Moines, IA	52:18	10:31
227	53	M20 Justin Bassett, 28, West Des Moines, IA	52:19	10:32
196	66	W30 Dori Gaster, 32*, Des Moines, IA	52:22	10:32
197	77	W20 Lindsay Loomis, 24*, Urbandale, IA	52:30	10:34
228	26	M50 Bill Tarr, 56, Royal Oak, MI	52:37	10:35
198	78	W20 Courtney Book, 29*, Ankeny, IA	52:39	10:36
229	52	M40 Tony Mauro, 41, Des Moines, IA	52:42	10:36
230	27	M50 Ed Hert, 52, Hampton, IA	53:09	10:42
199	79	W20 Christine Holmes, 26*, Des Moines, IA	53:15	10:43
200	37	W40 Anne Henter, 46*, Clive, IA	53:16	10:43
201	67	W30 Marci Clayberg, 31*, Ankeny, IA	53:21	10:44
231	8	M60 Harry Breaux, 60, Des Moines, IA	53:28	10:45
202	68	W30 B J Stussy, 32*, Bellevue, NE	53:30	10:46
232	54	M20 Daniel Vanwinkle, 29, Overland Park, KS	53:33	10:46
203	38	W40 Janelle Erwood, 48*, Clive, IA	53:46	10:49
204	69	W30 Amy Wallace, 31*, Waukee, IA	53:54	10:51
205	70	W30 Martha King, 38*, Waukee, IA	54:28	10:57

206		Kerry Feuling*, Des Moines, IA	54:29	10:58
207	71	W30 Laura Havighurst, 35*, West Des Moines, IA	54:30	10:58
208	80	W20 Jessica Nelson, 27*, Clive, IA	54:35	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
209	72	W30 Teresa Ripp, 38*, Waukee, IA	55:11	11:06
210	81	W20 Amanda Jancouskas, 29*, Bellevue, NE	55:32	11:10
211	73	W30 Sarah Haig, 32*, Bellevue, NE	55:33	11:10
233	53	M40 Tom Franklin, 49, West Des Moines, IA	55:49	11:14
212	82	W20 Jennifer Henrickson, 28*, Des Moines, IA	56:12	11:18
213	83	W20 Jennifer Leiknes, 27*, Clive, IA	56:36	11:23
214	74	W30 Nicole Hunter, 34*, West Des Moines, IA	56:50	11:26
215	75	W30 Chris McDaniel, 36*, Bondurant, IA	56:51	11:26
234	82	M30 Sean Hunter, 38, West Des Moines, IA	56:51	11:26
235	54	M40 John Bonninchsen, 43, Ames, IA	56:59	11:28
216	84	W20 Michalene Otis, 22*, Des Moines, IA	57:18	11:32
217	1	W70 Jan Gillum, 73*, Des Moines, IA	57:28	11:34
218	76	W30 Andrea Jacobsen, 32*, Ankeny, IA	57:58	11:40
219	39	W40 Andrea Torry, 47*, Urbandale, IA	58:00	11:40
220	85	W20 Lyndsey Dittmer, 29*, De Soto, IA	58:44	11:49
221	77	W30 Jennifer McClure-Reymon, 38*, Des Moines, IA	58:45	11:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

222	40	W40 Carolyn Sherwood, 41*, Des Moines, IA	1:00:47	12:14
223	78	W30 Lisa McKenzie, 32*, Ankeny, IA	1:01:59	12:28
224	41	W40 Patty Bohlender, 44*, Indianola, IA	1:02:16	12:32
236	55	M40 Jeff Sievers, 40, Norwalk, IA	1:02:17	12:32
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

225	79	W30 Anne Hull, 36*, Indianola, IA	1:05:20	13:09
226	80	W30 Roberta Jorgensen, 34*, Altoona, IA	1:06:19	13:20
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

227	86	W20 Stacey Haylett, 25*, Grimes, IA	1:10:11	14:07
228	87	W20 Heidy Savage, 24*, Des Moines, IA	1:10:12	14:07
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

237	83	M30 Jeremy Weaver, 34, West Des Moines, IA	1:16:20	15:22
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"*" indicates females

4 finishers among Men 19 & Under

54 finishers among Men 20 - 29

83 finishers among Men 30 - 39

55 finishers among Men 40 - 49

27 finishers among Men 50 - 59

8 finishers among Men 60 - 69

2 finishers among Men 70 & Up

5 finishers among Women 19 & Under

87 finishers among Women 20 - 29

80 finishers among Women 30 - 39

41 finishers among Women 40 - 49

9 finishers among Women 50 - 59

1 finishers among Women 60 - 69

1 finishers among Women 70 & Up

237 male finishers

228 female finishers

465 total finishers

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