

18th Loop the Lake 8K

Gray's Lake - Des Moines, IA

April 7, 2018

22 and slight wind - TOO cold!

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.

Last updated April 7, 2018 1:27 PM

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	OpM	Brogan Austin, 26, West Des Moines, IA	26:10	5:16
2	OpM	Mitchell Davis, 27, Des Moines, IA	26:21	5:18
3	OpM	Jacob Kaemmer, 41, Des Moines, IA	27:03	5:26
4	1 M35	Jack Johnson, 37, West Des Moines, IA	27:53	5:37
5	1 M25	Thomas Hlad, 28, Monroe, IA	28:20	5:42
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
6	MM	Jason Hahn, 47, Des Moines, IA	31:06	6:15
7	MM	Terry Kruse, 50, Clive, IA	31:17	6:17
8	1 M30	Mark Moore, 32, Clive, IA	31:17	6:17
9	1 M40	Randy Sturm, 40, Garner, IA	31:25	6:19
10	2 M30	Matt Hilbert, 34, West Des Moines, IA	31:44	6:23
11	1 M20	Tukker Bogaard, 24, Des Moines, IA	32:10	6:28
12	2 M25	Bryan Loya, 29, Des Moines, IA	32:18	6:30
13	1 M55	Rick Moore, 57, Urbandale, IA	32:51	6:36
1	OpW	Carrie Van Quathem, 46*, Urbandale, IA	33:07	6:40
14	2 M40	Ed Kalick, 44, Council Bluffs, IA	33:24	6:43
2	OpW	Tracy Daugherty, 37*, Pella, IA	33:37	6:46
15	3 M30	Colby Judd, 31, Des Moines, IA	33:45	6:47
3	OpW	Robyn Clevenger, 39*, West Des Moines, IA	33:57	6:50
4	1 W25	Lisa Garrett, 27*, Waukee, IA	34:13	6:53

5	1 W20	Cassidy Gornick, 22*, Norwalk, IA	34:29	6:56
16	1 M50	John Bannantine, 52, Ames, IA	34:30	6:56
6	MW	Amy Sue Alesch, 42*, Des Moines, IA	34:34	6:57
7	2 W25	Molly Rhodes, 27*, Norwalk, IA	34:39	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
8	1 W30	Katherine Flickinger, 34*, Ankeny, IA	34:55	7:01
17	3 M40	Shawn Smith, 42, Waukee, IA	34:56	7:02
18	2 M35	Charlie Daugherty, 36, Pella, IA	35:26	7:08
19	4 M40	Jeremy Mueller, 41, Waukee, IA	35:32	7:09
20	3 M25	Jacob Reed, 26, Des Moines, IA	35:48	7:12
21	1 M60	Willie Lahart, 64, Urbandale, IA	35:56	7:14
22	4 M25	Kyle Hoehns, 29, Ankeny, IA	36:14	7:17
23	5 M25	Joseph Baker, 29, Des Moines, IA	36:22	7:19
9	MW	Joan Kallen, 41*, Johnston, IA	36:28	7:20
24	2 M60	Brian E Cooper, 63, Dubuque, IA	37:01	7:27
25	2 M50	Tim Bayse, 54, Dallas Center, IA	37:06	7:28
26	3 M35	Colby Gardner, 37, West Des Moines, IA	37:14	7:29
10	3 W25	Angel Banks-Adams, 29*, Ankeny, IA	37:20	7:31
27	4 M35	Erik Ullestad, 38, West Des Moines, IA	37:27	7:32
28	4 M30	Michael Castagnoli, 33, West Des Moines, IA	37:43	7:35
11	1 W50	Marcey Norland, 50*, Des Moines, IA	37:44	7:35
29	2 M20	Parker Smith, 24, Ankeny, IA	38:13	7:41
30	5 M35	Douglas Ruba, 35, West Des Moines, IA	38:27	7:44
31	6 M35	Tim Phifer, 39, Des Moines, IA	38:32	7:45
32	3 M60	John Doherty, 64, West Des Moines, IA	38:35	7:46
33	7 M35	Nathan Davis, 39, West Des Moines, IA	38:51	7:49
34	6 M25	Matt Boeding, 28, West Des Moines, IA	38:56	7:50
12	4 W25	Hannah Mason, 26*, Urbandale, IA	39:07	7:52
35	5 M40	Michael Tiedens, 42, Des Moines, IA	39:14	7:53
36	3 M50	Dan Gornick, 53, Norwalk, IA	39:19	7:54
37	4 M60	Johnny Ytzen, 64, Creston, IA	39:36	7:58

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

38	8 M35	Karthic Mahadevan, 39, West Des Moines, IA	39:53	8:01
39	6 M40	Kelcey Krings, 40, Polk City, IA	40:01	8:03
40	7 M40	Mark Holm, 42, Ankeny, IA	40:08	8:04
13	5 W25	Amanda Lundstedt, 29*, Pleasant Hill, IA	40:11	8:05
41	9 M35	David Stevenson, 38, Polk City, IA	40:21	8:07
14	6 W25	Lydia Dinsdale, 28*, Des Moines, IA	40:28	8:08
15	1 W65	Maggie Haaland, 66*, Ames, IA	40:30	8:09
16	2 W50	Vicki Bott, 53*, Des Moines, IA	40:38	8:10
17	1 W35	Alison Van De Pol, 38*, Dallas Center, IA	40:54	8:14
42	10 M35	Andy Eagan, 39, Norwalk, IA	40:58	8:14
18	1 W55	Ssang Gebelein, 59*, West Des Moines, IA	41:02	8:15
43	5 M30	David Johnson, 32, Van Meter, IA	41:05	8:16
44	1 M65	Mark Hayes, 68, Creston, IA	41:07	8:16
45	11 M35	Travis Jordan, 35, West Des Moines, IA	41:14	8:18
19	2 W30	Stacey Johnson, 33*, Ankeny, IA	41:15	8:18
20	3 W30	Katie Johnson, 31*, Ankeny, IA	41:15	8:18
21	7 W25	Dani Nowasell, 28*, Grinnell, IA	41:37	8:22
22	8 W25	Brooke Counts, 26*, Melcher-Dallas, IA	41:43	8:23
46	7 M25	Eric Fredrickson, 28, Farnhamville, IA	41:46	8:24
23	9 W25	Anna Stoeffler, 25*, Des Moines, IA	41:56	8:26
47	5 M60	Russ Nay, 64, Runnells, IA	42:05	8:28
24	2 W35	Carey Gehl, 37*, West Des Moines, IA	42:07	8:28
48	1 M45	Gregg Dahlgren, 48, West Des Moines, IA	42:14	8:30
25	10 W25	Jennifer Swanson, 26*, Farnhamville, IA	42:18	8:31
26	11 W25	Courtney Van Wyk, 28*, Pella, IA	42:32	8:33
49	2 M45	Michael Mock, 48, West Des Moines, IA	42:35	8:34
50	2 M65	Roger Heinle, 68, Whiting, IA	42:43	8:36
27	4 W30	Mary Bender, 34*, West Des Moines, IA	43:02	8:39
51	8 M40	Michael Kasal, 41, West Des Moines, IA	43:04	8:40
28	2 W55	Wilma Osmun, 58*, Creston, IA	43:11	8:41
29	3 W35	Ann Marie Day, 36*, West Des Moines, IA	43:27	8:44
52	12 M35	Parker Day, 36, West Des Moines, IA	43:27	8:44

30	1 W45	Amy Wagler, 46*, Clear Lake, IA	43:28	8:45
31	5 W30	Kate Bigg, 34*, Des Moines, IA	43:36	8:46
53	4 M50	Scott Dean, 54, Des Moines, IA	43:47	8:48
54	3 M65	Chuck Clark, 67, Norwalk, IA	44:15	8:54
55	2 M55	Michael Boyle, 57, Ankeny, IA	44:28	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
32	6 W30	Ashley Kleemeier, 34*, Des Moines, IA	45:01	9:03
33	1 JrW	Rose Schweitzer, 17*, Ankeny, IA	45:04	9:04
34	7 W30	Sarah Reichardt, 31*, Des Moines, IA	45:22	9:07
35	4 W35	McHelle Hunsinger, 37*, Pella, IA	45:27	9:08
56	3 M55	Alex Van Wyk, 55, Altoona, IA	45:48	9:13
36	3 W50	Julia Tentinger, 53*, Norwalk, IA	45:49	9:13
37	8 W30	Nicole Mallen, 33*, Ankeny, IA	46:23	9:20
38	5 W35	Nicole Mundy, 39*, Ankeny, IA	46:23	9:20
39	1 W40	Amy Thorson, 40*, Pella, IA	46:42	9:24
57	4 M65	Jim Pratt, 65, Boone, IA	46:44	9:24
58	1 JrM	Abe Dinges, 11, Urbandale, IA	46:48	9:25
59	9 M40	Aaron Dinges, 40, Urbandale, IA	46:48	9:25
40	3 W55	Heather Stilborn, 55*, Clive, IA	46:50	9:25
41	2 W45	Kristen Schweitzer, 46*, Ankeny, IA	47:16	9:30
42	6 W35	Lindsey Smith, 38*, West Des Moines, IA	47:19	9:31
43	2 W40	Kerri-Ann Harrison, 42*, Waukee, IA	47:47	9:37
60	3 M45	Andrea Barutta, 48, Waukee, IA	47:48	9:37
44	4 W55	Jean Hemann, 57*, Des Moines, IA	47:56	9:39
61	13 M35	Doug Milewsky, 35, Clive, IA	47:57	9:39
45	7 W35	Cindy Lemke, 38*, Ankeny, IA	48:11	9:41
46	8 W35	Anne Wright, 39*, Des Moines, IA	48:17	9:43
47	9 W30	Meredith Wilson, 32*, Ankeny, IA	48:23	9:44
48	3 W40	Susan Lyons, 40*, Pella, IA	48:44	9:48
62	14 M35	Joshua Hardie, 39, Des Moines, IA	48:46	9:48
49	4 W50	Kathy Clark, 54*, Altoona, IA	48:49	9:49
50	5 W55	Linda Nowasell, 55*, Grinnell, IA	48:57	9:51

51	4	W40	Charlee Eekhoff, 41*, Pella, IA	49:14	9:54
63	6	M60	Chester Rice, 64, West Des Moines, IA	49:23	9:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
52	10	W30	Valerie Blum, 34*, Altoona, IA	49:41	10:00
64	4	M45	Jeff Glass, 48, Urbandale, IA	49:47	10:01
53	6	W55	Annie Strawn, 57*, Saint Charles, IA	49:48	10:01
54	7	W55	Gwen Johnston, 56*, Greenfield, IA	49:50	10:01
55	5	W50	Denna Mitchell, 53*, Greenfield, IA	49:51	10:02
56	12	W25	Jennifer Althoff, 29*, Grimes, IA	49:59	10:03
57	11	W30	Jessica Wear, 31*, Waukee, IA	50:00	10:03
58	13	W25	Kayla Sherwood, 27*, West Des Moines, IA	50:01	10:04
59	9	W35	Simonne Stricker, 35*, West Des Moines, IA	50:32	10:10
60	5	W40	Jill Dinges, 40*, Urbandale, IA	50:34	10:10
61	10	W35	Arika Russell, 36*, West Des Moines, IA	50:39	10:11
62	12	W30	Stephanie Templeton, 32*, Ankeny, IA	50:41	10:12
63	11	W35	Erica Duke, 38*, Waukee, IA	51:05	10:17
64	6	W40	Sarah Jackson, 41*, Waukee, IA	51:06	10:17
65	5	M65	Robert Larson, 68, Johnston, IA	51:11	10:18
65	8	W55	Joan Bennett, 56*, Carroll, IA	51:19	10:19
66	14	W25	Paige Fisher, 28*, Ankeny, IA	51:40	10:23
67	12	W35	Tara Bogner, 37*, West Des Moines, IA	51:44	10:24
68	9	W55	Laurie Wirtz, 56*, Waukee, IA	51:51	10:26
66	1	M70	Jim Dunn, 71, Altoona, IA	51:57	10:27
69	10	W55	Lisa Schmitt, 57*, Atlantic, IA	52:02	10:28
70	13	W30	Chelsea Anderson, 31*, Waukee, IA	52:13	10:30
71	15	W25	Leah Becker, 28*, Iowa City, IA	52:13	10:30
72	16	W25	Hannah Wirtz, 25*, Waukee, IA	52:14	10:30
73	7	W40	Cindy Gerjets, 40*, Ankeny, IA	52:15	10:31
67	6	M65	Duane Osmun, 69, Creston, IA	52:18	10:31
74	13	W35	Cheryl Larson, 39*, West Des Moines, IA	52:28	10:33
68	7	M60	Mark Hansing, 61, Urbandale, IA	52:34	10:34
75	3	W45	Jacque Harms, 49*, West Des Moines, IA	52:54	10:38
76	14	W35	Amy Seufert, 35*, Winterset, IA	53:04	10:40

69	15	M35	Mike Seufert, 37, Winterset, IA	53:04	10:40
77	15	W35	Judy Sofen, 36*, Urbandale, IA	53:23	10:44
78	4	W45	Kristi Coon, 47*, Earlham, IA	53:49	10:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
79	14	W30	Shanna Snitker, 32*, Bondurant, IA	54:57	11:03
80	15	W30	Ashley Reid, 30*, Janesville, IA	54:58	11:03
81	5	W45	Robbin Mann, 46*, Windsor Heights, IA	55:14	11:07
82	16	W30	Alisha Parmelee, 32*, Clive, IA	55:59	11:16
70	2	JrM	Sawyer Holm, 10, Ankeny, IA	57:07	11:29
83	6	W45	Cathy Jordan, 48*, Urbandale, IA	57:52	11:38
84	17	W30	Ellen Johanns, 32*, Marion, IA	59:27	11:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
85	6	W50	Becky Pratt, 53*, Boone, IA	1:02:47	12:38
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
71	8	M60	Conroy Smith, 63, Des Moines, IA	1:05:44	13:13
86	11	W55	Deb Atkins, 56*, Nevada, IA	1:06:49	13:26
87	7	W45	Melanie Frausto, 47*, Des Moines, IA	1:07:13	13:31
88	8	W45	Dina Mitchell, 45*, Thayer, IA	1:07:35	13:36
89	8	W40	Christy Wilson, 40*, Urbandale, IA	1:08:34	13:47
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
90	2	W65	Toni Johnston, 65*, Des Moines, IA	1:18:19	15:45
72	5	M50	Jeff Mitchell, 50, Thayer, IA	1:18:40	15:50

* indicates females

10 finishers among Males (no age given)

2 finishers among Men Under 20

2 finishers among Men 20 - 24

7 finishers among Men 25 - 29

5 finishers among Men 30 - 34

15 finishers among Men 35 - 39

9 finishers among Men 40 - 44

4 finishers among Men 45 - 49

5 finishers among Men 50 - 54

3 finishers among Men 55 - 59
8 finishers among Men 60 - 64
6 finishers among Men 65 - 69
1 finishers among Men 70 - 74
1 finishers among Women Under 20
1 finishers among Women 20 - 24
16 finishers among Women 25 - 29
17 finishers among Women 30 - 34
15 finishers among Women 35 - 39
8 finishers among Women 40 - 44
8 finishers among Women 45 - 49
6 finishers among Women 50 - 54
11 finishers among Women 55 - 59
2 finishers among Women 65 - 69
77 male finishers
85 female finishers
162 total finishers

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Open Men

1	1 M25	Brogan Austin, 26, West Des Moines, IA	26:10	5:16
2	2 M25	Mitchell Davis, 27, Des Moines, IA	26:21	5:18
3	3 M40	Jacob Kaemmer, 41, Des Moines, IA	27:03	5:26

Open Women

1	1 W45	Carrie Van Quathem, 46, Urbandale, IA	33:07	6:40
2	2 W35	Tracy Daugherty, 37, Pella, IA	33:37	6:46
3	3 W35	Robyn Clevenger, 39, West Des Moines, IA	33:57	6:50

Masters Men

3	1 M40	Jacob Kaemmer, 41, Des Moines, IA	27:03	5:26
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6	2	M45	Jason Hahn, 47, Des Moines, IA	31:06	6:15
7	3	M50	Terry Kruse, 50, Clive, IA	31:17	6:17

Masters Women

1	1	W45	Carrie Van Quathem, 46, Urbandale, IA	33:07	6:40
6	2	W40	Amy Sue Alesch, 42, Des Moines, IA	34:34	6:57
9	3	W40	Joan Kallen, 41, Johnston, IA	36:28	7:20

CLASS					
PLACE	PLACE	FINISHER		TIME	PACE

Men Under 20

58	1	Abe Dinges, 11, Urbandale, IA	46:48	9:25
70	2	Sawyer Holm, 10, Ankeny, IA	57:07	11:29

Men 20 - 24

11	1	Tukker Bogaard, 24, Des Moines, IA	32:10	6:28
29	2	Parker Smith, 24, Ankeny, IA	38:13	7:41

Men 25 - 29

5	1	Thomas Hlad, 28, Monroe, IA	28:20	5:42
12	2	Bryan Loya, 29, Des Moines, IA	32:18	6:30
20	3	Jacob Reed, 26, Des Moines, IA	35:48	7:12
22	4	Kyle Hoehns, 29, Ankeny, IA	36:14	7:17
23	5	Joseph Baker, 29, Des Moines, IA	36:22	7:19

Men 30 - 34

8	1	Mark Moore, 32, Clive, IA	31:17	6:17
10	2	Matt Hilbert, 34, West Des Moines, IA	31:44	6:23
15	3	Colby Judd, 31, Des Moines, IA	33:45	6:47

28	4	Michael Castagnoli, 33, West Des Moines, IA	37:43	7:35
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43	5	David Johnson, 32, Van Meter, IA	41:05	8:16
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Men 35 - 39

4	1	Jack Johnson, 37, West Des Moines, IA	27:53	5:37
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18	2	Charlie Daugherty, 36, Pella, IA	35:26	7:08
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26	3	Colby Gardner, 37, West Des Moines, IA	37:14	7:29
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27	4	Erik Ullestad, 38, West Des Moines, IA	37:27	7:32
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30	5	Douglas Ruba, 35, West Des Moines, IA	38:27	7:44
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Men 40 - 44

9	1	Randy Sturm, 40, Garner, IA	31:25	6:19
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14	2	Ed Kalick, 44, Council Bluffs, IA	33:24	6:43
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17	3	Shawn Smith, 42, Waukee, IA	34:56	7:02
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19	4	Jeremy Mueller, 41, Waukee, IA	35:32	7:09
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35	5	Michael Tiedens, 42, Des Moines, IA	39:14	7:53
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Men 45 - 49

48	1	Gregg Dahlgren, 48, West Des Moines, IA	42:14	8:30
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49	2	Michael Mock, 48, West Des Moines, IA	42:35	8:34
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60	3	Andrea Barutta, 48, Waukee, IA	47:48	9:37
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64	4	Jeff Glass, 48, Urbandale, IA	49:47	10:01
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Men 50 - 54

16	1	John Bannantine, 52, Ames, IA	34:30	6:56
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25	2	Tim Bayse, 54, Dallas Center, IA	37:06	7:28
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36	3	Dan Gornick, 53, Norwalk, IA	39:19	7:54
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53	4	Scott Dean, 54, Des Moines, IA	43:47	8:48
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72	5	Jeff Mitchell, 50, Thayer, IA	1:18:40	15:50
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Men 55 - 59

13	1	Rick Moore, 57, Urbandale, IA	32:51	6:36
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55	2	Michael Boyle, 57, Ankeny, IA	44:28	8:57
56	3	Alex Van Wyk, 55, Altoona, IA	45:48	9:13

Men 60 - 64

21	1	Willie Lahart, 64, Urbandale, IA	35:56	7:14
24	2	Brian E Cooper, 63, Dubuque, IA	37:01	7:27
32	3	John Doherty, 64, West Des Moines, IA	38:35	7:46
37	4	Johnny Ytzen, 64, Creston, IA	39:36	7:58
47	5	Russ Nay, 64, Runnells, IA	42:05	8:28

Men 65 - 69

44	1	Mark Hayes, 68, Creston, IA	41:07	8:16
50	2	Roger Heinle, 68, Whiting, IA	42:43	8:36
54	3	Chuck Clark, 67, Norwalk, IA	44:15	8:54
57	4	Jim Pratt, 65, Boone, IA	46:44	9:24
65	5	Robert Larson, 68, Johnston, IA	51:11	10:18

Men 70 - 74

66	1	Jim Dunn, 71, Altoona, IA	51:57	10:27
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CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 20

33	1	Rose Schweitzer, 17, Ankeny, IA	45:04	9:04
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Women 20 - 24

5	1	Cassidy Gornick, 22, Norwalk, IA	34:29	6:56
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Women 25 - 29

4	1	Lisa Garrett, 27, Waukee, IA	34:13	6:53
7	2	Molly Rhodes, 27, Norwalk, IA	34:39	6:58
10	3	Angel Banks-Adams, 29, Ankeny, IA	37:20	7:31
12	4	Hannah Mason, 26, Urbandale, IA	39:07	7:52
13	5	Amanda Lundstedt, 29, Pleasant Hill, IA	40:11	8:05

Women 30 - 34

8	1	Katherine Flickinger, 34, Ankeny, IA	34:55	7:01
19	2	Stacey Johnson, 33, Ankeny, IA	41:15	8:18
20	3	Katie Johnson, 31, Ankeny, IA	41:15	8:18
27	4	Mary Bender, 34, West Des Moines, IA	43:02	8:39
31	5	Kate Bigg, 34, Des Moines, IA	43:36	8:46

Women 35 - 39

17	1	Alison Van De Pol, 38, Dallas Center, IA	40:54	8:14
24	2	Carey Gehl, 37, West Des Moines, IA	42:07	8:28
29	3	Ann Marie Day, 36, West Des Moines, IA	43:27	8:44
35	4	McHelle Hunsinger, 37, Pella, IA	45:27	9:08
38	5	Nicole Mundy, 39, Ankeny, IA	46:23	9:20

Women 40 - 44

39	1	Amy Thorson, 40, Pella, IA	46:42	9:24
43	2	Kerri-Ann Harrison, 42, Waukee, IA	47:47	9:37
48	3	Susan Lyons, 40, Pella, IA	48:44	9:48
51	4	Charlee Eekhoff, 41, Pella, IA	49:14	9:54
60	5	Jill Dinges, 40, Urbandale, IA	50:34	10:10

Women 45 - 49

30	1	Amy Wagler, 46, Clear Lake, IA	43:28	8:45
41	2	Kristen Schweitzer, 46, Ankeny, IA	47:16	9:30
75	3	Jacque Harms, 49, West Des Moines, IA	52:54	10:38
78	4	Kristi Coon, 47, Earlham, IA	53:49	10:50
81	5	Robbin Mann, 46, Windsor Heights, IA	55:14	11:07

Women 50 - 54

11	1	Marcey Norland, 50, Des Moines, IA	37:44	7:35
16	2	Vicki Bott, 53, Des Moines, IA	40:38	8:10
36	3	Julia Tentinger, 53, Norwalk, IA	45:49	9:13
49	4	Kathy Clark, 54, Altoona, IA	48:49	9:49
55	5	Denna Mitchell, 53, Greenfield, IA	49:51	10:02

Women 55 - 59

18	1	Ssang Gebelelein, 59, West Des Moines, IA	41:02	8:15
28	2	Wilma Osmun, 58, Creston, IA	43:11	8:41
40	3	Heather Stilborn, 55, Clive, IA	46:50	9:25
44	4	Jean Hemann, 57, Des Moines, IA	47:56	9:39
50	5	Linda Nowasell, 55, Grinnell, IA	48:57	9:51

Women 65 - 69

15	1	Maggie Haaland, 66, Ames, IA	40:30	8:09
90	2	Toni Johnston, 65, Des Moines, IA	1:18:19	15:45

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