

Friendly Sons of St. Patrick 10 km 2

West Des Moines, IA

March 29, 2009

cool and sunny

Results by Michael Franke

[5K results here](#)

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 PLACE	FINISHER	TIME	PACE
1	1	M30 Julius Rotich, 34, West Des Moines, IA	33:33	5:24
2	1	M20 Jamie Stanford, 27, Creston, IA	34:17	5:31
3	2	M30 Louis Dewild, 35, Des Moines, IA	34:37	5:34
4	2	M20 Joseph Aulwes, 28, Bondurant, IA	35:03	5:38
1	1	W20 Ashley Tousley, 25*	35:55	5:47
5	3	M30 John Anthofer, 36, Urbandale, IA	37:12	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
6	3	M20 Scott Camiliere, 26, Roscoe, IL	37:30	6:02
7	4	M20 Jacob Flaws, 22, CaRlisle, IA	37:53	6:06
8	4	M30 Chris Allen, 30, Ankeny, IA	38:29	6:12
2	1	W30 Jenny Weber, 36*	38:54	6:16
9	5	M30 Patrick Riley, 35, Des Moines, IA	39:02	6:17
10	5	M20 Kyle Keraus, 28, Johnston, IA	39:41	6:23
3	2	W20 Traci Hawley, 23*, Clive, IA	39:49	6:24
11	6	M20 Derrick Kresser, 26, Clive, IA	39:50	6:25
4	2	W30 Anna Bergman, 31*, Cumming, IA	39:52	6:25
12	6	M30 jason shallenberger, 31, Des Moines, IA	39:56	6:26
13	1	M40 Mike Rieks, 41, Urbandale, Ia	40:02	6:27
5	1	W40 Ellen Pollard, 41*, Ames, IA	40:03	6:27
14	7	M30 Joel Rinderknecht, 34, Waukee, IA	40:11	6:28
15	2	M40 Chris Burgess, 41, Urbandale, IA	40:18	6:29
16	3	M40 Todd Bindel, 41, West Des Moines, IA	40:30	6:31
17	7	M20 Parker Day, 27, Des Moines, IA	40:47	6:34
18	4	M40 Steve Zimmer, 40, Waukee, IA	41:13	6:38
19	8	M30 Brayden Girdler, 33, Granger, IA	41:15	6:38
20	8	M20 Phillip James, 26, West Des Moines, IA	41:17	6:39
21	5	M40 Troy Zeleznik, 46, West Des Moines, IA	41:28	6:40
22	9	M30 Jeremy Mueller, 32, West Des Moines, IA	41:37	6:42
23	10	M30 James Clevenger, 30, West Des Moines, IA	41:39	6:42
24	11	M30 Dave Olsen, 36, West Des Moines, IA	41:42	6:43
25	1	M50 Dave Fitz, 54, Ames, IA	41:43	6:43
26	9	M20 Mike McGinn, 28, Des Moines, IA	41:55	6:45
27	6	M40 Kyle Weuve, 43, Urbandale, IA	41:57	6:45
28	12	M30 Brad Brotherton, 35, Polk City, IA	41:57	6:45
6	3	W20 Jayme Anderson, 29*, Des Moines, IA	41:58	6:45
29	7	M40 Tim Huffman, 48, Ackworth, IA	41:59	6:45
30	1	JrM Derek Keast, 18, Altoona, IA	42:14	6:48
31	8	M40 David Christens, 49, West Des Moines, IA	42:17	6:48
32	10	M20 Cody Allison, 28, Des Moines, IA	42:30	6:50
33	9	M40 Mark Seaman, 49, West Des Moines, IA	42:35	6:51
34	10	M40 Dale Knoshaug, 47, Des Moines, IA	42:58	6:55

35	13	M30	Brian Stewart, 37, West Des Moines, IA	43:08	6:56
36	11	M20	Eric Saxton, 24, West Des Moines, IA	43:11	6:57
7	3	W30	Katie Chuapoco, 37*, Des Moines, IA	43:14	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
37	1	M60	David Schulte, 62, Granger, IA	43:31	7:00
38	2	M50	Willie Lahart, 55, Newton, IA	43:38	7:01
39	11	M40	Don Cumings, 46, Pleasant Hill, IA	43:40	7:02
40	12	M40	Randall Webb, 47, Boone, IA	44:00	7:05
8	4	W30	Kaiti Muelhaupt, 37*, Des Moines, IA	44:07	7:06
41	12	M20	Jacob Johnson, 24, West Des Moines, IA	44:27	7:09
9	4	W20	Jennifer Samuels, 25*, West Des Moines, IA	44:30	7:10
42	14	M30	Matt Israel, 35, Ankeny, IA	44:38	7:11
43	13	M40	Jeff Kelly, 42, Urbandale, IA	44:39	7:11
44	14	M40	Jeff Feder, 48, Norwalk, IA	44:42	7:12
45	13	M20	Matt Herring, 28, West Des Moines, IA	44:53	7:13
46	15	M30	Jon Beeman, 31, Johnston, IA	44:53	7:13
47	16	M30	Tom Mertz, 36, Urbandale, IA	44:54	7:13
48	15	M40	John Lajoie, 41, Ankeny, IA	44:56	7:14
49	16	M40	Jim Ohalloran, 40, West Des Moines, IA	45:06	7:15
50	17	M30	Jason Hahn, 38, Des Moines, IA	45:20	7:18
51	3	M50	Duke Reichardt, 50, Clive, IA	45:21	7:18
52	17	M40	Brendan Finn, 48, Ames, IA	45:22	7:18
53	18	M30	Lee Simmons, 32, West Des Moines, IA	45:23	7:18
54	14	M20	Jeff McElvania, 27, West Des Moines, IA	45:24	7:18
55	19	M30	Mark Hanrahan, 39, Urbandale, Ia	45:41	7:21
56	18	M40	Todd Savage, 41, Altoona, IA	45:44	7:22
10	5	W30	Melissa Bruhl, 37*, Ankeny, IA	45:52	7:23
57	19	M40	Wayne Lacher, 47, Stuart, IA	45:55	7:23
58	4	M50	David Miller, 57, Urbandale, IA	45:56	7:24
59	20	M30	Ben Reyes, 35, St. Charles, IA	46:00	7:24
60	2	JrM	Seth Reeve, 17, Runnells, IA	46:01	7:24
11	1	JrW	Angela Davis, 13*, Altoona, IA	46:13	7:26
61	21	M30	Gary Jensen, 30, Adel, IA	46:31	7:29
12	5	W20	Sara Duffy, 24*, Des Moines, IA	46:36	7:30
13	6	W30	Lori Foster, 39*, WeBster City, IA	46:38	7:30
62	15	M20	Eric Tange, 28, Urbandale, IA	46:40	7:31
14	7	W30	Diane Iversen, 38*, Ankeny, IA	46:41	7:31
15	1	W50	Lisa Simonetta, 50*, Des Moines, IA	46:51	7:32
63	22	M30	Carl Noftsgar, 35, Altoona, IA	46:55	7:33
64	20	M40	Rod Hanus, 44, WeBster City, IA	47:02	7:34
65	23	M30	Dan Buettner, 34, Des Moines, IA	47:04	7:34
66	21	M40	Mike Warren, 48, Marshalltown, IA	47:08	7:35
67	22	M40	John Turpen, 40, Waukee, IA	47:14	7:36
68	24	M30	C J. Lage, 35, Des Moines, IA	47:15	7:36
69	25	M30	Pete Jones, 31, Urbandale, IA	47:18	7:37
16	8	W30	Tami Israel, 34*, Ankeny, IA	47:26	7:38
70	5	M50	John Meyer, 53, West Des Moines, IA	47:30	7:39
71	23	M40	Brian Culich, 46, Des Moines, IA	47:32	7:39
72	24	M40	Kenneth Overton, 41, Dexter, IA	47:35	7:39
73	16	M20	William Ware, 27, Ames, IA	47:39	7:40
74	17	M20	Nicholas Harrison, 23, Grimes, IA	47:41	7:40
17	2	W40	Heather Stilborn, 46*, Des Moines, IA	47:49	7:42
75	25	M40	Casey Showalter, 48, Altoona, IA	48:14	7:46
76	18	M20	Adam Perkins, 23, Grimes, IA	48:26	7:48
18	6	W20	Courtney Shelquist, 25*, Ankeny, IA	48:27	7:48
77	6	M50	Greg Madison, 54, Ankeny, IA	48:44	7:50
19	9	W30	Teri Collins, 39*, Waukee, IA	48:45	7:51
78	26	M40	Jason Soliday, 41, West Des Moines, IA	48:53	7:52
79	26	M30	Eric Camper, 37, Des Moines, IA	48:56	7:52
80	7	M50	Mark Borseth, 53, Johnston, IA	48:57	7:53
20	7	W20	Esmie Holderman, 24*, Des Moines, IA	49:01	7:53
81	27	M30	Thomas Duffy, 30, West Des Moines, IA	49:04	7:54
82	3	JrM	Tom Lensing, 15, Clive, IA	49:21	7:56
83	28	M30	mike broderick, 36, Clive, IA	49:22	7:57

84	4	JrM Nate Johnson, 14, Eagan, MN	49:23	7:57
85	27	M40 Jeff Gust, 46, Clive, IA	49:36	7:59
86	19	M20 Andrew Holland, 25, Grimes, IA	49:39	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
87	28	M40 John Fitzsimmons, 40	49:50	8:01
21	10	W30 Julie Johnson, 39*, Eagan, MN	50:00	8:03
88	29	M30 Eric Kinman, 38, Des Moines, IA	50:01	8:03
89	20	M20 Anthony Carroll, 29, Johnston, IA	50:02	8:03
90	30	M30 Brian Vance, 39, Ankeny, IA	50:04	8:03
22	11	W30 Kelsi Huseman, 33*, Clarinda, IA	50:09	8:04
91	21	M20 Jerit Tripp, 24, West Des Moines, IA	50:11	8:04
92	31	M30 brad spokas, 31, Marshalltown, IA	50:21	8:06
23	12	W30 Robyn Clevenger, 30*, West Des Moines, IA	50:29	8:07
24	3	W40 Kimberly Stewart, 40*, Des Moines, IA	50:34	8:08
93	32	M30 Brent Monson, 39, Des Moines, IA	50:37	8:09
94	22	M20 Grant Waltz, 28, Urbandale, IA	50:39	8:09
95	33	M30 Kelly Streigle, 39, Chariton, IA	50:42	8:10
25	13	W30 Amy Hanrahan, 30*, West Des Moines, IA	50:45	8:10
26	4	W40 Kelly Greene, 46*, Cumming, IA	50:46	8:10
96	23	M20 Matt Kernen, 28, Des Moines, IA	50:52	8:11
97	2	M60 Phillip Hodges, 61, Ames, IA	50:58	8:12
98	3	M60 Carl Voss, 60, Des Moines, IA	50:59	8:12
99	8	M50 Hank Manning, 53, Des Moines, IA	51:06	8:13
100	29	M40 Jeff Blosser, 41, West Des Moines, IA	51:11	8:14
101	24	M20 Kelly Gray, 27, Des Moines, IA	51:15	8:15
27	5	W40 Carol Litscher, 48*, West Des Moines, IA	51:19	8:15
102	34	M30 Colin Witt, 34, Des Moines, IA	51:20	8:16
103	25	M20 Andrew Hirsch, 25, Des Moines, IA	51:23	8:16
104	35	M30 Steve Hedding, 39, West Des Moines, IA	51:30	8:17
105	36	M30 Tyler Marsh, 35, Des Moines, IA	51:32	8:18
106	9	M50 Kevin Cunningham, 57, Des Moines, IA	51:33	8:18
28	6	W40 Shari Osier, 43*, Bondurant, IA	51:34	8:18
107	37	M30 Kurt Sparks, 31, Des Moines, IA	51:41	8:19
29	8	W20 Juliana Cordova, 24*, Clive, IA	51:47	8:20
108	10	M50 T A. Meyer, 56, Johnston, IA	51:49	8:20
109	26	M20 John Reding, 21, Algona, IA	51:54	8:21
30	7	W40 Brenda O'Hare, 41*, Ankeny, IA	51:54	8:21
110	27	M20 Quincy Beck, 29, Urbandale, IA	51:55	8:21
111	28	M20 Jared Miller, 27, West Des Moines, IA	51:56	8:21
112	11	M50 Mark Johnston, 52, West Des Moines, IA	52:02	8:22
31	14	W30 Tami Draper, 38*, Des Moines, IA	52:03	8:22
113	38	M30 Joe Konrady, 39, Des Moines, IA	52:05	8:23
114	30	M40 Brian Okeefe, 45, Des Moines, IA	52:16	8:25
115	31	M40 Tom McCauley, 48, West Des Moines, IA	52:20	8:25
32	15	W30 Shelly Braunschweig, 32*, Des Moines, IA	52:23	8:26
116	32	M40 Joe Akers, 43, Grimes, IA	52:25	8:26
117	29	M20 Ryan Bendickson, 29, West Des Moines, IA	52:36	8:28
118	12	M50 John Pleasants, 59, Ames, IA	52:37	8:28
33	16	W30 Amanda Barsness, 31*, Grimes, IA	52:39	8:28
119	30	M20 Grant Severson, 22, Story City, Ia,	52:45	8:29
34	17	W30 Lindsay Schmitt, 33*, Des Moines, IA	53:02	8:32
120	31	M20 Brandon West, 26, Council Bluffs, IA	53:06	8:33
121	13	M50 Mike Clayton, 53, Ames, IA	53:09	8:33
122	39	M30 Christopher Leichter, 38, Council Bluffs, IA	53:11	8:33
123	33	M40 John Hoversten, 49, Blairsburg, IA	53:22	8:35
124	34	M40 Steve Allsup, 44, St. Charles, IA	53:26	8:36
35	8	W40 Kate Murphy, 42*, Clive, IA	53:29	8:36
36	9	W20 Jaime Longenecker, 26*, Johnston, IA	53:31	8:37
125	32	M20 Luke Hannan, 28	53:31	8:37
37	18	W30 Liz Bryant, 38*, West Des Moines, IA	53:32	8:37
38	10	W20 Brookann Redick, 28*, Des Moines, IA	53:38	8:38
39	11	W20 Jennifer Bonzer, 28*, Fort Dodge, IA	53:40	8:38
126	33	M20 Michael Brees, 25, West Des Moines, IA	53:42	8:38

127	40	M30	Kevin Mann, 37, Johnston, IA	53:44	8:39
	40	19	W30 Rebecca Meis, 32*, West Des Moines, IA	53:48	8:39
	41	12	W20 Jill McGargill, 28*, West Des Moines, IA	53:59	8:41
	42	13	W20 Jenna Hogan, 28*, Des Moines, IA	54:00	8:41
	43	14	W20 Mary Cownie, 28*, West Des Moines, IA	54:01	8:42
	44	20	W30 Erin Frederick, 35*, Ankeny, IA	54:17	8:44
	45	15	W20 sarah engelbert, 25*, West Des Moines, IA	54:18	8:44
128	35	M40	Daniel Chargo, 49, Toledo, IA	54:23	8:45
129	14	M50	Kevin Cooney, 57, Des Moines, IA	54:28	8:46
130	41	M30	Pat Vilmont, 35, Waukee, IA	54:29	8:46
	46	21	W30 Kara Stalzer, 34*, West Des Moines, IA	54:31	8:46
	47	22	W30 Danika Vilmont, 36*, Waukee, IA	54:32	8:47
	48	16	W20 Carrie Arp, 27*, Panora, IA	54:37	8:47
131	36	M40	Dave Daniels, 40, Urbandale, IA	54:41	8:48
	49	17	W20 Jennifer York, 29*, West Des Moines, IA	54:43	8:48
132	37	M40	Steve Davis, 46, Harlan, IA	54:44	8:49
	50	23	W30 Sandra Hanson, 37*, Cedar Rapids, IA	54:46	8:49
133	42	M30	Donnie Stratton, 38, Elkhart, IA	55:00	8:51
134	34	M20	Jeff Baker, 26, Story City, Ia,	55:02	8:51
135	43	M30	Keith Lydon, 39, West Des Moines, IA	55:07	8:52
136	44	M30	Joe Schmit, 32, West Des Moines, IA	55:07	8:52
	51	2	W50 Susan Dvoblys, 54*, Des Moines, IA	55:09	8:52
137	45	M30	Adam Gardiner, 32, Dexter, IA	55:10	8:53
	52	18	W20 Nicole Riesselman, 22*, Des Moines, IA	55:12	8:53
	53	24	W30 Jamie Seiler, 32*, West Des Moines, IA	55:13	8:53
138	15	M50	Dennis Howard, 55, Des Moines, IA	55:21	8:54
	54	25	W30 Shannon Lucas, 39*, Ankeny, IA	55:31	8:56
	55	26	W30 Kelly Irlmeier, 37*, Ankeny, IA	55:32	8:56
139	4	M60	Richard Newkirk, 60, Ankeny, IA	55:33	8:56
140	35	M20	Taber Jamison, 20, Cambridge, IA	55:33	8:56
141	46	M30	John Tucker, 34, Palmyra, IA	55:36	8:57
	56	27	W30 Shannon Buttz, 33*, Waukee, IA	55:41	8:58
	57	28	W30 Jana Peterson, 30*, Johnston, IA	55:41	8:58
	58	29	W30 Lauri Sundo, 37*, Waukee, IA	55:43	8:58
	59	3	W50 Paula Dierenfeld, 54*, Johnston, IA	55:45	8:58
142	5	M60	David Dickens, 61, Ankeny, IA	55:47	8:59
143	36	M20	Eric Peterson, 29, Johnston, IA	55:48	8:59

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144	16	M50	David McClung, 53, Des Moines, IA	55:54	9:00
	60	9	W40 Nancy Cleveland, 49*, Templeton, IA	55:57	9:00
145	17	M50	Stuart Lehr, 59, West Des Moines, IA	56:14	9:03
	61	19	W20 Kinzee Bryte, 29*, Adel, IA	56:17	9:03
146	47	M30	John Hoelker, 36, Dexter, IA	56:27	9:05
147	48	M30	Brian Kilbride, 32, Des Moines, IA	56:30	9:06
	62	30	W30 Beth Jones, 31*, West Des Moines, IA	56:31	9:06
148	49	M30	Mark Mueller, 31, Waukee, IA	56:32	9:06
149	37	M20	Scott Kauffman, 29, Des Moines, IA	56:39	9:07
150	50	M30	Peter Fix, 39, Indianola, IA	56:40	9:07
	63	20	W20 Jessica Schmitt, 28*, Urbandale, IA	56:43	9:08
	64	31	W30 Lori Meyers, 31*, West Des Moines, IA	56:44	9:08
151	38	M40	Alan Brommel, 48, Norwalk, IA	56:45	9:08
152	18	M50	Steve Shifflett, 50, Ames, IA	56:57	9:10
153	51	M30	Robert Loch, 34, Ankeny, IA	56:58	9:10
	65	21	W20 Michelle Thomassen, 26*, Norwalk, IA	56:59	9:10
154	19	M50	Bob Weieneth, 57, WeBster City, IA	57:04	9:11
155	38	M20	Brandon Brown, 26, Ankeny, IA	57:23	9:14
	66	32	W30 Christie Woodyard, 35*, Altoona, IA	57:26	9:14
156	52	M30	Jonathan Russell, 32, Urbandale, IA	57:30	9:15
	67	22	W20 Christine Crow, 29*, Des Moines, IA	57:31	9:15
	68	33	W30 Candee Morrison, 36*, Ankeny, IA	57:32	9:16
157	39	M40	Matthew Paul, 40, Des Moines, IA	57:34	9:16
	69	34	W30 Melinda Franzeen, 33*, Johnston, IA	57:39	9:17
158	53	M30	David Dixon, 33, Altoona, IA	58:00	9:20
	70	35	W30 Natalie Gulbranson, 35*, Pleasant Hill, IA	58:01	9:20

159	54	M30	chris bart, 36, Clive, IA	58:08	9:21
71	10	W40	Kim Taylor, 48*, West Des Moines, IA	58:13	9:22
160	20	M50	Doug Keast, 51, Altoona, IA	58:15	9:22
161	40	M40	James Sanders, 48, Johnston, IA	58:16	9:23
162	55	M30	Robert Burnett, 38, Norwalk, IA	58:17	9:23
163	21	M50	Brent Cooper, 54, Urbandale, IA	58:26	9:24
164	22	M50	Patrick Moriarity, 53, Pella, IA	58:27	9:24
165	41	M40	David Peters, 49, Newton, IA	58:35	9:26
166	23	M50	Marty Kalton, 50, Des Moines, IA	58:36	9:26
72	4	W50	Jennifer Seales, 52*, Rhodes, IA	58:39	9:26
167	42	M40	Lori McQuisten, 45	58:40	9:26
73	11	W40	Michelle Cavanaugh, 49*, Des Moines, IA	58:41	9:27
168	56	M30	Doug Busta, 34, West Des Moines, IA	58:41	9:27
169	43	M40	Doug Oldenkamp, 48, West Des Moines, IA	58:42	9:27
170	24	M50	Thomas Spellman, 50, Woodward, IA	58:43	9:27
74	2	JrW	Sarah Spellman, 17*, Woodward, IA	58:44	9:27
171	44	M40	Mark Goffinet, 42, Ankeny, IA	58:46	9:27
172	39	M20	Adam Brommel, 26, Des Moines, IA	58:48	9:28
75	12	W40	Rosie Branaman, 46*, Boone, IA	58:50	9:28
173	25	M50	Gary Haah, 55	58:55	9:29
76	23	W20	Amanda Doran, 29*, Jefferson, IA	59:04	9:30
77	24	W20	Michelle Meinecke, 27*, Yale, IA	59:05	9:30
78	25	W20	Angie Avery, 29*, West Des Moines, IA	59:08	9:31
79	13	W40	Sharon Koele, 44*, Des Moines, IA	59:09	9:31
80	5	W50	Janet Bannister, 59*, Des Moines, IA	59:09	9:31
81	14	W40	Michele Fritz, 47*, Pleasant Hill, IA	59:14	9:32
82	36	W30	Beth Jebens, 34*, Des Moines, IA	59:17	9:32
174	57	M30	Austin Gill, 30, Des Moines, IA	59:18	9:33
83	37	W30	Maria Baker, 36*, Wellman, IA	59:19	9:33
175	45	M40	Dan Duwelius, 49, Des Moines, IA	59:28	9:34
84	15	W40	Kelly Sharp, 45*, Pleasant Hill, IA	59:33	9:35
85	16	W40	Jennifer Mallon, 40*, Des Moines, IA	59:37	9:36
176	46	M40	Shawn Bown, 42, Des Moines, IA	59:38	9:36
86	38	W30	Julia Gauthier, 36*, Urbandale, IA	59:38	9:36
87	17	W40	Connie Kirvin, 41*, Urbandale, IA	59:40	9:36
177	26	M50	Jeff Miller, 52, West Des Moines, IA	59:59	9:39
88	18	W40	Sonya Nelson, 41*, Urbandale, IA	1:00:00	9:39
89	26	W20	Ashley Katch, 23*, West Des Moines, IA	1:00:11	9:41
178	6	M60	Mike Cleveland, 60, Templeton, IA	1:00:12	9:41
90	39	W30	Dawn Dilla, 36*, West Des Moines, IA	1:00:18	9:42
179	27	M50	Phil Johnson, 55, Hampton, IA	1:00:22	9:43
180	28	M50	Gerald Dewald, 59, West Des Moines, IA	1:00:33	9:45
91	6	W50	Linda Koele, 50*, Des Moines, IA	1:00:40	9:46
181	29	M50	John Moran, 51, Story City, Ia,	1:00:41	9:46
92	27	W20	Becky Davis, 28*, Des Moines, IA	1:00:42	9:46
182	47	M40	Marty Gay, 43, Ankeny, IA	1:00:53	9:48
93	28	W20	diana bell, 27*, Bondurant, IA	1:01:12	9:51
94	19	W40	Julie Schwalbe, 43*, Des Moines, IA	1:01:14	9:51
183	48	M40	Jerry Cihota, 41, Urbandale, IA	1:01:33	9:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
95	20	W40	Julie Holt, 41*, Clive, IA	1:02:12	10:01
96	29	W20	Kelly Murley, 29*, Colfax, IA	1:02:13	10:01
184	49	M40	Rick Dobesh, 43, Ankeny, IA	1:02:14	10:01
185	58	M30	Jerod Bruner, 32, Ankeny, IA	1:02:16	10:01
186	7	M60	Jack Matthews, 65, Stuart, IA	1:02:53	10:07
97	21	W40	Deb Loffredo, 42*, West Des Moines, IA	1:02:57	10:08
187	30	M50	Todd Gaffney, 55, West Des Moines, IA	1:02:57	10:08
98	30	W20	Lindsay Wedemeier, 26*, West Des Moines, IA	1:02:58	10:08
99	31	W20	Angela Reschly, 28*, West Des Moines, IA	1:02:58	10:08
100	40	W30	Jessica O'Mara, 35*, Windosr Heights, IA	1:03:14	10:10
101	41	W30	Robin Wastenev, 34*, Des Moines, IA	1:03:15	10:11
102	22	W40	Shelley Kramer, 44*, West Des Moines, IA	1:03:18	10:11
188	50	M40	David Soorholtz, 49, Clive, IA	1:03:27	10:13

103	32	W20	Marisa Williams, 25*, Urbandale, IA	1:03:36	10:14
189	51	M40	Jason Grinstead, 41, Des Moines, IA	1:03:38	10:14
190	40	M20	Chris Seiberling, 29, Des Moines, IA	1:03:38	10:14
104	42	W30	Jennifer Hansen, 35*, HaMpton, IA	1:04:08	10:19
191	59	M30	Matt Pullin, 36, Ankeny, IA	1:04:40	10:24
105	43	W30	erin shinafelt, 32*, Marshalltown, IA	1:04:46	10:25
106	44	W30	Courtney Donaldson, 33*, Clive, IA	1:04:55	10:27
192	41	M20	Brian Donaldson, 29, Clive, IA	1:05:10	10:29
107	45	W30	Leah Beeman, 30*, Johnston, IA	1:05:25	10:32
108	23	W40	Lori Dahl, 40*, Urbandale, IA	1:05:44	10:35
109	46	W30	Dawn Selesky, 39*, Ankeny, IA	1:05:47	10:35
110	47	W30	Nikki Phillips, 34*, Altoona, IA	1:06:20	10:40
111	33	W20	Aimee Kittell, 27*, West Des Moines, IA	1:06:28	10:42
112	24	W40	Debra Montgomery, 48*, West Des Moines, IA	1:07:01	10:47
193	8	M60	John Beamer, 69, Des Moines, IA	1:07:29	10:52
194	9	M60	Don Muff, 72, Ames, IA	1:07:41	10:54
113	34	W20	Heidi Dauffenbach, 26*, West Des Moines, IA	1:08:14	10:59

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114	35	W20	Amanda Uthe, 28*, Urbandale, IA	1:09:00	11:06
195	31	M50	Jim Davis, 54, West Des Moines, IA	1:09:19	11:09
115	48	W30	Daphne Monson, 31*, Des Moines, IA		:00
116	25	W40	Linda Kromer, 44*, Indianola, IA		:00
117	49	W30	Suzanne O'Connor, 33*, Clive, IA		:00
196	52	M40	Tony Mauro, 41, Des Moines, IA		:00
118	26	W40	Susan Olson, 40*, Ankeny, IA		:00
119	36	W20	Angela Grundmeyer, 25*, HaMpton, IA		:00
120	27	W40	Caron Osberg, 43*, Urbandale, IA		:00
121	50	W30	Crystal Repp, 36*, Altoona, IA		:00
122	51	W30	Dawn Farrell, 35*, Urbandale, IA		:00
123	52	W30	Beth Ziegmann, 32*, Des Moines, IA		:00
197	32	M50	Don Brees, 58, West Des Moines, IA		:00
124	53	W30	Steph Anderson-Jakobitz, 32*, Urbandale, IA		:00
125	1	W60	Melanie Lahart, 60*, Newton, IA		:00
126	54	W30	Liat Paul, 35*, Urbandale, IA		:00
127	2	W60	Dennise Hunter, 61*, Indianola, IA		:00
128	7	W50	Julie Griffin, 51*, Des Moines, IA		:00
129	28	W40	Maggie Drake, 42*, Radcliffe, IA		:00
130	29	W40	Michelle Jans, 45*, Maxwell, IA		:00
131	3	JrW	Rachel Drake, 11*, Radcliffe, IA		:00
132	55	W30	Beth Ellis, 33*, West Des Moines, IA		:00
198	60	M30	Bridgette Fitzimmans, 38		:00

"*" indicates females

4 finishers among Men 19 & Under

41 finishers among Men 20 - 29

60 finishers among Men 30 - 39

52 finishers among Men 40 - 49

32 finishers among Men 50 - 59

9 finishers among Men 60 & Up

3 finishers among Women 19 & Under

36 finishers among Women 20 - 29

55 finishers among Women 30 - 39

29 finishers among Women 40 - 49

7 finishers among Women 50 - 59

2 finishers among Women 60 & Up

198 male finishers

132 female finishers

330 total finishers

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